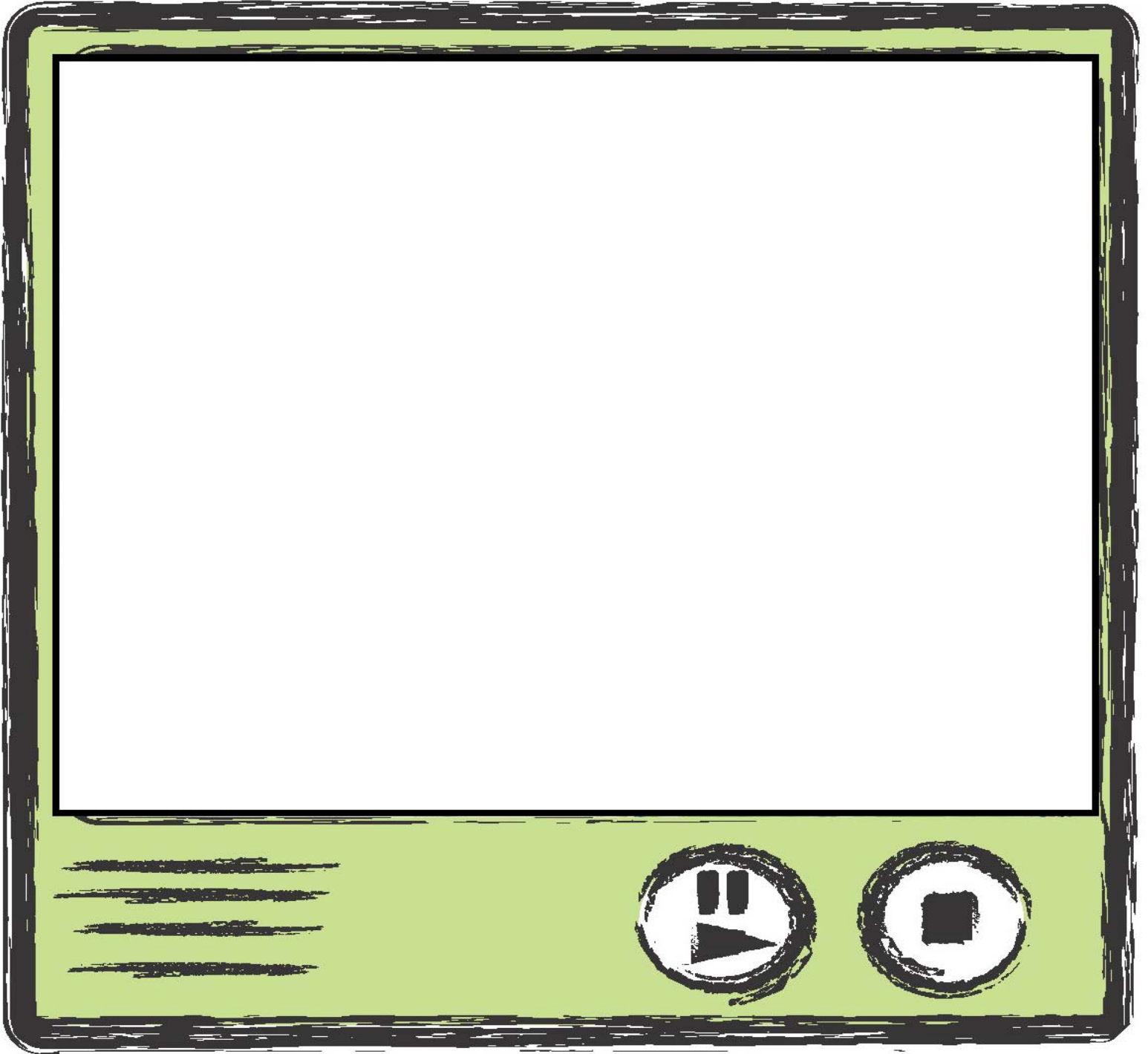




Pause **||** to **▶** PLAY

Student Tracker

We challenge you and your family to turn off your TV, video games and computers for one week and get active!



"Students can use this page to illustrate how they plan to become active during the Pause to Play challenge".

How to Play

1. Try your best to be screen-free for one week. This means turning off your TV, video games and computers (except for homework).
2. Be active during your free time everyday. Try a new activity for your whole family to enjoy.
3. Use the "Student Tracker" to keep track of your screen time and physical activities. Aim for **90 minutes** of physical activity everyday.
4. Return this completed form to your teacher on Monday after the Pause to Play Family Challenge even if you were not 100% screen-free.

Participant Pledge

Name _____ Boy Girl
 Grade _____ School _____ Teacher _____

I will try to be screen-free this week and I will do more physical activity everyday. I will encourage my family to be active with me. Number of participating family members (including you) _____.

Student Tracker

For each day this week, check ✓ the statements that are true for you.	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I was 100% screen-free today.							
I spent 60 minutes or less using screens today.							
I spent more than 60 minutes using screens today.							
I was active for at least 90 minutes today.							

Please check one answer in each box.

I was less physically active than usual this _____ week.	I did the same amount of physical activity as usual this week. _____	I was more physically active than usual this _____ week.
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Public Health

Wellington-Dufferin-Guelph Public Health
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Talk to your school nurse for any questions regarding Pause to Play activities, tips and prizes