

# 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!

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

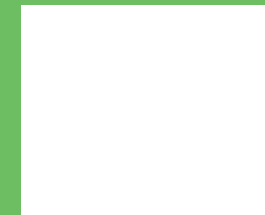
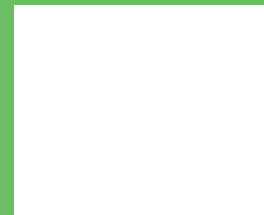
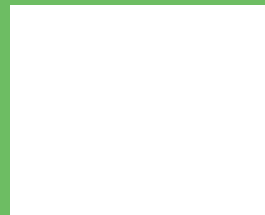
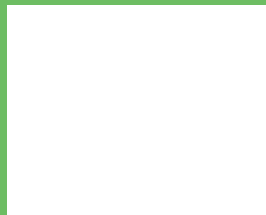
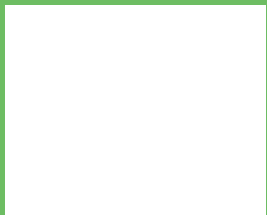
Grapefruit  
Grapes  
Green beans  
Green peas  
Kale  
Kiwi  
Lettuce

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:
<b>Nutrition Goal:</b>								
<b>Fitness Goal:</b>								
<b>Other Goal:</b>								
Week 2	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
<b>Nutrition Goal:</b>								
<b>Fitness Goal:</b>								
<b>Other Goal:</b>								
Week 3	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Obstacle:
<b>Nutrition Goal:</b>								
<b>Fitness Goal:</b>								
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<b>Nutrition Goal:</b>								
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