



Name _____

Class _____

Section _____

Use this log to track the amount of time you spend with each medium during a 24-hour period. Be sure to indicate when you're using more than one medium at once, too.

	Television	Radio	Computer	Mobile Device	Newspaper	Magazine
12 a.m. - 1 a.m.						
1 a.m. - 2 a.m.						
2 a.m. - 3 a.m.						
3 a.m. - 4 a.m.						
4 a.m. - 5 a.m.						
5 a.m. - 6 a.m.						
6 a.m. - 7 a.m.						
7 a.m. - 8 a.m.						
8 a.m. - 9 a.m.						
9 a.m. - 10 a.m.						
10 a.m. - 11 a.m.						
11 a.m. - 12 p.m.						
12 p.m. - 1 p.m.						
1 p.m. - 2 p.m.						
2 p.m. - 3 p.m.						
3 p.m. - 4 p.m.						
4 p.m. - 5 p.m.						
5 p.m. - 6 p.m.						
6 p.m. - 7 p.m.						
7 p.m. - 8 p.m.						
8 p.m. - 9 p.m.						
9 p.m. - 10 p.m.						
10 p.m. - 11 p.m.						
11 p.m.- 12 a.m.						