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

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