

Media Consumption Facts

Persons per serving: 1

Your TOTAL daily media use time

Hours:

Minutes:

Minutes per day on each platform or use:

X (Twitter)

Facebook

Snapchat

Instagram

TikTok

YouTube

Gaming

News and information

Other

IRL interactions

%

Sleep

%

Online time

%

Other

%

Percent Daily Values are based on a 24-hour day and a healthy media diet. Your daily values may be higher or lower depending on your engagement needs.

INGREDIENTS: (based on what you consume) Honest information, misinformation, entertainment, persuasion, personal connection, fake connection and more!



**Too much time on screens = Not enough
FtF communication!**

**Too much information = Not enough time
for deep thinking!**

**Too much sensory stimulation (scrolling,
videos, gaming) = Not enough sleep!**

**Give yourself the gift of time offline by
spending time outdoors, enjoying a
hobby, being with people in real life . . .
and what else? Fill in your ideas here:**

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