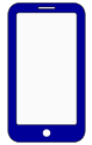


### Phone Use Investigation:

You can use the screen time function on your phone to facilitate this investigation.

Or, you can just keep track manually!

While this is designed as a phone investigation, it would be helpful to do the same tracking for other devices like computers, ipads, and gaming consoles.



	<i>Week ave.</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TIME</b>								
<b>5 Most Used Apps</b>								
<b>Pickups</b>								
<b>Other:</b>								

#### Reflections/Observations:

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## Mindful Tech Use Exercise:

### TO BEGIN:

1. What is your plan for your tech use at this time?	
2. Why are you reaching for it?	
3. How long would you like to be on it?	
4. What potential distractions will you want to avoid?	

Set a timer for 10-20 minutes. When the timer goes off...

### TAKE A PAUSE:

How does your mind feel right now? (chaotic, settled, sluggish, etc?)	
How does your body feel right now? (loose, tight, jittery, at ease, etc)	
What emotions are present? (anger, frustration, joy, etc)	
Name three things you can notice that are not on the screen (sights, sounds, smells, etc)	
Given that information, what do you think you should do next?	

### CLOSE IT UP:

How does your mind feel right now? (chaotic, settled, sluggish, etc)	
How does your body feel right now? (loose, tight, jittery, at ease, etc)	
What emotions are present? (anger, frustration, joy, etc)	
What distractions did you notice during your session? How did you overcome them (or not)?	
What are your take-aways for next time?	

