



ACTIVITY LOG

Keep a log of what you did during Screen-Free Week. At the end of each day, write down or draw what you did that day by yourself, with your friends, and with your family. You'll be amazed how much more you can do when you go Screen-Free!

	Monday	Tuesday	Wednesday	Thursday	Friday
By Myself					
With Friends					
With Family					



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Saturday

Sunday

By Myself

With Friends

With Family