



# INTERNET DIARY

Gabriela Kowalik

Poland

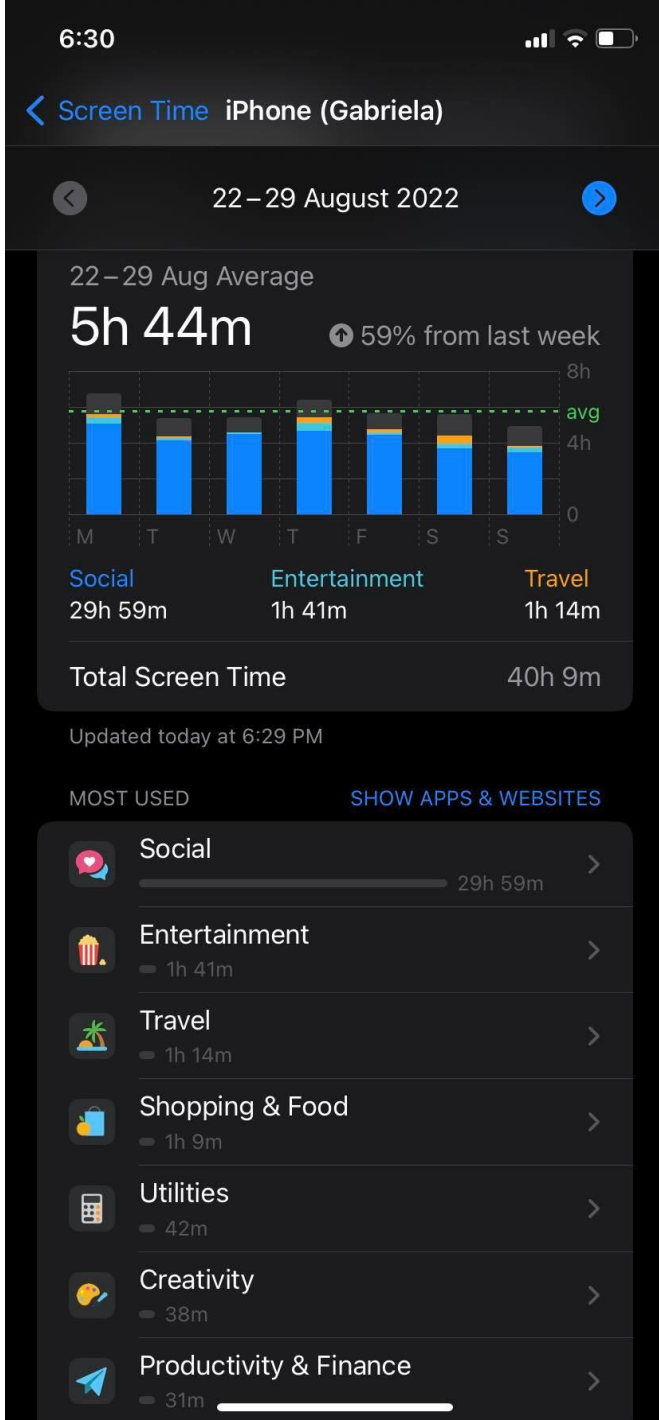


Co-funded by  
the European Union



I SPEND MOST OF MY TIME ON SOCIAL NETWORKS SUCH AS "TIKTOK",  
"INSTAGRAM", OR "MESSENGER". I OFTEN USE "SPOTIFY" TO LISTEN TO MUSIC AND  
"JAK DOJADE" (NAVIGATION APPLICATION WITH CITY COMMUNICATION). BELOW I  
PRESENT THE EXACT DATA FROM MY PHONE.

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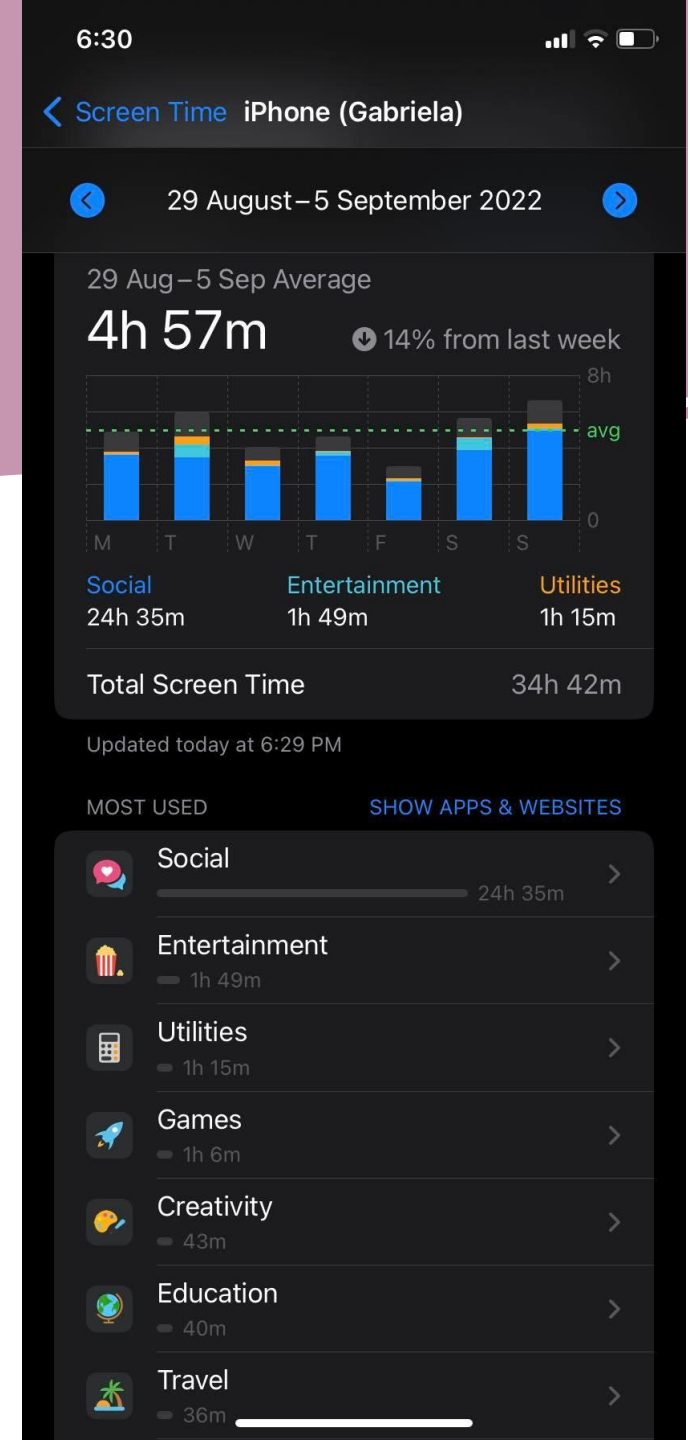


# 22 - 29 AUGUST 2022

- Total screen time - 40h 9m
- The most used apps: TikTok, Snapchat, Messages

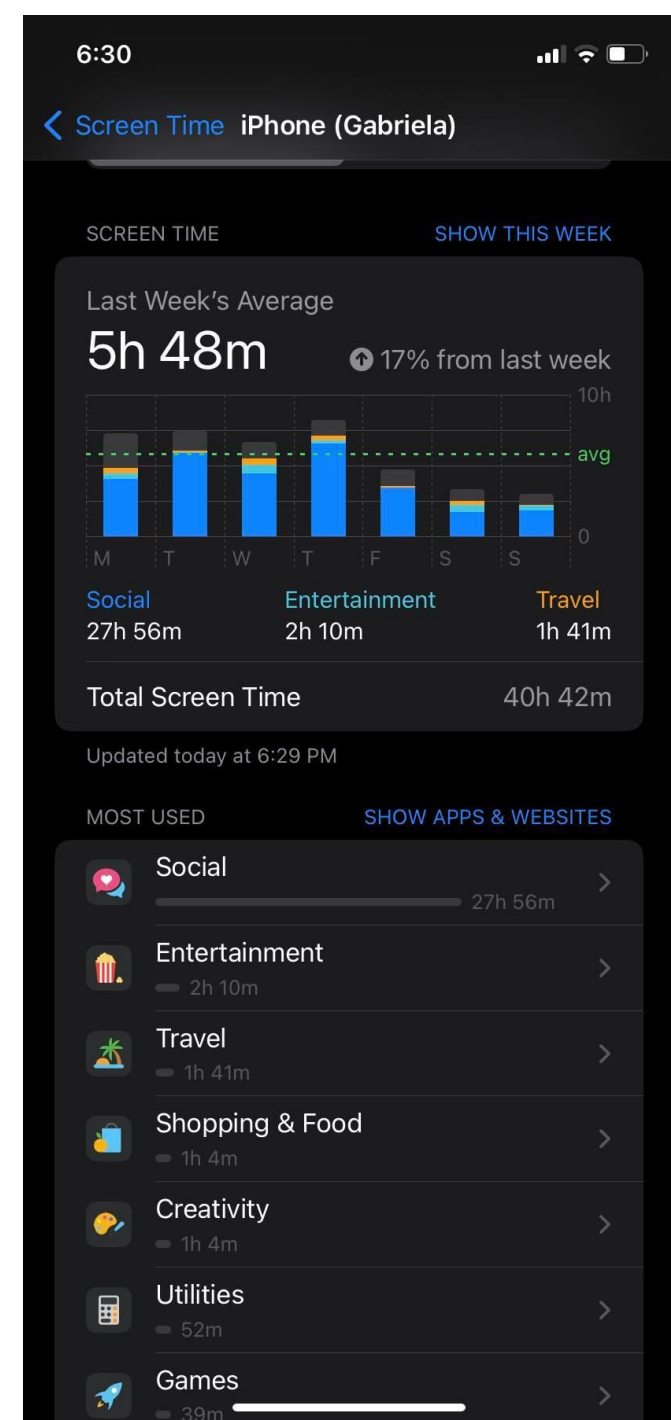
# 29 AUGUST - 05 SEPTEMBER

- Total screen time: 34h 42min
- The most used apps: TikTok, YouTube, Messenger.



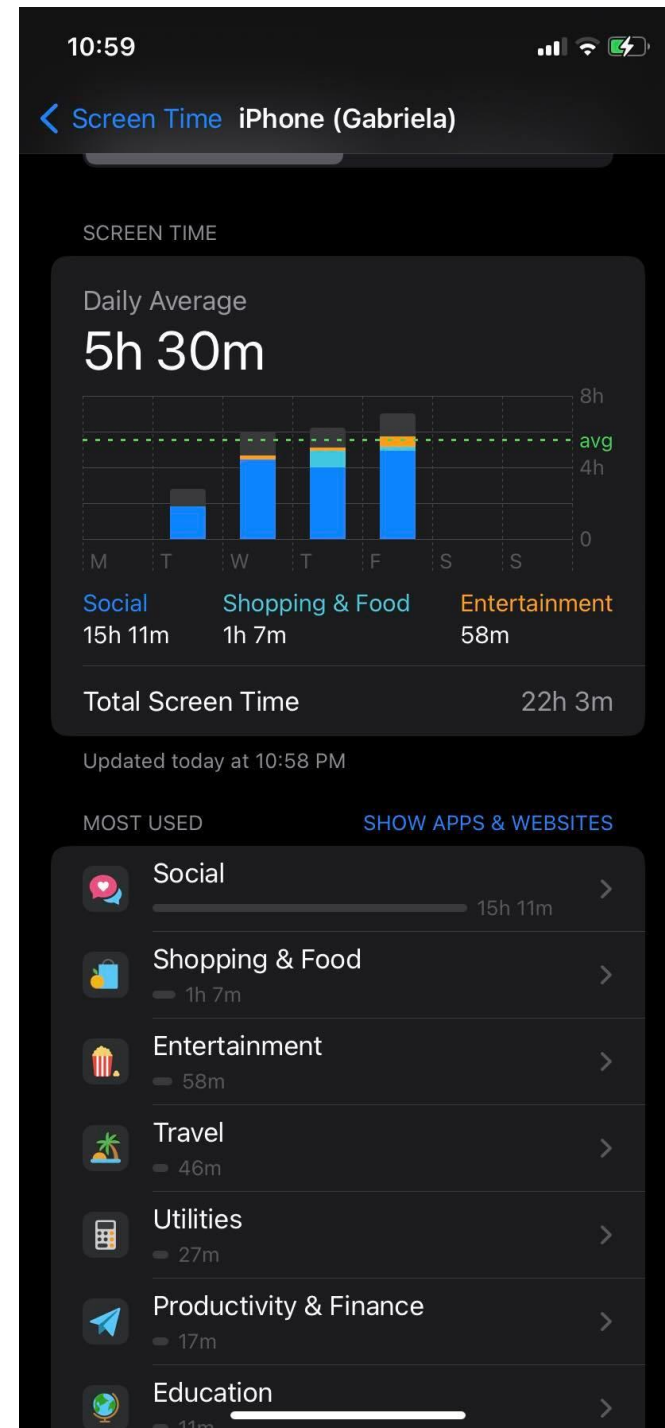
# 05 - 11 AUGUST

- Total screen time: 40h 42min
- The most used apps: Messenger, Chrome, TikTok



# 12 - 16 AUGUST

- Total screen time: 22h 3min
- The most used apps: Netflix, Snapchat, Messenger



10:11

< Screen Time iPhone (Gabriela)

< 19–26 September 2022

4h 52m



Social 23h 36m Information & Reading 2h 30m Entertainment 1h 31m

Total Screen Time 24h 23m

Updated today at 10:11 AM

MOST USED

SHOW CATEGORIES

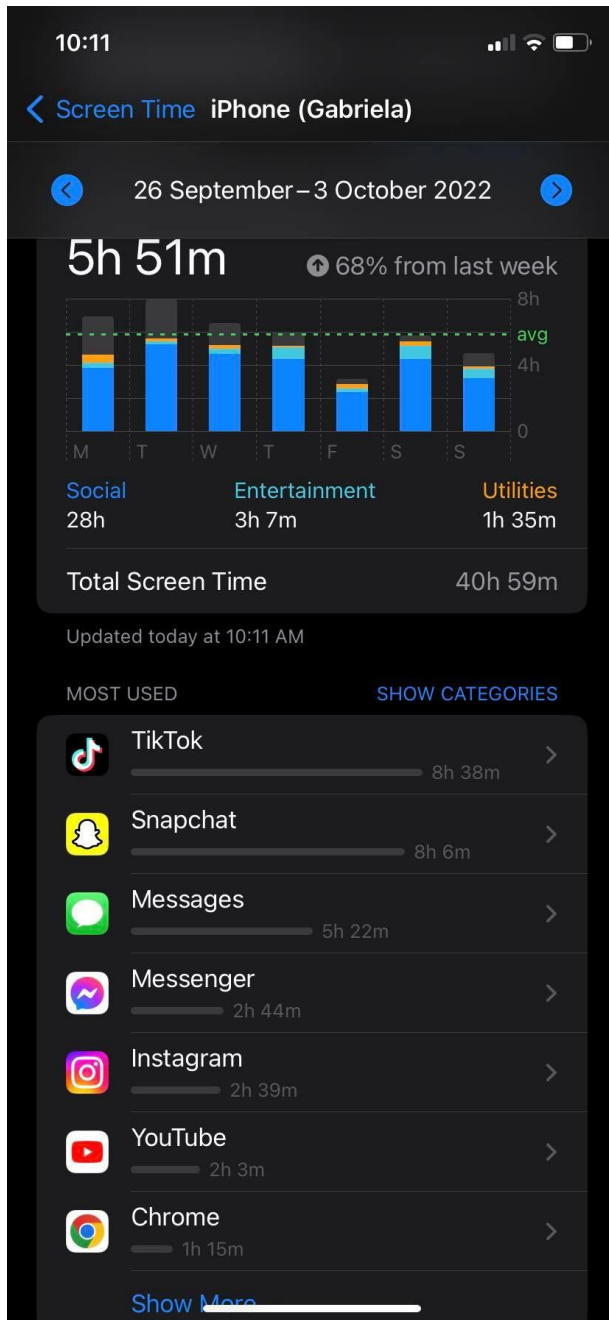
Messenger 10h 1m

Snapchat 6h 41m

Instagram

# 19 - 26 SEPTEMBER

- Total screen time: 24h 23min
- Most used apps: Messenger, Snapchat, Instagram



# 26 SEPTEMBER - 03 OCTOBER

- Total screen time: 40h 59min
- Most used apps: TikTok, Snapchat, Messages



10:11



< Screen Time iPhone (Gabriela)



Last Week



5h 58m



Social 29h 47m    Entertainment 1h 37m    Creativity 1h 34m

Total Screen Time 41h 50m

Updated today at 10:11 AM

MOST USED

SHOW CATEGORIES



TikTok

8h 56m



Snapchat

6h 31m



Messenger

5h 14m



Messages

4h 40m

# 03 - 09 OCTOBER

- Total screen time: 41h 50min
- Most used apps: TikTok, Snapchat, Messenger



# 10 - 16 SEPTEMBER

- Total screen time: 49h 12min
- Most used apps: TikTok, Snapchat, Messages

THANK YOU FOR ATTENTION

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