



## Student Activity Log Sheet

Students Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Day	My Progress (except for homework)	What Physical Activity I Chose Instead of TV/Computer
<b>Monday April 24</b>	<input type="radio"/> Physically active <input type="radio"/> No TV <input type="radio"/> Less TV <input type="radio"/> No computer/video game <input type="radio"/> Less computer/video game	
<b>Tuesday April 25</b>	<input type="radio"/> Physically active <input type="radio"/> No TV <input type="radio"/> Less TV <input type="radio"/> No computer/video game <input type="radio"/> Less computer/video game	
<b>Wednesday April 26</b>	<input type="radio"/> Physically active <input type="radio"/> No TV <input type="radio"/> Less TV <input type="radio"/> No computer/video game <input type="radio"/> Less computer/video game	
<b>Thursday April 27</b>	<input type="radio"/> Physically active <input type="radio"/> No TV <input type="radio"/> Less TV <input type="radio"/> No computer/video game <input type="radio"/> Less computer/video game	
<b>Friday April 28</b>	<input type="radio"/> Physically active <input type="radio"/> No TV <input type="radio"/> Less TV <input type="radio"/> No computer/video game <input type="radio"/> Less computer/video game	

Student I \_\_\_\_\_ pledge to **Turn off the Screens and turn up my activity level from April 24-28, 2006**

Parent I \_\_\_\_\_ pledge to **Turn off the Screens and turn up my activity level from April 24-28, 2006**

**For more information, call York Region Health Services  
Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca)**