

Screen Time Challenge Go for it!

Try to get no more than 2 hours of screen time per day!

I will give the screen a rest:

During dinner on _____. [pick one or more days this week]

During _____ show, which is from __:__ AM/PM to __:__ AM/PM.

All: Morning or Afternoon or Evening on _____ [pick one or more days this week]

Instead, I will do one of these fun, active things:

1) _____

2) _____

3) _____

RUN

Skip

BIKE

Play

Color

WALK

Jump Rope

Tag

ART

Swings

Swim

Jog



Content adapted from High Five for Kids

Stick this on the fridge to remind yourselves of the fun activities you have planned. Changing TV habits can be hard, but work together as a family to make these healthy changes!

My Day, In Motion

1

When will I drink water today? [pick 3!]

- Breakfast
- Recess
- Lunch
- After-school
- Dinner
- Bedtime



2

Fruits and Vegetables I will eat today:

1. _____
2. _____
3. _____
4. _____



3

Today I will watch **1** show called _____ at __:__ AM/PM.



4

During the commercials of my show I will do 10:

- Jumping Jacks
- Frog jumps
- Leg kicks



5

I am going to bed at __:__ PM and waking up at __:__ AM.

At least 10 hours?

- YES
- NO





Healthy Meal Ideas

Mass in Motion Kids!

Replace sugary, salty, fried, and fast food with fruits and vegetables.
Include fruits and vegetables at all your child's meals and snacks!



- Noodles with cheese and broccoli
- Soup made with chicken, brown rice, and vegetables
- Tortillas filled with beans, cheese, and tomato salsa
- Lean hamburger on a bun with steamed broccoli
- Turkey burger with salad
- Turkey sandwich on whole grain bread with cucumber slices
- Grilled cheese made with whole wheat bread served with tomatoes
- Spaghetti with tomato sauce and parmesan cheese- try using whole wheat pasta
- Rotisserie chicken with green beans and grapes
- Tuna salad on a whole wheat wrap with celery
- Ham and cheese on a wheat bagel with an orange
- Omelet made with ham, cheese, onions, mushrooms, and/or spinach
- Fajitas made with grilled chicken and peppers
- Peanut butter and jelly sandwich on whole wheat bread with carrot sticks
- Homemade pizza made with cheese, veggies and a whole wheat crust

Replace sugary, salty, fried, and fast food with fruits and vegetables!



Acorn Squash
Apples
Apricot
Artichokes
Asparagus
Avacados
Bananas

Bean sprouts
Blueberries
Bok Choi
Broccoli
Beets
Cabbage
Cantaloupe

Collards
Carrots
Cauliflower
Celery
Corn
Cranberries
Cucumbers

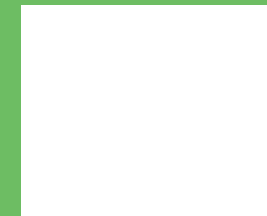
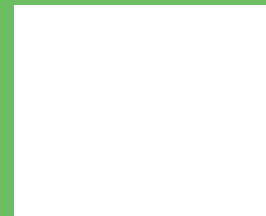
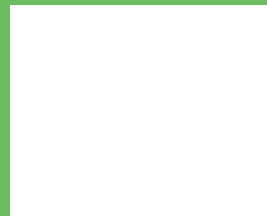
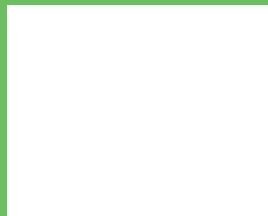
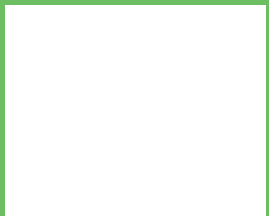
Grapefruit
Grapes
Green beans
Green peas
Kale
Kiwi
Lettuce

Mango
Mushroom
Nectarine
Onion
Oranges
Papaya
Peaches

Pears
Peppers
Plums
Pumpkin
Raisins
Raspberries
Spinach

Strawberries
Summer Squash
Sweet Potatoes
Tangerines
Tomatoes
Watermelon
Zucchini

Now it's your turn! What Fruits and Vegetables would you eat today? Draw or write!



TV-Free Activities

- Read a book
- Listen to a book on tape/CD
- Play hide and seek
- Play catch
- Make up a dance
- Follow the leader
- Go to the park
- Make a snowman
- Make a snow angel
- Do a puzzle
- Help cook dinner
- Play a board game
- Walk the dog
- Jump Rope
- Hoola Hoop
- Fly a kite
- Go to the library
- Take a walk
- Run through a sprinkler
- Play ball games
- Help wash the dog
- Play leap frog
- Play tag
- Play simon says
- Visit the zoo
- Have a relay race
- Play with blocks
- Make an obstacle course
- Play with sidewalk chalk
- Blow bubbles and chase them
- Help wash the car
- Help clean up the yard
- Pick up toys
- Carry laundry
- Go on swings
- Play scharades
- Build a fort
- Jump in leaves
- Play Hopscotch
- Kick a soccer ball
- Shoot hoops
- Ride bikes
- Water plants

For Healthy Kids...



No more than 2
hours of screen
time per day.

Content adapted from High Five for Kids



Goal Tracker

Track how you are doing with the Mass in Motion Kids' daily goals!



Zero sugary drinks



0-2 hours of screen time



Fruits and veggies



10-11 hours of sleep



1+ hour of active play

Week 1	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Goal:
Hours of quality sleep a night								10-11 hours
Hours of screen time								0-2 hours
Hours of physical activity								1+ hour
# of sugary drinks								0 sugary drinks
# fruits and vegetables								Every meal
Week 2	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Goal:
Hours of quality sleep a night								10-11 hours
Hours of screen time								0-2 hours
Hours of physical activity								1+ hour
# of sugary drinks								0 sugary drinks
# fruits and vegetables								Every meal
Week 3	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Goal:
Hours/minutes of quality sleep a night								10-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hour
# of sugary drinks								0 sugary drinks
# fruits and vegetables								Every meal
Week 4	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Goal:
Hours/minutes of quality sleep a night								10-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of moderate to vigorous physical activity								1+ hour
# of sugary drinks								0 sugary drinks
# fruits and vegetables								Every meal



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1+ hour of active play

Week 1	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
Nutrition Goal:								
Fitness Goal:								
Other Goal:								
Week 2	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
Nutrition Goal:								
Fitness Goal:								
Other Goal:								
Week 3	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
Nutrition Goal:								
Fitness Goal:								
Other Goal:								
Week 4	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
Nutrition Goal:								
Fitness Goal:								
Other Goal:								