

# BACK 2 BASICS



## 21-DAY HABIT TRACKER: 2 HOURS OR LESS OF SCREEN TIME!

**DRAW AN 'X'** over one section of the iPad for every 30 minutes of screen time you have for the next 21 days!  
When you cross out all four sections of the iPad, you have reached 2 hours for the day. At the end of each week reflect on how you slept to help make a habit of less screen time!

NAME: \_\_\_\_\_

Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

This week I slept...



Bad    Okay    Good

Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

This week I slept...



Bad    Okay    Good

Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				

This week I slept...



Bad    Okay    Good

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