2010 Turn Off the TV Challenge Log

Log for Elementary Age Children

Name: _____ **Phone:**_____

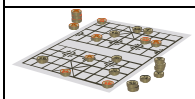
Email:_____

Parent Name/Signature _____

Are you currently a YMCA member? ____ **Yes** ____ **No**

Instead of watching TV on this day I unplugged and.....

Place a check mark in the box that describes what you did instead of watching TV

Monday April 19	Tuesday April 20	Wednesday April 21	Thursday April 22 Earth Day!	Friday April 23	Saturday April 24	Sunday April 25
Shot some hoops	Went for a bike ride	Went rollerblading	Helped make dinner	Played a card game	Went to the mall	Went to church
 Played a game with my family	Played Soccer	Played catch	Talked with my grandparents	Wrote a story	Went fishing	Played on the trampoline
Read a book	Walked the dog	Played frisbee	Did a puzzle	Went for a walk	Rode my scooter	Biked on the trails
Danced to my favorite music	Played with a friend	Looked at the stars	Went to the park	Went swimming	Listened to my favorite music	Filled out my Turn off the TV log
Other...	Other....	Other...	Other...	Other...	Other...	Other...