

2010 Turn Off the TV Challenge Log

Log for Preschoolers




























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
Painted a picture 	Went for a walk around the block 	Planted seeds, herbs or seedlings 	Made a healthy snack 	Made a craft 	Played dress-up 	Played at the park 
Played "Go Fish" 	Went swinging 	Built a pillow fort 	Played hopscotch 	Colored with crayons 	Read a book at the library 	Went to Church 
Baked cookies 	Walked the dog 	Played hide 'n' seek 	Did a puzzle 	Went for a walk 	Helped spring clean 	Biked on the trails with mom and dad 
Had extra playtime in the tub 	Colored with sidewalk chalk 	Played with my pets 	Went swimming at the "Y" 	Rode my tricycle 	Danced to my favorite music 	Filled out my "Turn off the TV log" 
Other...	Other....	Other...	Other...	Other...	Other...	Other...