

Media Diary Exercise - With Examples

For a week write down everything you watch & where. Try not to watch more than you normally would & try to be honest about the times you write down.

Day	Time	Total Hours	What	Where	The platform
Monday	7pm	30 mins	Eastenders	BBC1	TV
Tuesday		- none -			
Wed Morn	7am	30 mins	Breakfast TV	STV	TV
Wed Lunchtime	12.30pm	15 mins	Music Video Etc	You Tube	Phone
Wed Eve	7pm	2 hrs	Music Video Etc	Friends downloads	Internet
Thurs Morn	7am	30 mins	Breakfast TV	STV	TV
Thurs Eve	7pm	95 mins	Simpsons Movie	Hired DVD	DVD
Etc					
Etc					

Ask your parents or guardians to help you write it down or to remind you if you forget.