



# SQUASHING SCREEN TIME

Healthy Heroes don't like to have too much screen time. They aim to keep it to less than 2 hours a day.

Your challenge is to see if you can do this for a whole week. Record your screen time and see how you go. What do you do when you put away the screens and 'choose to move?' Send us a picture at [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au) Watch the [Healthy Heroes video](#) for some ideas.

Write in your screen time	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
120 minutes	Played a video game							
90 minutes	Watched music videos							
60 minutes	Watched Master Chef							
30 minutes	Watched Peppa the Pig							
0 minutes	Watched Nothing							
COLOUR ME IN IF YOU WATCHED LESS THAN 120 MINUTES								