

# How many hours have I spent...

Name.....

Week .....	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Watching TV							
Playing computer games							
Internet / YouTube							
Other							
Colour in the star for each day with less than 2 hours of screen time!							

What are your favourite activities? Make a list and try to fit them into your day!




.....

.....

.....





**Magu plant.  
Rhowch amser iddo.**

**Parenting.  
Give it time.**