## **DIGITAL MEDIA**

Any form of media distributed by electronic devices.

TIME TRACKER	
Write down how you spend your time from first waking up in the morning to going to bed at night. Try to accurately estimate how much time you spend doing each activity. If you use digital media, be sure to describe what type of technology you use (i.e., a cellphone) and what you do on it (i.e., text).	
Activity (Describe)	Time Spent (in minutes)

YOUR NAME\_\_\_\_\_ DAY TRACKED\_\_\_\_