











Student Name: \_\_\_\_\_

Age: \_\_\_\_\_

Each time you choose to turn off your screen for 15 minutes and choose a different activity without being asked, write down or check the box of what you choose to do. Once you fill in **ten (10)** screen free choices, turn in your sheet to receive an attitude stripe.

| I chose:   | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--|------|-------|------|--------|------|------|------|
| Exercise (yoga, ride a bike, etc)     |      |       |      |        |      |      |      |
| Clean, declutter, organize            |      |       |      |        |      |      |      |
| Create art (draw, color, etc)         |      |       |      |        |      |      |      |
| Read a Book                           |      |       |      |        |      |      |      |
| Play board game                      |      |       |      |        |      |      |      |
| Play with your pet                  |      |       |      |        |      |      |      |
| Play with toys                      |      |       |      |        |      |      |      |
| Build something                     |      |       |      |        |      |      |      |
| Listen to music, sing, dance        |      |       |      |        |      |      |      |
| Your Choice. Tell us what you did.  |      |       |      |        |      |      |      |

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

