



# Track Your Media Use Challenge

Device/Medium	What activity? (e.g. Watching time-shifted TV or DVD/Blue-Ray, listening to music, news, talk radio, reading, shopping, surfing the web, playing video games or games on a phone, researching info online, etc.)	For what purpose? (Informational/learning, persuasion, entertainment, escape, relaxation, and/or to feel included in a group?)	How much time spent engaged w/each medium (hrs & mins to the nearest minute)?	Record feelings during and after being engaged with media (happy, sad, calm, angry, disconcerted, etc.)
Television				
Radio				
Game Console				
Tablet				
Smartphone				
Computer/Internet				
Newspaper				
Book (Printed copy)				
Magazine (Printed copy)				
Movie Theater				
Other (Please Specify):				

