

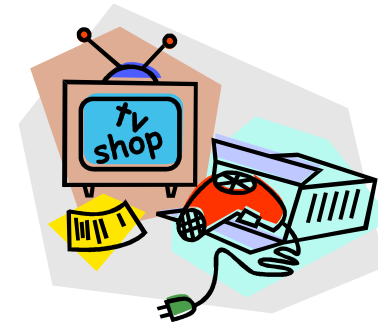


Name:

WritingWorkbooks.com

Couch Potato

Zaner-Bloser Print



1. Don't have a television in the bedroom.
2. Only watch television for up to two hours a day.
3. Spend much more time reading.
4. Don't give way to eating TV snacks.
5. Always do homework first.
6. Don't watch television after nine o'clock at night.
7. Take part in healthy sport and exercise.
8. Join a club such as the scouts or guides.
9. Only use a computer for serious work not games.
10. Only parent-approved access to the internet should be allowed.



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