



THE GAME CHANGER CHALLENGE

Log Book

Name

Date

Congratulations!

You've accepted the Game Changer challenge:
7 days of replacing your entertainment/leisure
screen time with any other non-screen-related
activity.



Go Ahead and Try This!

- Phone use for necessary contact only.
- The use of screens for homework, schoolwork or work.



What to Skip for the Best Experience

- Any form of social media.
- Engagement in group chats or discussion boards.
- Any form of gaming.
- YouTube (homework tasks involving YouTube are fine!)
- Movies or series.

Fill in the pages of this record book for every day
of the 7 day challenge.

Good luck and enjoy!



IDEAS

Remember that you need to replace your normal screen time hours with another non-screen related activity (napping doesn't count!). Here are some ideas...

- Organise a family board game session (bonus points if it gets extra competitive!).
- Collaborate on a home improvement project or do some gardening.
- Print the family photos on your phone that you never see and display them in a frame or on a corkboard.
- How many books can you read in 7 days?
- Sew or learn how to sew all the clothes that have been piling up in a mountain, waiting to be fixed for ages.
- Build a classic card tower - how high can yours go? (The Guinness World Record is 26 feet or almost 8 metres high!).
- Tidy and reorganise your bedroom: do a before and after comparison.
- Bake something (try not to set the house on fire)

BEFORE YOU START...

1.- How are you feeling about this challenge?
(Underline any that apply)

Nervous Excited Worried
Peaceful Glad Determined Reluctant
Or add your own words:

2.- How confident are you that you'll successfully complete this challenge?
(Put an 'X' on the line to show us how confident you are)



3.- What do you expect to gain from this challenge?:

4.- Would you like other family members to do this challenge with you?

Yes ☐ No ☐

"To achieve goals
you've never
achieved before,
you need to start
doing things
you've never done
before."

STEPHEN COVEY

DAY 1

Date:



Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ OK ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"Every problem
has a solution.
You just have to
be creative
enough to find it."

UNKNOWN

DAY 2 Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"Nothing happens
until you decide
to make it
happen."

UNKNOWN

DAY 3 Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

MICHAEL JORDAN

DAY 4 Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"...it is the
courage to
continue that
counts."

WINSTON CHURCHILL

DAY 5 Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"You can't go back
and change the
beginning, but
you can start
where you are
and change the
ending."

C.S. LEWIS

DAY 6 Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

"Every action
you take is a
vote for the
type of person
you wish to
become."

JAMES CLEAR

DAY 7

Date:

Tick here if you were a successful
Game Changer today:

☐

1.- What did you replace your screen time with today?

2.- How difficult was it to resist using a screen for
entertainment or leisure? (Tick one)

☐ Very easy ☐ Easy ☐ Ok ☐ Difficult ☐ Very difficult

3.- Was your chosen non-screen activity as enjoyable as your
usual screen time activity?

- ☐ More than I thought
- ☐ About the same
- ☐ Not as enjoyable

4.- Did your choice of activity affect your relationship
with your parents, siblings, adolescents, and/or partner
in any way? If so, how?

5.- Any other thoughts, comments or observations?

Congratulations!

You've finished
The Game
Changer
Challenge!



NOW THAT YOU'RE FINISHED...

1.- How many days did you successfully swap your screen time activity?: ____ out of 7

2.- Has the Challenge affected the way you view screen-time? How?

3.- Was the Challenge easier or more difficult to complete than you expected? (Put an 'x' on the scale below)

It was much
more difficult

It was much easier



4.- Did you fulfil your own expectations about doing the Challenge? (Look back at your answer to Q3 in the first questionnaire!)

☐

Yes

☐

No

Please feel free to share any suggestions or feedback with us at hello@wesee.education

Space for your
doodles and notes!





<http://wesee.education>