

2010 Turn Off the TV Challenge Log

Log for Teens & Adults



















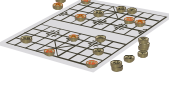








Name: _____ Phone: _____

Email: _____

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 	Made a healthy dinner 	Played a card game 	Went to the mall 	Was a Community volunteer 
Played cards with friends 	Went shopping 	Played catch 	Called my grandparents 	Wrote in my journal 	Read a book 	Went to Church 
Read the newspaper 	Walked the dog 	Played frisbee 	Did a puzzle 	Went for a walk 	Played a game with my friends 	Biked on the trails 
Danced to my favorite music 	Went for a walk with a friend 	Looked at the stars 	Went swimming 	Played soccer 	Listened to my favorite music 	Made a healthy snack for a friend 
Other...	Other....	Other...	Other...	Other...	Other...	Other...