

# ▶▶▶ SCREEN FREE ME ▶▶▶

Did you know 2 hours is the recommended maximum for screen time each day?

Challenge yourself by going **SCREEN FREE** for a day!

Unplug your TV

Shut down your video games

Turn off your tablet

Find a new activity for the day!



I, \_\_\_\_\_, commit to 24 **SCREEN FREE** hours on August \_\_\_\_\_, 2021. I will spend my time...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE



## JOINTHECLUB

Or submit your completed challenge for a prize!