**IST 486: Media Diet Diary Form**

Name:

*[Delete the example in the first row; change the date of Day 1 to reflect when you actually started this assignment. Put dates for days 2 to 5.]*

**Day 1: Tuesday, January 29, 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time (Start-Stop)** | **Channel** | **Device** | **Activities** | **Motivating Factors** | **Reflections** |
| 11:02-11:07 | Facebook | Blackberry | Scrolled down my newsfeed. Read about 6 friends' updates, and liked one of them. | My phone dinged, telling me there was a Facebook update. I've been chatting with a friend through Facebook, and thought it was a chat message from her. It wasn't. | The ding interrupted my work flow. I was glad for the distraction, but had a hard time picking up where I left off with my work. Most of the updates were uninteresting, and one made me a little jealous because one of my friends called out another friend to make fun of her, and I wasn't included in the fun. I was touched by an update by one of my oldest friends who took a photo of her office, which now features art work my daughters sent her. She's a good friend, and seeing the photo makes me miss her. |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

*[Place your cursor in the last row, then right click to add more rows if needed]*

**End of Day 1 Reflection:**

**End of Day 2 Reflection:**

**End of Day 3 Reflection:**

**End of Day 4 Reflection:**