

2011 Turn Off the TV Challenge Log

Log for Preschoolers

Name: _____ Phone: _____ Email: _____



















Are you currently a YMCA member? _____ Yes _____ No

PLEASE RETURN BY May 2nd to Linda Lee, 300 4th St N, La Crosse WI 54601,

or email to lee.linda@co.la-crosse.wi.us

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 18	Tuesday April 19	Wednesday April 20	Thursday April 21	Friday April 22 Earth Day!	Saturday April 23	Sunday April 24
Painted a picture 	 Read with a Star at the North side La Crosse library	Planted seeds, herbs or seedlings 	Made a healthy snack 	Made a craft 	Played dress-up 	Played at the park 
Played "Go Fish" 	Went swinging 	Sock hop at the La Crosse Main library 	Played hopscotch 	Colored with crayons 	Read a book at the library 	Went to Church 
Baked cookies 	Walked the dog 	Played hide 'n' seek 	Turned trash into treasure at the South side La Crosse library 	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...