















## Chef Solus - Pick Your TV Shows - 2 hours or less!

Write In Your TV programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes Timechannel							
30 minutes Timechannel							
30 minutes Timechannel							
30 minutes Timechannel							
Color the star for each day you watched 2 hours or less of TV							
Have Fun and Be Active Everyday							

List some activities you can do instead of watching TV: \_\_\_\_\_

