

# My TV Watching Chart



My name is \_\_\_\_\_  
 This week's date \_\_\_\_\_

On weekdays, I can start watching TV at this time:	
On weekends, I can stop watching TV at this time:	
I can watch TV for this long on weekdays:	
I can watch TV for this long on weekends:	

	Start time:	End time:	Start time:	End time:	
Monday					I watched TV _____ hour(s) today
Tuesday					I watched TV _____ hour(s) today
Wednesday					I watched TV _____ hour(s) today
Thursday					I watched TV _____ hour(s) today
Friday					I watched TV _____ hour(s) today
Saturday					I watched TV _____ hour(s) today
Sunday					I watched TV _____ hour(s) today

[RWJBH.org/CSH](http://RWJBH.org/CSH)



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