

# Turn Off TV Week

## April 21-27, 2008

### Student Contract

I, \_\_\_\_\_, choose to participate in this year's Turn Off TV Week challenge.

To make it easier not to watch TV, I plan to:

- Put a note on the TV to remind me not to turn it on!
- Turn over the remote control to my parents for the week.
- Listen to music instead of watching TV.
- Go outside and play.
- Break out the board games.
- Call my friend, \_\_\_\_\_, for help when I feel frustrated about this challenge.
- \_\_\_\_\_
- \_\_\_\_\_

Signed,

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#### A Note From the Founder of Screen Time Matters:

**Congratulations!** As the founder of Screen Time Matters, I'm very proud and excited for you! I think you're going to find that there are lots of fun things you can do while the TV is off! Remember, too, that challenges aren't always easy – that's why they're challenging! But with some effort, you can do it! Keep this list handy, as well, so that you can think of other things to do when you feel like turning on the TV this week. I can't wait to hear more about how this week turns out for you!

Sincerely,  
*Jennifer Wolf*  
Founder of [www.screentimematters.com](http://www.screentimematters.com)