

# FIT NOVEMBER<sup>2018</sup>

Screen limitation

15 minutes of any screen time - 1

(0-15 min = -1 & 16-30 min = -2)

Not including text, calls, emails.

Not including work or school related screens.

## Negative Points:

- Games-
- Shows - movies - youtube-
- Social media-
- etc-

## Earn Points:

Practicing 15 min = +1

Class = +3

Exercise 15 min = +1

Sign up at your school to register.

16 years and younger need parents need to sign off daily.

## First Place:

Get your PERSEVERANCE tee

or star up!

& Martial art prize!

Less than 5% of adults participate in 30 minutes of physical activity each day.

Children now spend more than seven and a half hours a day in front of screen. (TV, Video games, computer etc.)

The average time spent watching TV is 24 hours a week.

## 1 November 1-4

<b>FIT NOV</b>				Thur	Fri	Sat	Sun
Screen time							
Practicing							
Class							
Exercise							
Total							

Total: \_\_\_\_\_

## 2 November 5-11

<b>FIT NOV</b>	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Screen time							
Practicing							
Class							
Exercise							
Total							

Total: \_\_\_\_\_

## 3 November 12-18

<b>FIT NOV</b>	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Screen time							
Practicing							
Class							
Exercise							
Total							

Total: \_\_\_\_\_

## 4 November 19-25

<b>FIT NOV</b>	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Screen time							
Practicing							
Class							
Exercise							
Total							

Total: \_\_\_\_\_

## 5 November 26-30

<b>FIT NOV</b>	Mon	Tues	Wed	Thur	Fri		
Screen time							
Practicing							
Class							
Exercise							
Total							

Total: \_\_\_\_\_