

Using the following categories and chart, keep a daily record of your *media habits* for one week.

- A. Prime-time Shows (ex: evening sitcom)
- B. Local or National News (ex: ABC evening news)
- C. Cable News (ex: CNN)
- D. Current Events Programs (ex: 60 minutes)
- E. Children’s Shows (ex: Sponge Bob)
- F. Sports (ex: Monday Night Football)
- G. Day-Time Drama (ex: Days of Our Lives)
- H. Talk Shows (ex: Oprah Winfrey)
- I. Educational (ex: How It’s Made)
- J. Music Videos (ex: Taylor Swift)
- L. Movies (ex: True Grit)
- M. Other 1 – Entertainment Viewing (ex: youtube videos)
- N. Other 2 – Screen Time (ex: Facebook, Instagram, Snap Chat, etc)
- M. Reading (ex: People Magazine)
- O. Face to Face Interaction (ex: talking with mom)

Day/Time	Media Type/Description	Total Minutes
Tuesday		
Wednesday		
Thursday		

Friday		
Saturday		
Sunday		
Monday		

Total Number of minutes spent on Media Viewing _____

Total Number of minutes spent watching each category:

___ A ___ B ___ C ___ D ___ E ___ F ___ G ___ H ___ I ___ J ___ K ___ L ___ N ___ O ___

Total Number of minutes of Face to Face Interaction _____