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| --- | --- | --- | --- | --- | --- |
| **Name:** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Physical Activity**TypeTime |  |  |  |  |  |
| **TV/Gaming/Texting**TypeTime |  |  |  |  |  |
| **Time with Friends and Family IRL**TypeTime |  |  |  |  |  |
| **Time spent Outside**TypeTime |  |  |  |  |  |

List **TYPE** of Activity and the amount of **TIME** spent on the activity