

Family Change Plan

Make a plan for change

Here is an example of a “Family Change Plan” you can work through together with your child.

Tracker: Right now I play _____ hours a day and about _____ hours a week.

New goal:

- I will play no more than _____ hours on any given day and no more than _____ hours a week.
- I will stop playing video games.

When? I will start on this date _____

Reasons: My most important reasons to make these changes are:

Alternatives: Instead of playing video games this week I will try these activities:

People: The friends and adults who can help me are (list names and how they can help you achieve your goals):

Possible challenges: Some things that might make it difficult for me to cut back on game play and how I will handle them:

Celebrating my achievements: If I achieve my goal for the week I will:

Parent signature(s)

Child signature