

Recommended Changes to Balance Life's Rewards For

Date: _____

TV, Internet and
Computer/
Video Gaming



Real-life rewards

List Media Interests

Key:
+ increase
- decrease
x remove
* no change

___ Academics / Education
___ Athletics / Exercise
___ Career Goals and Success
___ Close Friendships
___ Family Relationships
___ Financial Success
___ Other Hobbies and Interests
___ Romantic Relationships
___ Spirituality / Philosophy
___ Travel
