

# My Daily Phone Use

Time	Number of times I used my phone during the hour	Total number of minutes I used my phone during the hour	What I used my phone for during the hour
e.g. 7 am	2	12	Checked a text message Read Facebook news feed Posted a photo on Instagram
7am			
8am			
9am			
10am			
11am			
12pm			
1pm			
2pm			

Time	Number of times I used my phone during the hour	Total number of minutes I used my phone during the hour	What I used my phone for during the hour
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			
11pm			
12am			
1am			