

# Imagine....Turn it Off!!



## Turn off TV Log

Name \_\_\_\_\_

Instead of watching TV on **Monday**, I

- Took a Walk with a friend
- Taught my friend/family a new card game
- Read a book
- \_\_\_\_\_

Instead of watching TV on **Tuesday**, I

- Went for a bike ride
- Went for a walk/run
- Volunteered
- \_\_\_\_\_

Instead of watching TV on **Wednesday**, I

- Asked a friend to rollerblade
- Learned a new card game
- Called & talked with a friend
- \_\_\_\_\_

Instead of watching TV on **Thursday**, I

- Read a book
- Went swimming
- Did yoga
- \_\_\_\_\_

Instead of watching TV on **Saturday**, I

- Went to the mall
- Watched the stars come out and looked for the Big Dipper
- Wrote a letter to a friend
- \_\_\_\_\_

Instead of watching TV on **Sunday**, I

- Wrote a poem
- Cleaned the house
- Filled out my Turn Off TV log
- \_\_\_\_\_

\*\*Turn in your log by \_\_\_\_\_ and be eligible for cool prizes!

Send to (Name/location):