

_____’s TV and Video Game Log

(child’s name)

*A tool to help kids learn to manage their time.

Day	Time watching TV	Time playing video games	Total time for day on TV and video games
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My total time for the week spent on TV and video games: _____

My average time per day spent on TV and video games: _____

(Divide total time for week by 7.)



My favorite TV shows are: _____

Here’s what my family thinks is a reasonable amount of time for me to spend on TV and video games each day: _____

Attention Parents: If your child’s average time spent on electronic media is more than what you consider reasonable, encourage your child to watch only his/her favorite TV shows. Also, try setting a timer or using a clock when your child plays video games. Give your child a “2-minute warning” when the agreed-upon time is almost up.

2 TV TRICKS to help your kids become better readers:

- 1 Select “closed captions” from your TV Menu so that words float across the screen when the TV is on.
- 2 Move the TV, computer, and or video game player OUT of your child’s bedroom to a more central location. Studies show that this helps kids read more, sleep better, and avoid questionable video games and web-sites!

