**Top Mentor Assignment - 1**

**Project Title:**

"Screen Time Habits in the Digital Family"

**Objective:**

To collect and analyse screen time data from family members and identify patterns in usage. The goal is to learn how screen time affects sleep, productivity, and daily habits.

**Problem Statement:**

"Families are spending more time on screens every day. This project will help you understand how different age groups use screens, how much time they spend, and whether it's affecting their well-being."

**Participants:**

Collect data from 5 to 10 people in your family or nearby circle. Include people of different age groups (kids, adults, seniors).

**Survey Questions (to be created using Google Form):**

**How to create a Form -** [**https://youtu.be/kq5fGaWVlY0**](https://youtu.be/kq5fGaWVlY0)

**Section 1: Basic Info**

* Name (optional)
* Age Group: Under 10 / 11–18 / 19–30 / 31–50 / 51+
* Role in family: Child / Parent / Sibling / Grandparent / Other
* Occupation or School Grade

**Section 2: Screen Time**

* Total screen time per day (in hours)
* Screen time spent on:
* Work or Study (hours)
* Entertainment (TV, YouTube, etc.)
* Social media (hours)
* Gaming (hours)
* Devices used: Mobile / Laptop / Tablet / Smart TV / Other

**Section 3: Lifestyle Impact**

* Do you use screens after 9 PM? (Yes/No)
* Do you think your screen time is too much? (Yes/No)
* Has it affected your sleep? (Yes/No/Not Sure)
* Do you want to reduce screen time? (Yes/No)
* What do you miss because of screen time? (Open-ended)

Once you get the **30 + response** in your Google Drive - Export the response in Excel

**What You Will Do in Excel:**

**1. Clean the Data**

* Check for missing or wrong values
* Convert text hours to numbers (e.g., "2 hours" → 2)

**2. Analyse**

* Find average screen time by age group
* Compare screen time for work vs entertainment
* Count how many use screens after 9 PM
* Count how many people feel screen time affects sleep

**3. Create Charts**

* Bar Chart: Screen time by age group
* Pie Chart: Devices used
* Bar Chart: Work vs Entertainment screen time
* Scatter Plot: Screen time vs sleep impact

**Report (to be written on a separate Word Doc)**

**Write a small report with:**

* Key findings from your data, with screenshots
* Observations (who spends most time on screens, how many are affected)
* 2–3 suggestions to improve screen habits

**Final Submission:**

* Excel file with cleaned data and charts
* Short report Word doc (1 page)
* Screenshot of your Google Form or summary chart from responses
* Zip and share on email – [pbose75ai@gmail.com](mailto:pbose75ai@gmail.com)