

Screen Time and Physical Activity Tracker

How to use this tool:

1. For every 15 minutes your child is active or uses a screen, place a check mark in the box.
2. Compare your child's totals to the recommendations on the back.
3. Make changes to fit your family's goals and track your progress.

Monday

Minutes per day

15	15	15	15	15	15	15	15	15	15	15	15

Screen time

Physical activity

Tuesday

Minutes per day

15	15	15	15	15	15	15	15	15	15	15	15

Screen time

Physical activity

Wednesday

Minutes per day

15	15	15	15	15	15	15	15	15	15	15	15

Screen time

Physical activity

Thursday

Minutes per day

15	15	15	15	15	15	15	15	15	15	15	15

Screen time

Physical activity

Friday

Minutes per day

15	15	15	15	15	15	15	15	15	15	15	15

Screen time

Physical activity

Saturday

Minutes per day	15	15	15	15	15	15	15	15	15	15	15	15
Screen time												
Physical activity												

Sunday

Minutes per day	15	15	15	15	15	15	15	15	15	15	15	15
Screen time												
Physical activity												

Recommendations for physical activity and screen time by age

Daily screen time recommendations

0-2 years	0 hours
2-4 years	1 hour or less
5-17 years	2 hours or less*

* Recreational screen time

Daily physical activity recommendations

0-1 years	Interactive floor-based play several times a day. For those not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake.
1-2 years	180 minutes at any intensity, including energetic play.
3-4 years	180 minutes at any intensity, with 60 minutes of energetic play.
5-17 years	60 minutes of moderate to vigorous physical activity such as, playground activities, running, cycling, swimming and climbing.

Canadian 24-hour Movement Guidelines For The Early Years (0-4 Years), Canadian 24-hour Movement Guidelines For Children And Youth (5-17 years).