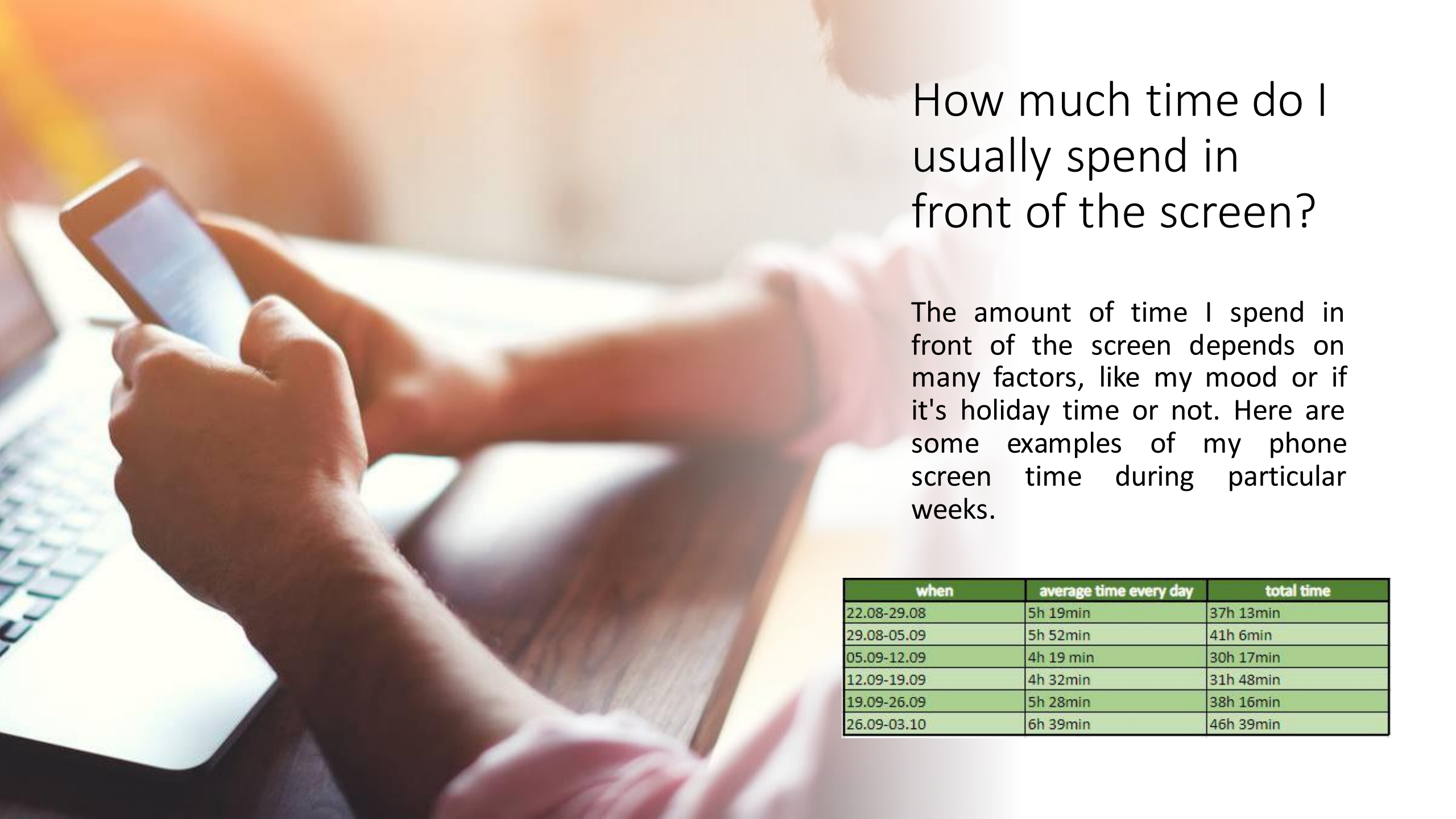


# My Internet Diary

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A person is shown from the side, sitting at a desk and using a smartphone. A laptop is open in front of them. The background is softly blurred, showing what appears to be a window with natural light. The overall scene is brightly lit, suggesting an indoor office or home workspace.

How much time do I usually spend in front of the screen?

The amount of time I spend in front of the screen depends on many factors, like my mood or if it's holiday time or not. Here are some examples of my phone screen time during particular weeks.

when	average time every day	total time
22.08-29.08	5h 19min	37h 13min
29.08-05.09	5h 52min	41h 6min
05.09-12.09	4h 19 min	30h 17min
12.09-19.09	4h 32min	31h 48min
19.09-26.09	5h 28min	38h 16min
26.09-03.10	6h 39min	46h 39min

# Some data of my phone screen time



# Can the time spent online be productive?

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The time that we spend online doesn't have to be entertainment only. There are a lot of pages, apps and even games that can help us improve our skills. And it doesn't mean that they are boring – some of them can make you develop while you are having a great time. Knowledge is very important, so why don't you try a solution like this?



# How do I improve my skills while being online?

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There are a lot of pages, apps and games that can improve our skills.

A great example of that is Duolingo. You can pick one of many languages that you want to learn and practise with it. This app gives you a reminder to study everyday and encourages you to train by experience points, achievements, levels etc. Of course, only this app won't be enough to learn a language, but it surely helps with the vocabulary and persuades you to develop your potential.



duolingo

# How much time do I usually spend online for entertainment?

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Entertainment is an important part of our lives. School and work are very significant, but we also need to have time to relax, so we don't burn out. Nevertheless, we have to be prudent and schedule our time.

One of the best and quick methods for entertainment are social media. Many of us use them on a daily basis.

The average of using a phone for entertainment is about 4 hours a day. I use my phone about 5 hours a day, but at least one hour of that time I spend doing schoolwork, so I have a very similar average.



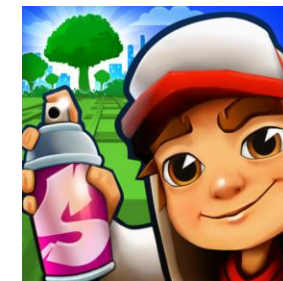
# Apps that I mostly use

There are a lot of apps that I use on a daily basis for different reasons.

The apps I use the most are communication apps, such as Messenger and Discord.

Social media also take a lot of time, from those I mostly use Facebook, Tiktok and Twitter.

There are also some mobile games that I use only when I'm bored, like Subway Surfers.



# How do I reduce the time I spend online?

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The best way of reducing the time spent online is finding a hobby. It might become your passion and you're going to achieve the goal surprisingly quickly.

I used this method and I reduced the time in front of the screen. Drawing was my passion and entertainment as well, so I didn't have to play mobile games in order to relax.





Thank you for your  
attention 😊