

My Schedule



Name _____

date _____

Half-hour increments

A

	What are you doing at:	Is the TV on? ✓	Add half hour to total column (.5)	Total
7:00 – 7:30 am			.5	
7:30 – 8:00 am			.5	
8:00 – 8:30 am			.5	
8:30 – 9:00 am			.5	
9:00 – 9:30 am			.5	
9:30 - 10:00 am			.5	
10:00 - 10:30 am			.5	
10:30 – 11:00 am			.5	
11:00 – 11:30 am			.5	
11:30 – 12:00 pm			.5	
12:00 – 12:30 pm			.5	
12:30 - 1:00 pm			.5	
1:00 - 1:30 pm			.5	
1:30 – 2:00 pm			.5	
2:00 – 2:30 pm			.5	
2:30 – 3:00 pm			.5	
3:00 – 3:30 pm			.5	
3:30 – 4:00 pm			.5	

Total Column A

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Half-hour increments

B

	What are you doing at:	Is the TV on? ✓	Add half hour to total column (.5)	Total
4:00 – 4:30 pm			.5	
4:30 – 5:00 pm			.5	
5:00 – 5:30 pm			.5	
5:30 – 6:00 pm			.5	
6:00 – 6:30 pm			.5	
6:30 – 7:00 pm			.5	
7:00 – 7:30 pm			.5	
7:30 – 8:00 pm			.5	
8:00 – 8:30 pm			.5	
8:30 – 9:00 pm			.5	
9:00 – 9:30 pm			.5	
9:30 – 10:00 pm			.5	

Total Column B

1.	Total Column A _____ + Total Column B _____ _____	Number of hours the television is on during the day:
2.	Total from #1= _____ x 5 = _____	This is the number of hours the television is on Monday-Friday
3.	Total from #2= _____ x 4 = _____	This is the number of hours the television is on in a month
4.	Total from #3= _____ x 52 = _____	This is the number of hours television is on in a year

TV Turnoff Week

April 23-April 29, 2007

