

		DATES															
		2/21/26 - 2/25/26															
TOPICS				Day 1		Day 2		Day 3		Day 4		Day 5					
PC/Laptop/Tablets: Websites, News articles, Leisure searches, Social media, Emails, Other				Hours: 8	Minutes: 35	Hours: 9	Minutes: 1	Hours: 8	Minutes: 47	Hours: 11	Minutes: 4	Hours: 7	Minutes: 30				
Smartphones: Social media, Phone calls/texts, Games, Pictures, Emails, Other				Hours: 4	Minutes: 57	Hours: 9	Minutes: 56	Hours: 9	Minutes: 56	Hours: 4	Minutes: 41	Hours: 2	Minutes: 34				
ScreenTime: TV shows, Netflix/Hulu/Prime, Movies, Commercials, Sporting events, Other				Hours: 1	Minutes: 57	Hours: 1	Minutes: 2	Hours: 2	Minutes: 31	Hours: 0	Minutes: 45	Hours: 1	Minutes: 32				
Radio/Music/MP3/Pandora, etc.				Hours: 0	Minutes: 0	Hours: 0	Minutes: 9	Hours: 0	Minutes: 14	Hours: 0	Minutes: 45	Hours: 0	Minutes: 33				
Print Media: Newspapers, Magazines, 'Snail' mail, Print ads, Catalogs				Hours: 0	Minutes: 0												
Video Games				Hours: 0	Minutes: 0												
Other: Offline shopping, Touching grass, Analog Islands				Hours: 0	Minutes: 0												
TOTAL HOURS				Hours: 16	Minutes: 26	Hours: 20	Minutes: 8	Hours: 21	Minutes: 28	Hours: 2	Minutes: 15	Hours: 12	Minutes: 9				