# 2011 Turn Off the TV Challenge Log

**Log for Teens & Adults**

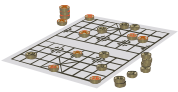
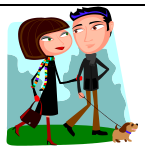
**Name:** _____ **Phone:** _____ **Email:** _____

**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** |
|---|---|---|---|---|---|---|
| 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 grand-parents | Wrote in my journal | Read a book | Went to Church |
| Read the newspaper | Walked the dog | Played frisbee | Turned trash into treasure at the South side La Crosse library | 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 | Sock hop at the La Crosse Main library | Went swimming | Played soccer | Listened to my favorite music | Made a healthy snack for a friend |
| Other... | Other.... | Other... | Other... | Other... | Other... | Other... |