

Name _____

Date _____

How much do I watch TV? TV LOG

Sunday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Monday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Tuesday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Wednesday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Thursday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Friday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Saturday

| Show Title | Time | Show Title | Time |
|------------|-------|------------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Name _____

Date _____

How much do I watch TV? Adding it up

Using the TV log you filled out over the past week, enter the times below to calculate the total amount of TV you watched each day.

| | SUN. | MON. | TUES. | WEDS. | THUR. | FRI. | SAT. |
|--------------------|------|------|-------|-------|-------|------|------|
| Show #1 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #2 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #3 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #4 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #5 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #6 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #7 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Show #8 | hr. | hr. | hr. | hr. | hr. | hr. | hr. |
| Daily TOTAL | hrs. | hrs. | hrs. | hrs. | hrs. | hrs. | hrs. |

Next, add up the daily totals in order to figure out the total amount of TV you watched for the entire week.

| DAY | DAILY TOTAL |
|--------------------|-------------|
| SUNDAY | hrs. |
| MONDAY | hrs. |
| TUESDAY | hrs. |
| WEDNESDAY | hrs. |
| THURSDAY | hrs. |
| FRIDAY | hrs. |
| SATURDAY | hrs. |
| GRAND TOTAL | hrs. |

Consider how the total amount of TV you watched compares with the number of hours that you spent in school in school this week. Finally, to figure out the average number of hours that you watch TV per day, enter the grand total for the week listed above and divide that number by 7.

Grand Total _____ $\div 7 =$ _____ **hours of TV per day.**