

**DAILY LOG OF DIGITAL MEDIA USE**

As you think about your digital footprint it is helpful to be aware of which digital activities take up the majority of your time.

Print out and carry this log, or download it to a device you carry, so you can track your time. Write in the number of minutes you spend on each of these during a day.

Enter the number of **minutes** for each activity and day.

**Due Monday w/ your Total minutes Calculated**

	DAY 1 (Today/Wednesday)	Day 2 Thursday	Day 3 Friday	Day 4 Weekend	MY TOTALS (minutes)		
Phone usage (calls, texting, gaming, Internet)							
Gaming (DS, xbox, psp, playstation...)							
Computer/tablet (gaming, surfing)							
Computer/tablet (homework & research)							
TV (not on a handheld device)							
Listening to music (not on one of the other above)							
Other (specify)							
Other (specify)							