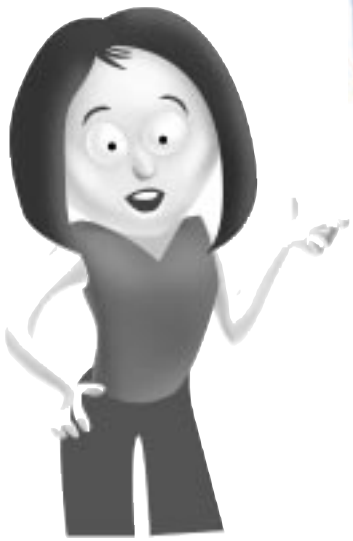
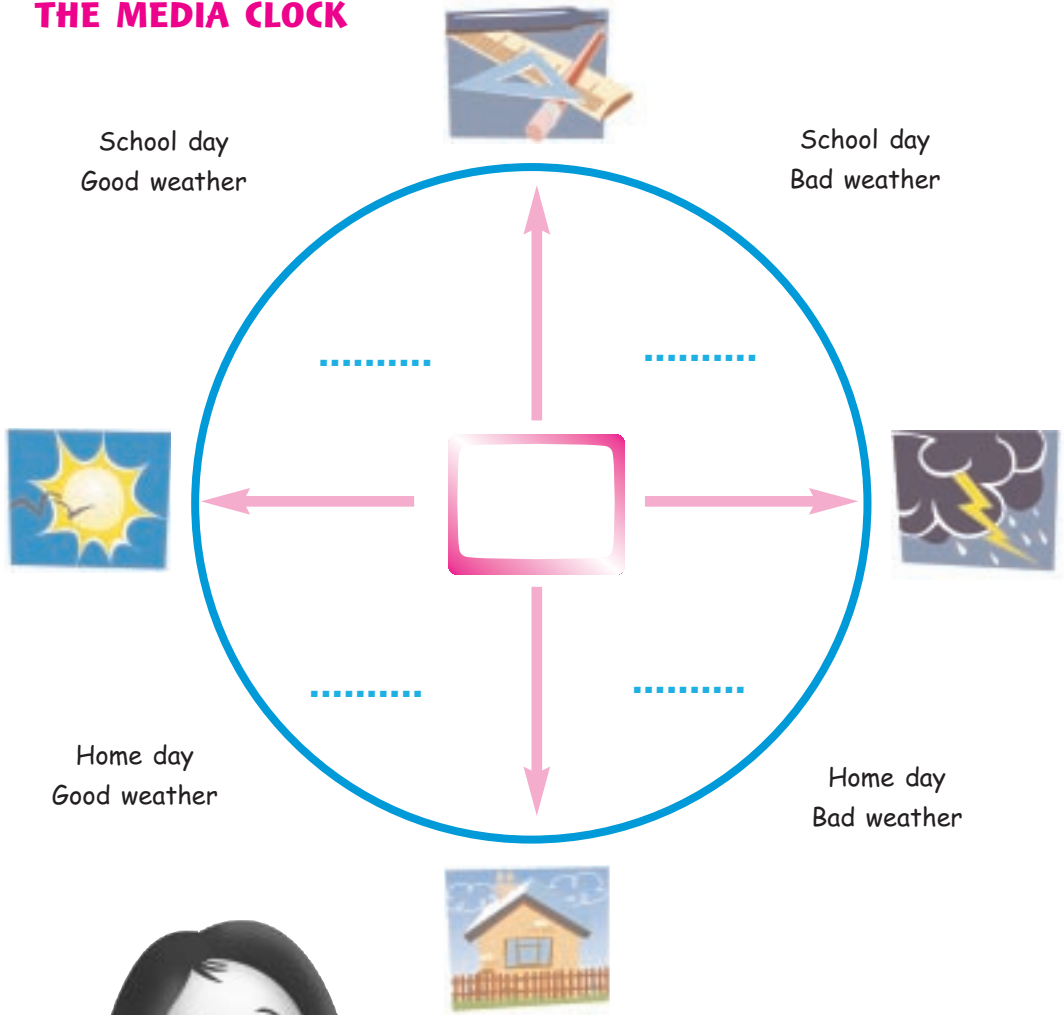


# THE MEDIA CLOCK



**Here's a blank Media Clock for you to fill in. Decide with your child what figures to aim for. See The Media Diet for Kids, Chapter 5**