

Name _____

Class _____

My Media Log

Directions

How much time do you spend with different kinds of digital media? Fill in the log below with information about your media habits. Keep track of your media habits for one entire day. Remember to include activities that you do during the school day and outside of the school day.

1. In the left column labeled “**ACTIVITY**” for each of the five types of media listed below — mobile phones, television/DVD players, Internet, computer software and tablet apps, and video games — list the type of activities.
2. In the middle column labeled “**DESCRIPTION OF ACTIVITY**,” provide a short description of the types of activities you do in an average week, describing where, when, and with whom you do them (if applicable).
3. In the right column labeled “**APPROXIMATE TIME**,” track how much time you spent engaging in that activity. Record the number of **minutes** you spend. (Remember 1 hour = 60 minutes)

ACTIVITY	DESCRIPTION OF ACTIVITY	APPROXIMATE TIME
Mobile Phones		
Example: texting	Example: with friend about TV show we both were watching	Example: 70 minutes
One day's total time in minutes = _____ mins x7 = _____ (week's average) Convert the week's average to hours by dividing by 60 = _____ (Round it up or down to nearest)		

ACTIVITY	DESCRIPTION OF ACTIVITY	APPROXIMATE TIME
Television and DVD Players		
One day's total time in minutes = mins x7 = (week's average) Convert the week's average to hours by dividing by 60 = (Round it up or down to nearest hour)		

ACTIVITY	DESCRIPTION OF ACTIVITY	APPROXIMATE TIME
Internet		
One day's total time in minutes = mins x7 = (week's average) Convert the week's average to hours by dividing by 60 = (Round it up or down to nearest hour)		

ACTIVITY	DESCRIPTION OF ACTIVITY	APPROXIMATE TIME
Computer Software and iPad/Tablet Apps		
One day's total time in minutes = mins x7 = (week's average) Convert the week's average to hours by dividing by 60 = (Round it up or down to nearest hour)		

ACTIVITY	DESCRIPTION OF ACTIVITY	APPROXIMATE TIME
Video Games (on a console, not a computer)		
One day's total time in minutes = mins x7 = (week's average) Convert the week's average to hours by dividing by 60 = (Round it up or down to nearest hour)		

Name: _____ Class _____

My Media

Directions

Make a bar graph of your media life. Refer to the **My Media Log Student Handout** for the times. Create five bars that show the different amount of time (in hours) you spend, in one week, with the forms of digital media listed on the x axis.

How?

Convert

MY MEDIA BAR GRAPH



