



MY INTERNET DIARY

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MAY

In May, I often used my mobile phone to study my final exams of the school year. After passing the exams, the time I spent on playing games and social media increased.

The time I spent online this month is about 102 hours. Which is equal to approximately 23.8 hours per week and 3.4 hours per day.

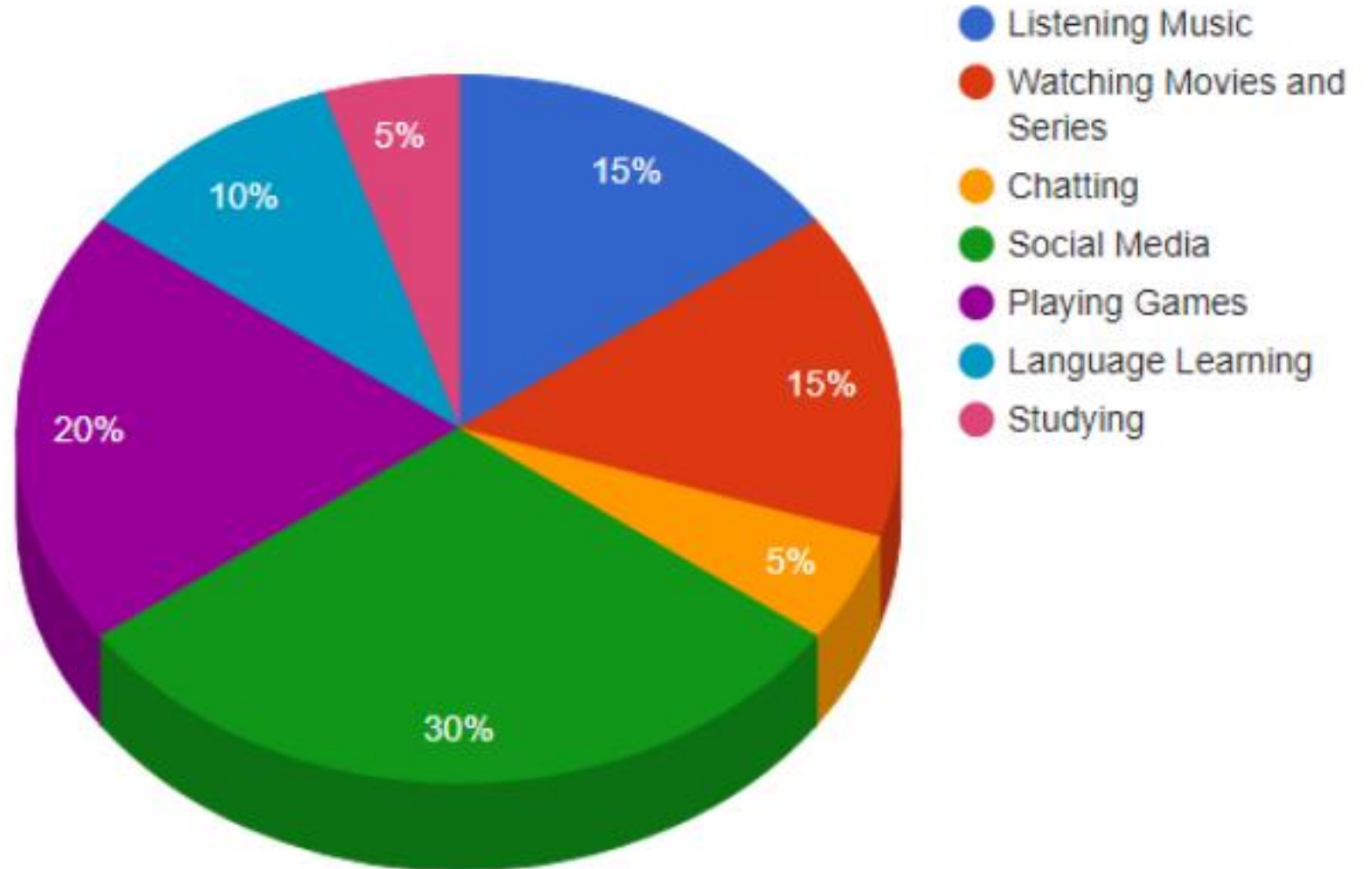
Since I don't have a computer, the time I spent on the internet is spent entirely on my mobile phone.

JUNE

With the closure of schools, the time I spent online on playing games and social media has increased, while my studying time has decreased. I continued to improve my English during the holiday and did not neglect to study for the main courses.

In June, the time spent online is about 144 hours. Roughly 33.6 hours per week and 4.8 Hours per day.

I SPENT MY TIME ON



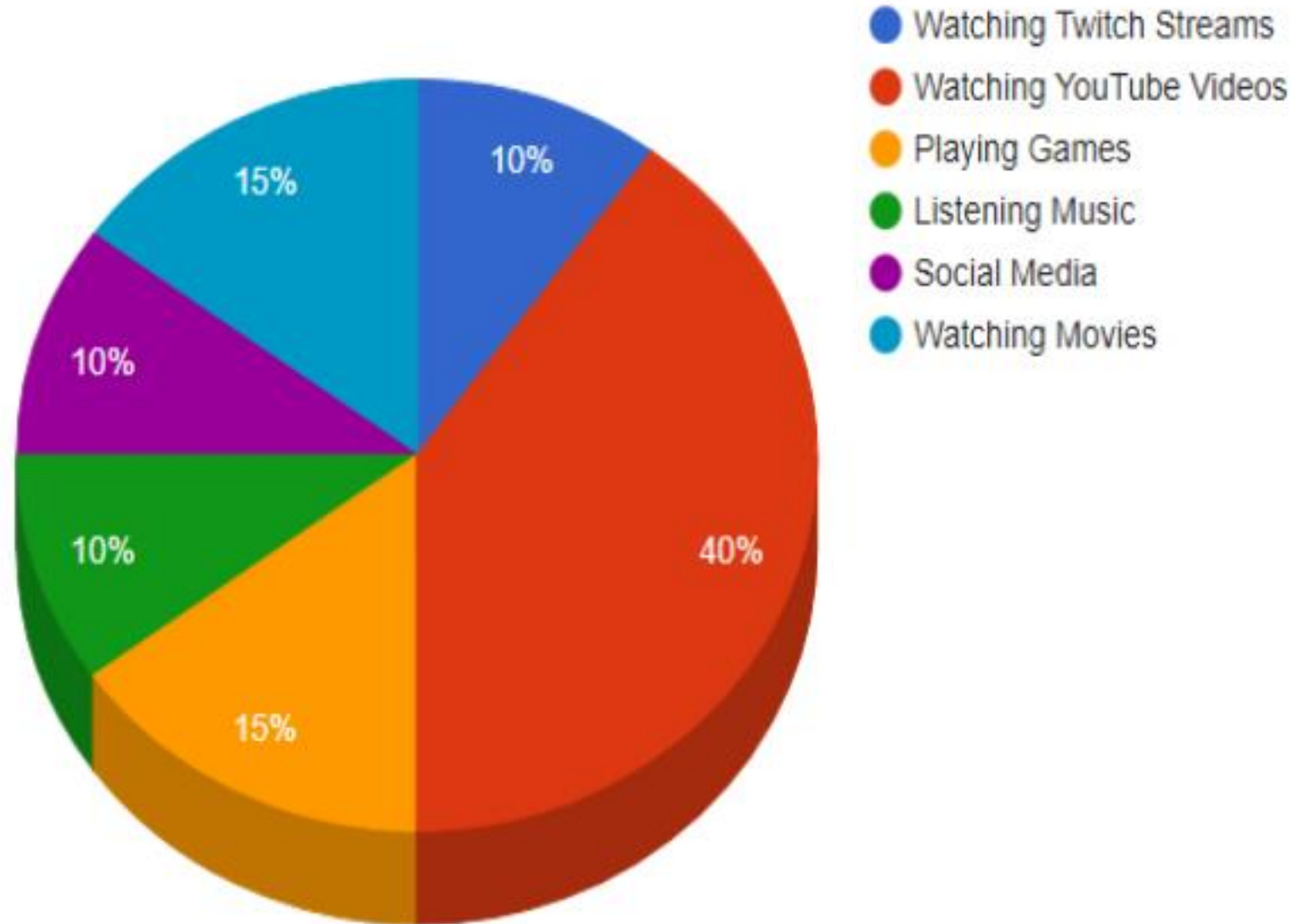
JULY

In July, I hung out with my friends and I helped my grandparents on their farm. I didn't have much free time so I couldn't spend much time on my mobile phone.

I spent my time on internet this month only for fun.

In July, the time I spent online is about 65 hours. Which is equal to 15.12 hours per week

I SPENT MY TIME ON



and 2.16 hours per day.

August

In the last month of holiday, I returned back to my routine and hung out with my friends. The time I spent online increased compared to July.

The time I spent online in August is about 96 hours. That means I spent 22.4 hours per week and 3.2 hours per day on my mobile phone.

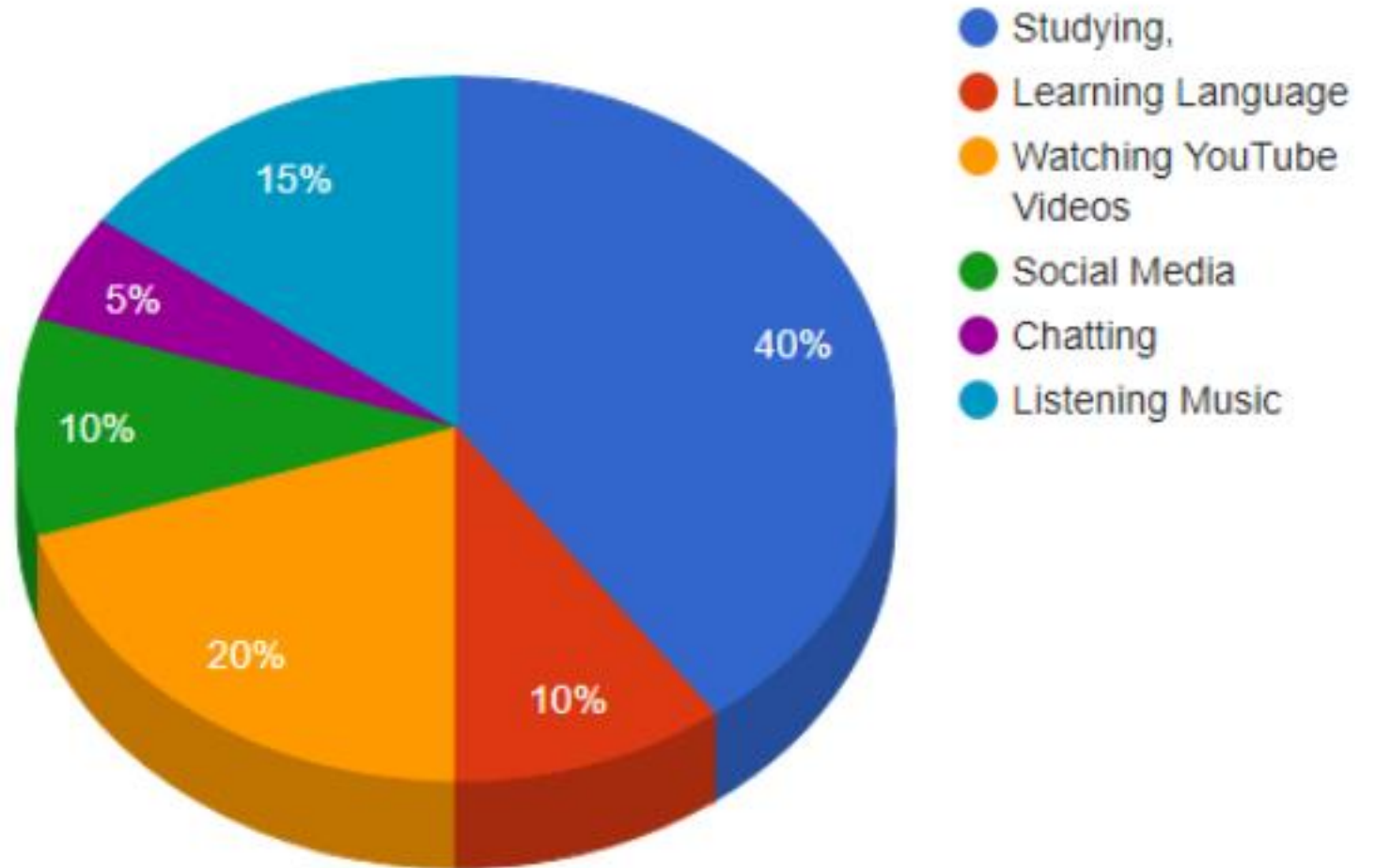
September

After the school started, I kept myself away from social media and focused on my lessons. There was a great increase in the time I spent studying English and main courses, I did not watch any movies and I greatly reduced my time spent on social media.

I used social media less so my screen time decreased this month

The time I spent online is about 91 hours. Which is equal to 21.21 hours per week and 3.03 hours per

I SPENT MY TIME ON



day.

SUMMARY

Average time spent online during 5 months:

spent online: 3.3
hours.

23.22 hours.

Average daily time

Average weekly
time spent online:

Average monthly
time spent online:
99.6 hours.

