Media Consumption Recorder					
TOPICS	**DATES** Use the nearest 15-minute interval, i.e. 3:15				
	Day 1	Day 2	Day 3	Day 4	Day 5
PC/Laptop/Tablets Websites News articles Leisure searches Social media Emails Other	5hours 45 mins	6 hours 15 mins	6 hours 45 mins	5 hours 30 mins	4 hours 45 mins
Smartphones Social media Phones calls/texts Games Pictures Emails Other	3 hours 45 mins	4 hours	4 hours 15 mins	3 hours 30 mins	4 hours 30 mins
Screen Time TV shows Netflix/HULU/Prime Movies Commercials Sporting events Other	2 hours	2 hours 15 mins	1 hour 45 mins	2 hours	2 hours 30 mins
Radio/Music/MP3/ Pandora, etc.	30 mins	30 mins	30 mins	30 mins	45 mins
Print Media Newspapers Magazines 'Snail' mail Print ads Catalogs	0 mins	0 mins	0 mins	0 mins	0 mins

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Video Games	0 mins	0 mins	0 mins	0 mins	0 mins
Other Offline Shopping Touching Grass Analog Islands	1 hour	1 hour	2 hours	1 hour	1 hour
TOTAL HOURS	13 hours	14 hours	15 hours 15 mins	12 hours 30 mins	13 hours 30 mins