

TV-Turnoff Week  
2007  
April 23 - 29



I, \_\_\_\_\_  
am participating in TV Turnoff in the Triangle

I pledge to:

1. Watch no TV during the Week.
2. Encourage my friends and family to not watch TV during the Week.
3. Explore new, screen-free activities.
4. Have FUN!

Instead of watching TV, I will:

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TV-Turnoff in the Triangle & Loving It !

LimiTV of Raleigh  
1-888-LIMITV3  
www.limittv.org



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