

Testing TV Time: What are your family's viewing habits? Circle the answers that best fit your family's routines below.

- Does your child have a TV in his or her room?
A) YES B) SOMETIMES C) NO
- Does your child watch more than 1 to 2 hrs. of TV daily?
A) ALWAYS B) SOMETIMES C) NEVER
- Do you have the TV on during meals?
A) ALWAYS B) SOMETIMES C) NEVER
- Does the family talk about shows you watch?
A) NEVER B) SOMETIMES C) ALWAYS
- Does your child have TV limits?
A) NO B) SOMETIMES C) YES
- Is the family TV on 2hrs or more daily?
A) YES B) SOMETIMES C) NO



SCORING

Add up your ABCs:

- Every A is 3 points
- Every B is 2 points
- Every C is 1 point

3 x _____ = _____

2 x _____ = _____

1 x _____ = _____

+

TOTAL

SCORE

Turn over for results



TV Viewing Score



If your score is between 6 and 8

Congrats! You're doing a great job of curbing the influence of TV, computer, & video games in your home by monitoring the type & amount of your child's media exposure.



If your score is between 9 and 12

Good job! You are helping keep your kids healthy by monitoring their screentime, but there is more you can do. Check out the free list of activities to replace TV time.



If your score is 13 or higher

Uh Oh! your kids might be watching too much TV which can be unhealthy for them. Check out the handout for unplugging your family and try to develop some limits for daily screentime.