**My Media Log** **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*How much time do you typically spend with different types of media in a day*?

Fill in the information below to track your media habits for the day you are assigned this log for homework. **Remember to include activities that you do during the school day and at home.**

1. In the left column labeled **Media**, list which of the 5 types of activities you did:

**Communicating** (includes talking and texting), **Viewing/Listening/Reading** (includes watching shows, DVD, DVR, music, and eBooks), **Gaming** (on any type of device), **Learning/Researching** (includes class work and the internet) or **Socializing** (includes Face Book, Twitter, Instagram, Snap Chat, etc.).

1. In the middle column labeled **Activity**, write a short description of the type of activity you did using the device.
2. In the right column labeled **Time**, track how much time (in minutes) you – approximately – spent doing each activity.

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| **MEDIA** | **ACTIVITY** | **TIME** (in minutes) |
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