

Fit Families Turn Off the TV Challenge



Dates: (insert week)

Celebrate National Turn Off the TV Week

Join Fit Families staff and exercise both your mind and body by finding alternatives to TV!

Enjoy your free time by reading a book, going on a picnic, walking or biking with a friend or listening (and dancing!) to your favorite music.

The possibilities are limitless!

Turning off the TV frees up time to spend with friends, family or enjoying favorite pastimes.

How do I participate?

Pick up a Turn Off the TV Log and complete it daily during the week. Everyone who submits a log by _____ will be eligible for cool challenge prizes!

How do I submit my log?

Logs can be turned into _____ (name) _____ or via email to _____ (email address) _____