**Intentional Media Diet**

**What are our habits, really?**

This exercise will be your only outside-of-class work from now until Tuesday when you leave school (or through break if you would like to continue with it!).

Your mission? **Track your time!** First, determine ways that will work for you to closely track how you use your time in both the “real” world and the digital one. In addition to getting a more accurate measure of how you spend your time overall, we are also aiming to capture how much you multi-task and all the “micro” activities you engage in.

Choose at least **two** strategies for doing this, one digital and one paper so you can make notes to yourself whatever the circumstances. (I’m going to use the Notes app on my phone and a small notebook that I’ll carry around with me everywhere.) You might consider using an app that tracks some aspect of your lifestyle – there are lots out there.

Before you begin this exercise, post to the Schoology discussion forum: tell us what your chosen strategies are for keeping track of your time. And if you know of an app that can track activities, please post that along with your habit-tracking-strategy declaration.

Start tracking when you wake up on Saturday and stop when you leave school next Tuesday.

Note: This is presented to you as an opportunity. If tracking every minute of your day just isn’t what you need in your world at this time, then scale the exercise back to something doable. Maybe jot down what you’ve just done in your day when you sit down to eat a meal. Or maybe try to remember to the best of your ability before you go to bed each night.

**I won’t be collecting this data from you**; you’ll use it for reflection afterwards. (I really don’t want to know what you do every minute of every day.)

**Challenge!** After tracking your time for four days, try doing a media fast of some kind over the Thanksgiving break. A 24-hour period? Two days? The whole break? Or, even just an hour, if that would represent some kind of “fast” for you. Or fast from a particular type of media…

It’d be fun if everyone is game to try this out!