

Media Consumption Log

S=smartphone C=computer T=tablet V=television P=paper R=radio

Time of day	Device (S, C, T, V, P, R)	Path (How did you get there?)	Content Source	Time with content	Action (share, comment)	Location (where consuming content)	With whom? (in person, virtually, alone)	Were you multitasking too? Doing what?	How were you feeling at the time of use?
5:30	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
5:45	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
6:00	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
6:15	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
6:30	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
6:45	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
7:00	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
7:15	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
7:30	S	Roadtrip	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Focused/Bored
7:45	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
8:00	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
8:15	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
8:30	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
8:45	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
9:00	S	Roadtrip	Hulu	15 min	Stream Video	Car	Alone	No	Bored/Anxious
9:15	S	Roadtrip	Apple Music/Reddit	15 min	Music/Scroll Socials	Car	Alone	No	Bored/Anxious
9:30	S	Roadtrip	Apple Music/Reddit	15 min	Music/Scroll Socials	Car	Alone	No	Bored/Anxious
9:45	S	Roadtrip	Apple Music/Reddit	5 min	Music/Scroll Socials	Car	Alone	Yes, Eating	Bored/Anxious
10:00	S	Roadtrip	Apple Music/Instagram	5 min	Music/Scroll Socials	Car	Alone	Yes, Eating	Bored/Anxious
10:15	S	Roadtrip	Apple Music/Instagram	15 min	Music/Scroll Socials	Car	Alone	No	Bored/Anxious
10:30	S	Roadtrip	Apple Music/Instagram	15 min	Music/Scroll Socials	Car	Alone	No	Bored/Anxious
10:45	C	Free Time	G-Mail	5 min	Respond to Email	Home	Alone	No	Stressed
11:00	V	Free Time	ESPN Plus	15 min	Set up Account	Home	w/ Family, in person	No	Stressed
11:15	V	Free Time	ESPN Plus	15 min	Stream Video	Home	w/ Family, in person	No	Calm
11:30	V	Free Time	ESPN Plus	5 min	Stream Video	Home	w/ Family, in person	No	Calm
11:45	S	Travel	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Calm
12:00	S	Travel	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Calm
12:15	S	Travel	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Calm
12:30	S	Travel	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Calm
12:45	S	Travel	Apple Music/Google Maps	15 min	Music/Navigation	Car	Alone	Yes, Driving	Calm
1:00	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
1:15	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
1:30	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
1:45	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
2:00	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
2:15	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
2:30	V	Free Time	X-Box	10 min	Play Video Games	USC Apartment	w/ Friend, in person	No	Fun/Excited
2:45	S	Habit	Instagram/Reddit	15 min	Scroll Socials	USC Apartment	Alone	No	Sleepy
3:00	S	Habit	Instagram/Reddit	15 min	Scroll Socials	USC Apartment	Alone	No	Sleepy
3:15		Sleep							
3:30		Sleep							

3:45		Sleep							
4:45		Sleep							
5:00		Sleep							
5:15		Sleep							
5:30		Sleep							
5:45	S	Task	Alarm/Instagram	10 min	Scroll Socials	USC Apartment	Alone	No	Sleepy
6:00	S	Task	Instagram/Reddit	5 min	Scroll Socials	USC Apartment	Alone	No	Sleepy
6:15	R	Travel	Car Radio	15 min	Play Music	Car	w/ S/O	Yes, Driving	Focused
6:30	R	Travel	Car Radio	15 min	Play Music	Car	w/ S/O	Yes, Driving	Focused
6:45		Sleep							
7:00		Sleep							
7:15		Sleep							
7:30		Sleep							
7:45		Sleep							
8:00		Sleep							
8:15		Sleep							
8:30		Sleep							
8:45		Sleep							
9:00		Sleep							
9:15		Sleep							
9:30	S	Task	Safari	5 min	Check Flight Status	USC Apartment	Alone	No	Sleepy
9:45	S	Task	Instagram/Reddit	15 min	Scroll Socials	USC Apartment	Alone	No	Calm
10:00	S	Travel	Google Maps	15 min	Navigation	Car	Alone	Yes, Driving	Focused
10:15	S	Travel	Google Maps	15 min	Navigation	Car	Alone	Yes, Driving	Focused
10:30	S	Travel	Google Maps	15 min	Navigation	Car	Alone	Yes, Driving	Focused
10:45	R	Travel	Car Radio	15 min	Play Music	Car	Alone	Yes, Driving	Focused
11:00	R	Travel	Car Radio	15 min	Play Music	Car	Alone	Yes, Driving	Focused
11:15	R	Travel	Car Radio	15 min	Play Music	Car	Alone	Yes, Driving	Focused
11:30	S	Travel/Communicatio	Google Maps/Whatsapp	10 min	Navigation/Text	Car	w/ Family, over phone	Yes, Driving	Focused
11:45	S	Travel/Communicatio	Google Maps/Whatsapp	10 min	Navigation/Text	Car	w/ Family, over phone	Yes, Driving	Focused
12:00	S	Travel/Communicatio	Google Maps/Whatsapp	10 min	Navigation/Text	Car	w/ Family, in Person	Yes, Driving	Focused
12:15		Travel	Google Maps	10 min	Navigation	Car	Alone	Yes, Driving	Focused
12:30	V	Free Time	X-Box	10 min	Play Video Games		w/ Friend in person	No	Fun/Excited
12:45	V	Free Time	X-Box	10 min	Play Video Games		w/ Friend in person	No	Fun/Excited
1:00	V	Free Time	X-Box	10 min	Play Video Games		w/ Friend in person	No	Fun/Excited
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2:00	V	Free Time	X-Box	10 min	Play Video Games		w/ Friend in person	No	Fun/Excited