



Please Try Alternatives to Television in Lieu of Birthday Gifts Log

“Television is a triumph of machinery over people” – Fred Allen

“Television has proved that people will look at anything rather than each other.” – Ann Landers

“I find television very educational. Every time someone switches it on I go into another room and read a book.” – Groucho Marx

As a birthday gift, I would like to forgo the usual request for toys, electronics, books, CDs, DVDs, and other items that require monetary consumption. In lieu of this tradition, I would like everyone to give up their friend, television¹, for a total of 24 hours in the coming year. I do not want people to give up T.V. for a single calendar day. I am not looking for that. I want people to, instead of watching T.V., to try to do another activity that does not require time in front of screen. So this means no computer, cell phone, or using anything else with a screen---unless it is a window.

Just think of all the things you could do! Maybe there is a book you wanted to read. Perhaps there is a story, memory, or letter you wanted to write down. There could even be something that you wanted to tweak/hack/repair but haven't had the time. Do you play a musical instrument? Jam out with some friends or neighbors. You could even draw a picture. Or what if you called someone on the telephone that you haven't spoken to in a while—an old friend, lover, or family member? The list of things to do instead of watching television is endless and only limited by your imagination. If you get stuck, give me a call! I have plenty of ideas.

Please print this document and fill out the chart below, mailing it to me when you are finished. A completed form will serve as a voucher to avoid harassment for not celebrating my birthday this year. Expect to be asked about your progress continuously throughout the coming year. Just think, I could have just made you buy me something!

Hour	Date	Show you Were Going to Watch	Activity you did Instead	Hour	Date	Show you Were Going to Watch	Activity you did Instead
01				13			
02				14			
03				15			
04				16			
05				17			
06				18			
07				19			
08				20			
09				21			
10				22			
11				23			
12				24			

1. If you do not have broadcast/cable/satellite television. Please substitute “screen time” for the word television.