



How much screen time does your child have?



What to do: Monitor how many minutes each day your child spends using small screen recreation as listed below in the chart. At the end of each day calculate the total amount of time your child spent using small screen recreation.

Small screen time recommendations:

- Children 2 years and over: small screen recreation should be limited to less than one hour per day
- Children under 2 years: No small screen time at all

Australian Government, Department of Health, National Physical Activity Guidelines

Name: _____

Type of small screen/electronic media	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smart Phone/Mobile Phone (games/internet usage)							
TV							
Electronic games (including Wii, consoles, portable & DS)							
Computer/Ipad/Internet (do not calculate use for homework)							
DVD & Blu-Ray							
TOTAL							

Remember: Children should be physically active for at least 3 hours every day