

<u>TOPICS</u>	<u>DATES</u> Please record to the nearest 15-minute interval (for example- 3 hours and 15 minutes)				
	Day 1 Wednesday	Day 2 Thursday	Day 3 Friday	Day 4 Saturday	Day 5 Sunday
PC/Laptop/Tablets <ul style="list-style-type: none"> - Websites - News articles - Leisure searches - Social media - Emails - other 	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> 1 hour	4 hour	1 hour, 15 mins	n/a	n/a
Smartphones <ul style="list-style-type: none"> - Social media - Phones calls/texts - Games - Pictures - Emails - other 	5 hours	6 hour	8 hours, 45 mins	6 hours, 30 mins	4 hours
Screen Time <ul style="list-style-type: none"> - TV shows - Netflix/HULU/Prime - Movies - Commercials - Sporting events - other 	2 hours	n/a	n/a	4 hours	2 hours
Radio/Music/MP3/Pandora, etc.	same as smartphone	same as smartphone	same as smartphone	same as smartphone	same as smartphone
Print <ul style="list-style-type: none"> - Newspapers - Magazines - Reading the mail - Looking through printed advertisements - Catalogs 	n/a	n/a	n/a	n/a	n/a
Video Games	n/a	n/a	n/a	n/a	n/a
Other <ul style="list-style-type: none"> - Shopping at malls 	n/a	n/a	n/a	n/a	n/a
<u>Total Hours</u>	7 hour	10 hours	10 hours	10 hours, 30 mins	6 hour