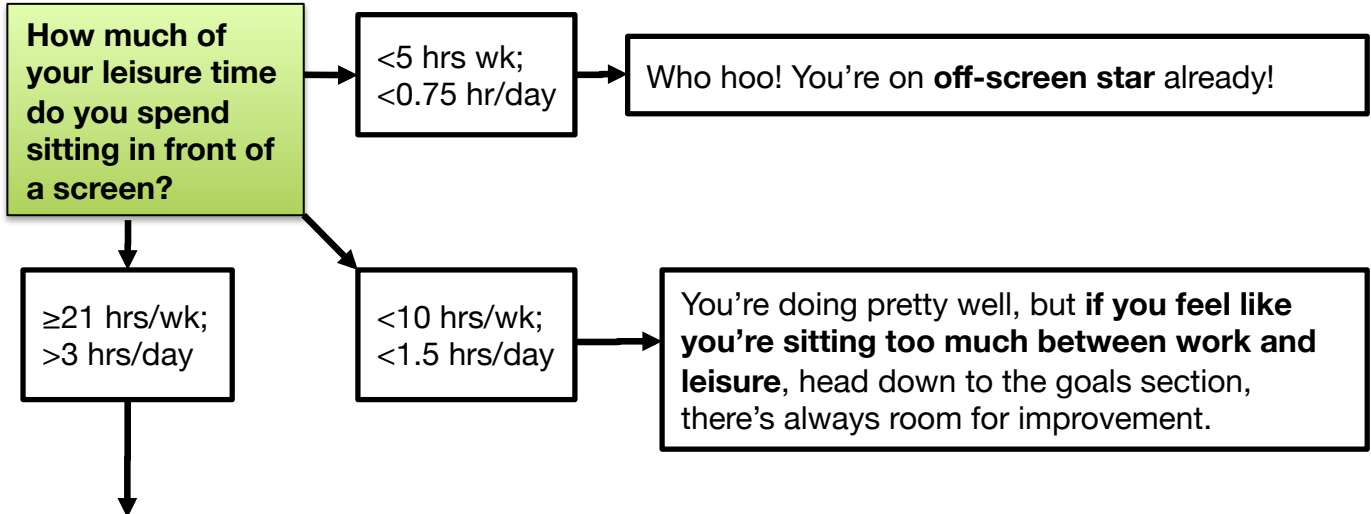


6 Steps to Keep the Weight Off

Choose your own adventure: follow the prompts and set the goals you need

6. Stay off the screen

START HERE



Set a screen time goal!

Write down the activity and screens you spend time on, and estimate how much time you spend on each major activity, i.e. reading email – 5 hrs, facebook- 5 hrs, movies- 5 hrs, TV- 10 hrs. Prioritize your list, and write in the order of what's most important to you.

Long-term goal: how much leisure screen time do you want to have in your week? _____

Short-term goal: Which category could you start to decrease next week and how much do you think you could decrease by? _____

What steps will you have to take to achieve these goals? (i.e. turn off my cell phone between 9-11PM at night to stay off facebook, choose only my two favorite TV shows a night and turn off the TV as soon as their over, go for a walk after dinner instead of sitting right down in front of the TV), play an off-screen game with my kids before any of us watch TV. Include everything you need to do to achieve your goal.
