

🕒 Complete this page before going to bed on the last school night before taking part in CensusAtSchool.

Q21 Record the amount of time you use a screen after school.

Screen time includes: phone, tv, computer, tablet, ipod, Playstation, Xbox, Nintendo, movie theatre. If you use screens after midnight, add to your total.

	HOURS	MINUTES
3PM – 4PM	<input type="text"/>	<input type="text"/>
4PM – 5PM	<input type="text"/>	<input type="text"/>
5PM – 6PM	<input type="text"/>	<input type="text"/>
6PM – 7PM	<input type="text"/>	<input type="text"/>
7PM – 8PM	<input type="text"/>	<input type="text"/>
8PM – 9PM	<input type="text"/>	<input type="text"/>
9PM – 10PM	<input type="text"/>	<input type="text"/>
10PM – 11PM	<input type="text"/>	<input type="text"/>
11PM – 12AM	<input type="text"/>	<input type="text"/>
TOTAL	<input type="text"/>	<input type="text"/>

Q27 c.

Write what time you got home from school:

Q27 d.

Write what time you ate dinner:

Journal

NAME:

CENSUS AT SCHOOL DATE:



Complete your journal each day for the next week.



Bring this to class on the day you're taking part in CensusAtSchool.



Copy your journal answers into the CensusAtSchool survey form.

Q19 Colour the circles for when you do physical activity that makes you get puffed or sweat or get tired.

For example: walking to school, biking, swimming, dancing, kapahaka, playing games and sport, or just running around.

	OUTSIDE OF SCHOOL TIME	AT PLAYTIME OR LUNCHTIME
MONDAY	<input type="radio"/>	<input type="radio"/>
TUESDAY	<input type="radio"/>	<input type="radio"/>
WEDNESDAY	<input type="radio"/>	<input type="radio"/>
THURSDAY	<input type="radio"/>	<input type="radio"/>
FRIDAY	<input type="radio"/>	<input type="radio"/>
SATURDAY	<input type="radio"/>	
SUNDAY	<input type="radio"/>	

Q20 Record the amount of time you spend doing scheduled activities outside of school time.

For example: sport practices and games, swimming lessons, music lessons, scout clubs, church, youth group.

	HOURS	MINUTES
MONDAY	<input type="text"/>	<input type="text"/>
TUESDAY	<input type="text"/>	<input type="text"/>
WEDNESDAY	<input type="text"/>	<input type="text"/>
THURSDAY	<input type="text"/>	<input type="text"/>
FRIDAY	<input type="text"/>	<input type="text"/>
SATURDAY	<input type="text"/>	<input type="text"/>
SUNDAY	<input type="text"/>	<input type="text"/>
TOTAL	<input type="text"/>	<input type="text"/>