

# SHOULD I WATCH TV?

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SPECIFIC SHOW  
OR PURPOSE



ONE SHOW OR  
MOVIE OR EVENT



FAMILY FUN  
TIME



ONE HOUR OR  
LESS ON TV



EXERCISE WHILE  
WATCHING

## YES



JUST BECAUSE  
YOU FEEL LIKE IT



MULTIPLE  
SHOWS = HOURS



IT BABYSITS THE  
KIDS



HAVE BETTER  
THINGS TO DO



EATING IN FRONT  
OF TV

## NO