

# LIMIT MINDLESS MEDIA

*Everyday is a bank account, and time is our currency.  
No one is rich, no one is poor, we've got 24 hours each.*

*—Christopher Rice*



We spend a lot of time on our devices. Some of it is important, some is not. **For this challenge, take back your time by limiting excess social media, TV, and mindless screen time for at least 7 of the next 10 days.** Use that time for better activities such as doing something with a family member or friend, working on a project, or taking a walk outside.

## TAKE BACK YOUR TIME

Average time spent on popular media:

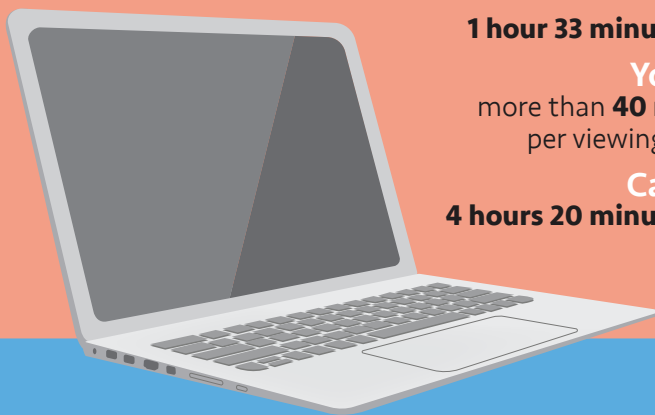
**Facebook**  
nearly **50 minutes** daily

**Pinterest**  
**75 minutes** per visitor

**Netflix**  
**1 hour 33 minutes** daily

**YouTube**  
more than **40 minutes**  
per viewing session

**Cable TV**  
**4 hours 20 minutes** daily



At the end of the challenge, REFLECT on what changes you want to make regarding future screen time:

In the boxes below, write what activity you did to replace your excess screen time. Try something new every day if you want!

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

