

ID	Start time	Completion time	Email	Name	Total points
1	3/16/22 19:53:51	3/16/22 20:24:48	anonymous		
2	3/16/22 21:16:59	3/16/22 21:19:56	anonymous		
3	3/16/22 21:30:09	3/16/22 21:33:30	anonymous		
4	3/16/22 22:06:38	3/16/22 22:11:34	anonymous		
5	3/17/22 2:04:19	3/17/22 2:08:17	anonymous		
6	3/17/22 2:11:48	3/17/22 2:13:27	anonymous		
7	3/17/22 2:09:36	3/17/22 2:16:32	anonymous		
8	3/17/22 2:10:51	3/17/22 2:19:17	anonymous		
9	3/17/22 2:14:17	3/17/22 2:20:18	anonymous		
10	3/17/22 2:20:49	3/17/22 2:22:37	anonymous		
11	3/17/22 12:06:54	3/17/22 12:08:42	anonymous		
12	3/17/22 18:03:03	3/17/22 18:04:45	anonymous		
13	3/17/22 19:04:17	3/17/22 19:08:36	anonymous		
14	3/17/22 19:07:50	3/17/22 19:11:51	anonymous		
15	3/17/22 19:08:35	3/17/22 19:13:05	anonymous		
16	3/17/22 19:16:40	3/17/22 19:22:21	anonymous		
17	3/17/22 19:33:14	3/17/22 19:37:43	anonymous		
18	3/17/22 20:01:39	3/17/22 20:04:26	anonymous		
19	3/17/22 20:09:30	3/17/22 20:11:56	anonymous		
20	3/17/22 20:08:21	3/17/22 20:13:53	anonymous		
21	3/17/22 20:08:52	3/17/22 20:15:43	anonymous		
22	3/17/22 20:29:54	3/17/22 20:32:13	anonymous		
23	3/17/22 20:32:52	3/17/22 20:35:33	anonymous		
24	3/18/22 22:20:40	3/18/22 22:23:38	anonymous		
25	3/18/22 22:39:58	3/18/22 22:42:35	anonymous		
26	3/19/22 1:21:26	3/19/22 1:25:17	anonymous		
27	3/19/22 6:24:27	3/19/22 6:54:47	anonymous		
28	3/19/22 7:05:24	3/19/22 7:08:31	anonymous		
29	3/19/22 8:13:56	3/19/22 8:17:46	anonymous		
30	3/19/22 9:30:57	3/19/22 9:37:25	anonymous		
31	3/19/22 12:41:11	3/19/22 12:44:04	anonymous		

Quiz feedback	Name2	Points - Name	Feedback - Name	Gender	Points - Gender
	Kyle A.			Male	
	Credo			Male	
	Genesis Palacio			Male	
	LIM, PROCESS DORYLY M.			Female	
	James Allen B. Alcantara			Male	
	Kristine Kumar Gonzales			Female	
	Carl			Male	
	Shannel			Female	
	Christine Mae Eullaran			Female	
	Steven Gonzales			Male	
	Arjhay			Male	
	Allen Miguel A. Garcia			Male	
	Adrian Andal			Male	
	Villalobos, Jerahmie V.			Female	
	Mehaya Myhel E. Guia			Female	
	Markjohn M Sansalian			Male	
	Alberick			Male	
	Francis Jomar Fernandez			Male	
	Sean Russel Tecson Ardales			Male	
	James Reyes			Male	
	Timothy Dave C. Alimagno			Male	
	Alvarez, Germund Clarence A.			Male	
	Lina			Male	
	Jhazmine Villegas			Female	
	Lex John Patrick Banasihan			Rather not disclose.	
	Mark			Male	
	Jeremy			Male	
	Lloyd			Male	
	Cherie Alvero			Female	
	Francine Llanto			Female	
	June Paolo Bondad			Male	

[illegible]

Feedback - How often do you use the service?	How much time do you spend using the service?	Points - How much time do you spend using the service?	Feedback - How much time do you spend using the service?	What do you like doing most when using the service?	Points - What do you like doing most when using the service?
	More than 4 hours			Chat rooms;Music;Instant Messenger;Gaming;File	
	More than 4 hours			Music;Gaming;Internet TV;	
	More than 4 hours			Music;Blogs;Chat rooms;News;Instant Messenger;	
	More than 4 hours			Gaming;File Sharing;Other;Music;	
	More than 4 hours			Music;Gaming;Social Networking;Chat rooms;New	
	More than 4 hours			Chat rooms;Blogs;Music;Instant Messenger;Gamin	
	3-4 hours			Chat rooms;Music;Gaming;Instant Messenger;File	
	More than 4 hours			Gaming;	
	3-4 hours			Chat rooms;Blogs;Music;Instant Messenger;Gamin	
	More than 4 hours			Chat rooms;Music;Blogs;Gaming;Instant Messenge	
	1-2 hours			Instant Messenger;News;Music;Blogs;Chat rooms;	
	More than 4 hours			Chat rooms;Music;News;Instant Messenger;Gamin	
	1-2 hours			Gaming;Web browsing;Shopping;Music;Instant Me	
	3-4 hours			Chat rooms;Music;Gaming;Shopping;Web browsin	
	1-2 hours			Other;	
	More than 4 hours			Chat rooms;Music;Gaming;Social Networking;Web	
	More than 4 hours			News;Instant Messenger;Gaming;Web browsing;Bl	
	More than 4 hours			Gaming;Chat rooms;Music;News;Web browsing;In	
	More than 4 hours			Gaming;Social Networking;Web browsing;Internet	
	More than 4 hours			Chat rooms;Music;Instant Messenger;Gaming;Web	
	More than 4 hours			Music;Instant Messenger;Gaming;File Sharing;Web	
	More than 4 hours			Chat rooms;Instant Messenger;Music;Shopping;W	
	More than 4 hours			Music;Instant Messenger;Social Networking;Web b	
	More than 4 hours			Music;Social Networking;Web browsing;	
	An hour			Music;Web browsing;News;	
	More than 4 hours			Music;Gaming;Social Networking;Web browsing;	
	3-4 hours			Music;Gaming;Instant Messenger;Web browsing;C	
	More than 4 hours			Gaming;Other;	
	3-4 hours			Music;Gaming;	
	More than 4 hours			Music;News;Instant Messenger;Shopping;Web bro	
	More than 4 hours			Gaming;Music;Web browsing;	

Feedback - What do you use	Points - How often do you use it	Feedback - How often do you use it	Points - Chat rooms	Feedback - Chat rooms
Sharing;Social Networking;Web browsing;Internet TV;	Everyday			
	Less than once a month			
Gaming;File Sharing;Shopping;Social Networking;Web browsing;Internet TV;	Everyday			
	Less than once a month			
s;Web browsing;File Sharing;Shopping;Other;Internet TV;	Everyday			
g;Shopping;Social Networking;Internet TV;	Once a week			
Sharing;	Less than once a month			
	Everyday			
g;File Sharing;Shopping;Social Networking;Web browsing;Internet TV;	Once a week			
er;Social Networking;Web browsing;Internet TV;	Everyday			
Gaming;File Sharing;Social Networking;Web browsing;Internet TV;Other;Shc	Everyday			
ig;File Sharing;Social Networking;Web browsing;Internet TV;	Everyday			
essenger;	Once a week			
g;Blogs;File Sharing;	Everyday			
	Everyday			
o browsing;Internet TV;	Everyday			
logs;Music;	More than once a week			
Internet TV;Instant Messenger;	Everyday			
TV;News;Instant Messenger;	Everyday			
o browsing;Internet TV;	Everyday			
o browsing;Chat rooms;	Everyday			
Web browsing;Internet TV;File Sharing;Gaming;	Everyday			
o browsing;Other;	Less than once a month			
	Once a week			
	Everyday			
	More than once a week			
Other;Social Networking;Internet TV;News;Chat rooms;	More than once a week			
	Everyday			
	Less than once a month			
o browsing;Gaming;	More than once a week			
	More than once a week			

Instant messenger	Points - Instant messeng Feedback - Instant mess	Social networking sites	Points - Social networkir Feedback - Social netwo
Everyday		More than once a week	
Everyday		Everyday	
Everyday		Everyday	
Less than once a month		Less than once a month	
Everyday		Everyday	
Everyday		Everyday	
Everyday		More than once a week	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
More than once a week		Less than once a month	
Everyday		Once a week	
Everyday		More than once a week	
Everyday		Everyday	
Everyday		Less than once a month	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
Everyday		Everyday	
More than once a week		Less than once a month	
More than once a week		More than once a week	
Everyday		Everyday	
Everyday		Everyday	
Everyday		More than once a week	
More than once a week		Everyday	
More than once a week		More than once a week	

Blogs	Points - Blogs	Feedback - Blogs	Gaming	Points - Gaming	Feedback - Gaming
Once a week			Everyday		
Less than once a month			Everyday		
Everyday			Everyday		
Less than once a month			Everyday		
More than once a week			Everyday		
More than once a week			Everyday		
More than once a week			Everyday		
More than once a week			Everyday		
Everyday			More than once a week		
Everyday			Everyday		
Once a month			More than once a week		
More than once a week			Everyday		
Less than once a month			More than once a week		
Everyday			More than once a week		
Once a week			Less than once a month		
More than once a week			Everyday		
More than once a week			More than once a week		
Less than once a month			Everyday		
More than once a week			Everyday		
Less than once a month			Everyday		
Once a week			Everyday		
Once a week			Once a week		
Less than once a month			Less than once a month		
Less than once a month			Less than once a month		
Less than once a month			More than once a week		
Once a month			Everyday		
Less than once a month			Everyday		
Less than once a month			Everyday		
Less than once a month			Everyday		
Once a week			Everyday		
More than once a week			Everyday		

Web browsing	Points - Web browsing	Feedback - Web browsin	Music	Points - Music	Feedback - Music
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Less than once a month			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Once a week		
Everyday			Everyday		
Everyday			Everyday		
More than once a week			Everyday		
Everyday			Everyday		
Everyday			Everyday		
More than once a week			Everyday		
Everyday			More than once a week		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
More than once a week			Everyday		
Everyday			Everyday		
Everyday			Once a month		
Everyday			Once a week		
Once a week			Everyday		
More than once a week			Everyday		
Everyday			Everyday		

File Sharing	Points - File Sharing	Feedback - File Sharing	Shopping	Points - Shopping	Feedback - Shopping
Once a month			Once a week		
Less than once a month			Once a month		
More than once a week			Once a month		
Once a week			Less than once a month		
More than once a week			Once a month		
Once a week			More than once a week		
More than once a week			Once a week		
More than once a week			Everyday		
Once a week			More than once a week		
Less than once a month			Less than once a month		
Once a month			More than once a week		
Once a week			Once a month		
Less than once a month			More than once a week		
Once a week			Once a week		
Less than once a month			Once a month		
More than once a week			More than once a week		
Once a month			Once a month		
More than once a week			Less than once a month		
Everyday			Everyday		
More than once a week			Once a month		
Everyday			Once a month		
Less than once a month			More than once a week		
Less than once a month			Less than once a month		
Less than once a month			Less than once a month		
Once a week			Once a week		
Once a month			Less than once a month		
Everyday			Once a week		
More than once a week			Once a month		
Once a week			Once a week		
Once a month			More than once a week		

News	Points - News	Feedback - News	Internet TV	Points - Internet TV	Feedback - Internet TV
Once a week			More than once a week		
Less than once a month			Everyday		
Everyday			More than once a week		
Less than once a month			Less than once a month		
Everyday			Everyday		
Once a month			Everyday		
More than once a week			Once a week		
Less than once a month			Everyday		
Once a month			More than once a week		
More than once a week			Everyday		
Once a week			Less than once a month		
Everyday			Everyday		
Once a week			Less than once a month		
Once a week			Once a month		
Once a week			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Once a month			Everyday		
Everyday			Everyday		
Everyday			Everyday		
Less than once a month			Less than once a month		
Less than once a month			Everyday		
Everyday			More than once a week		
Once a week			Everyday		
Less than once a month			Everyday		
Everyday			Once a month		
Less than once a month			Less than once a month		
Everyday			Once a week		
Once a week			More than once a week		

Where do you usually use Points - Where do you usually use Feedback - Where do you usually use Reflection: are you satisfied Points - Reflection: are you satisfied Feedback - Reflection: are you satisfied	
Home / Desktop;Your mobile phone;Cafe;Friend(s) or other family members houses;	No
Your mobile phone;Friend(s) or other family members houses;	Am Satisfied
Home / Desktop;School;Your mobile phone;	I'm Satisfied
Home / Desktop;	I'm satisfied with my screen-time, because I'm an introvert person and Don't want to go
Home / Desktop;Your mobile phone;School;Cafe;Friend(s) or other family members houses;	Satisfied and dissatisfied at the same time, because too much pc or mobile usage in a day
Your mobile phone;	I am satisfied so far
Home / Desktop;Your mobile phone;	I am satisfied. because I can complete and finish my schoolwork, pleasure, and research
Home / Desktop;Your mobile phone;	for me,I am dissatisfied. because I would love to have the chance to experience of change
Home / Desktop;Your mobile phone;	I am satisfied.
Home / Desktop;Your mobile phone;	I dissatisfied, because I spend so much time of my time in-front of a screen. I wish to change
Home / Desktop;Your mobile phone;	It's okay
Home / Desktop;Your mobile phone;Friend(s) or other family members houses;	I think it's just become a part of life now, though I will admit that there should be more
Home / Desktop;Your mobile phone;	Yes
Your mobile phone;Home / Desktop;Friend(s) or other family members houses;	Im dissatisfied, i cant be more productive in a day because of too much screen time in a day
Home / Desktop;Your mobile phone;	well yes. I'm satisfied... :) no explanation
Home / Desktop;Your mobile phone;	Satisfied, I dont wanna change any of it because Im an IT student and we are supposed to
Home / Desktop;Your mobile phone;	A bit dissatisfied because of the screen hours I spend everyday, but on the other hand, I
Your mobile phone;Home / Desktop;Cafe;Friend(s) or other family members houses;	I would not change nothing
Friend(s) or other family members houses;Cafe;Your mobile phone;Office;School;	I am satisfied
Home / Desktop;Your mobile phone;	I am satisfied with my screen time.
Home / Desktop;Your mobile phone;Friend(s) or other family members houses;	In my opinion, I am satisfied with my screen-time since a lot has changed these past 2 years
Home / Desktop;Your mobile phone;	Satisfied. I use social networking sites for education.
Home / Desktop;	I am spiderman este satisfied already on my screen time
Home / Desktop;Your mobile phone;	Dissatisfied because I spent too much time so I want to lessen my time using my phone
Your mobile phone;	Yes so far i am satisfied my screen time
Home / Desktop;School;Your mobile phone;	Satisfied
Home / Desktop;School;Your mobile phone;Friend(s) or other family members houses;	dissatisfied, I want to reduce my screen time by having faster internet. It would help reduce
Home / Desktop;	Satisfied. I'm comfortable to with this, so there is no need to change
Home / Desktop;Your mobile phone;	satisfied - no i would not like to change
Your mobile phone;Home / Desktop;	I'm dissatisfied with my screen-time because this is the cause of my distraction and distraction
Home / Desktop;Your mobile phone;Cafe;Friend(s) or other family members houses;	Satisfied. Probably reduce screen time by a significant margin

ay may cause some sickness in the future and affect the body. Since we are in a pandemic it is also now needed to use mobile devices or technology to know what i

ears during this pandemic. Moreover, it is conspicuous that we have been adapting to this new normal; therefore, we are continuously facing our devices such as c

s happening in the world and how are our peers doing since we cannot see each other.