ONLINE ACTIVITIES DATA COLLECTION FORM for ……

Use this table to record how much time you spend on each of these online activities each day for a week: online gaming, music downloads, social networking, instant messaging, web browsing.

Day	Activity	Time spent

Use this table to total up the time spent on each activity.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Online gaming								
Music downloads								
Social networking								
Instant messaging								
Web browsing								
Total								

The shaded cells show the values that must be entered into the spreadsheet.