



## Screen Free EcoChallenge

- Choose at least one device but ideally try all 3 (if available)
- Challenge another family member to do it with you. Include them in the pledge

Screen Device	Number of hours you were screen free	What you did instead of being on this device	How did you feel? Was it difficult or easy? Did you enjoy the screen break?
Smart Phone			
Computer			
T.V.			

Due on: \_\_\_\_\_