

# N.O.V.A. PACK

[www.novaprinciples.com](http://www.novaprinciples.com)

In order to become an “Elite” member of the **N.O.V.A. Parent PACK**:  
**No T.V., Movies, or Video Games for one full week (seven straight days in a row).**

Date	List the positive things you do each day instead of watching or playing media.

## Personal Comments

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Signature: \_\_\_\_\_

Witness Signature: \_\_\_\_\_