IB Psychology Markus Lajunen

Media Diary

Keep track of how many hours and minutes you use per media for one week (seven days). Differentiate your use of media.

By the end of the week, calculate the hours and minutes of media time in total and per media.

DAY	TIME	MEDIUM	WHAT	WHERE

IB Psychology Markus Lajunen

DAY	TIME	MEDIUM	WHAT	WHERE