

SCREEN FREE WEEK- Activity Log

Breaking away from habits are hard, that's why Over the Rainbow wants to congratulate you for trying new things with a FIVE DOLLAR GIFT CARD.

Each day write what you did instead of watching TV, playing video, computer or phone games and have your parent/guardian initial it. After completing ALL SEVEN days of being SCREEN FREE bring in this form and we will give you a FIVE DOLLAR GIFT CARD.

Name: _____

Date: April 18 to April 24, 2011	What I Did :	Parent/ Guardian Initials
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

(Name) _____ has completed seven days of SCREEN-FREE WEEK!

_____ (Parent/Gardian Signature)