INTERNET DIARY   MILENA BOGDANOVIKJ

15.08.2022

Today I have spent total 4 hours on the internet. Watched a film 1h and 30min, checked my socials 30 min. Had to prepare documents and presentations about a project 2 hours.

16.08.2022

5 hours and 30 mins on the internet today. I procrastinated today a lot, 2 hours scrolling on the internet, 1 hour and 15 minutes reading an e book. Listening to podcast 45 minutes. And at the end of the day I watched 2 episodes of a tv show.

17.08.2022

I have spent 3 hours on the internet today, doing research 2 hours and checking my socials 1 hour.

18.08.2022

Checking my socials 1 hour and 45 minutes, watched 3 episodes of my show, reading 1 hour. Total 4 hours and 45 minutes.

19.08.2022

3 hours total. 1 hour checking my socials, 1 hour and 45 minutes youtube, 15 minutes reading .

20.08.2022

Had an online project 3 hours, checking social medias 2 hours, facetiming my cousin 45 mins. Watched a movie 2 hours. Total 7 hours and 45 minutes.

21.08.2022

Sunday, watched a movie with my family 2 hours, scrolling on social media 2 hours, reading 2 hours. Total 6 hours.

22.08.2022

Social 2 hours, productivity and finance 40 minutes, entartainment 20 minutes. 3 hours total.

23.08.2022

Making a presentation 2 hours, research 1 hours, 15 mins socials.

24.08.2022

Today I have spent total 4 hours on the internet. Watched a film 1h and 30min, checked my socials 30 min. Had to prepare documents and presentations about a project 2 hours.

25.08.2022

Watched a whole tv series 6 hours, socials 1 hour and 15 mins. Total 7 hours and 15 mins.

26.08.2022

Only 30 minutes social medias.

27.08.2022

Saturday, listening to podcast 1 hour, reading 2 hours and socials 30minutes.

28.08.2022

Sunday, watched a movie with my family 2 hours, scrolling on social media 2 hours, reading 2 hours. Total 6 hours.

29.08.2022

I have spent 3 hours on the internet today, doing research 2 hours and checking my socials 1 hour.

30.08.2022

Watched a whole tv series 6 hours, socials 1 hour and 15 mins. Total 7 hours and 15 mins.

31.08.2022

Movie marathon with my brother. Total 9 hours.

01.09.2022

2 hours total entartainment.

02.09.2022

Today I have spent total 4 hours on the internet. Watched a film 1h and 30min, checked my socials 30 min. Had to prepare documents and presentations about a project 2 hours.

03.09.2022

2 hours research, one hour entertainment.

04.09.2022

Documentary 2 hours, social media 2 hours. Total 4 hours today.

05.09.2022

Homework 1 and a half hour, 2 hours research. 15 minutes texting.

06.09.2022

Facetiming my cousin 2 hours, texting 1 hour, 15 minutes scrolling on social media.

07.09.2022

I have spent 3 hours on the internet today, doing research 2 hours and checking my socials 1 hour.

08.09.2022

Today I have spent total 4 hours on the internet. Watched a film 1h and 30min, checked my socials 30 min. Had to prepare documents and presentations about a project 2 hours.

09.09.2022

3 hours total. 1 hour checking my socials, 1 hour and 45 minutes youtube, 15 minutes reading .

10.09.2022

Reading one hour, homework 2 hours, facetiming my friend 30 minutes.

11.09.2022

Watched a whole tv series 5 hours, socials 1 hour. Total 6 hours.

12.09.2022

I have spent 3 hours on the internet today, doing research 2 hours and checking my socials 1 hour.

13.09.2022

I have spent 3 hours on the internet today, homework 2 hours and reading 1 hour.

14.09.2022

2 hours information and reading, 1 and a half hour social.

15.09.2022

Facetiming my friend 1 hour, homeowork 1 hour and socials 1 hour. Total 3 hours today.