## My Media Log

How much time do you spend with different types of media in a given day? Fill in the log below to track your media habits. Use the log to track your device use and media habits; remember to include activities that you do during the school day and at home.

1. In the left column labeled DEVICE, list which of the 5 types of technology you used: cell phone, TV/DVD player, video console, tablet, computer.
2. In the middle column labeled ACTIVITY, write a short description of the type of activity you did on the device.
3. In the right column labeled TIME, track how much time (in minutes) you approximately spent doing each activity.

| DEVICE | ACTIVITY | TIME (min.) |
| :--- | :--- | :--- |
| EXAMPLE: tablet | watched a movie | 90 min. |
| EXAMPLE: cell phone | listened to music | 30 min. |
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HINT: Divide the total amount of minutes by 60 to calculate how many hours you spent with media.

## My Media Bar Graph

Make a bar graph to show how much time you spent with media in one day (refer to your My Media Log). Create five bars that show how many minutes you spent using media by device.

MY MEDIA BAR GRAPH


DEVICE

## Challenge

Look at which device you use the most. Can you create a pie chart that breaks down the time spent on each type of activity? For instance, on your cell phone, how much are you talking versus texting versus using the Internet versus using apps?


