

# DIGITAL TUNE UP: WORKSHEET 1

Finding Your Spatial and Temporal Boundaries

[www.dearsmartphone.com](http://www.dearsmartphone.com)©

Directions: The worksheet has 8 time blocks. For each time block fill in the name of the apps and widgets you used. You will probably have multiple entries for each block. If you want, jot in why you were using it. In the last column, fill in the location where you used each app or widget (e.g., school, car, home).  
Bring to class Jan. 31!

*An example:*

<i>Instagram, Calendar, Health (count <sup>1</sup>steps), Email, Facebook, Maps</i>	<i>Home, Hairdresser, Outdoor Walk, In Car</i>
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	Name the Widgets or Apps You Used in this Time Block- (optional: why used it)	'Where' Did You Use It?
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At Wake Up/Breakfast:		

Morning/ First Half of Day:		

Lunchtime:		

Second Half of Day:		

Wind Down/ After Work or Errands:		

Dinner:		

After Dinner/ Evening:		

Before or In Bed:		

# DIGITAL TUNE UP: WORKSHEET 2

Finding Your Phone's Distractions  
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Directions: Count the number of times your phone tries to get your attention today. Put an 'X' whenever there is a vibration, sound, or visual notification. Then tally these at the end of the day. For your convenience, this is an alphabetical list. Just add new sources other ones as they occur.

Bring to class Jan. 31!

																			Total #
<i>e.g. Ringing Phone</i>	X	X	X																3
<i>e.g. Family Messaging</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		16
Alarm Clock																			
Breaking News Report																			
Calendar Reminder																			
Charge Phone																			
Delivery App																			
Join "X" on chat																			
New Email																			
New Text Message																			
New Voice Mail																			
Rideshare Vehicle Here																			
Timer																			
Two Factor Notification																			
"X" liked your post																			
<i>Others: (name it, then tally)</i>																			

# DIGITAL TUNE UP: BONUS WORKSHEET

Finding Your Phone's Distractions  
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Directions: *Estimate the amount of time, in minutes, you use different apps today. It doesn't have to be exact. In the last column divide this number by 900. (900 minutes = a 15 hr. day X 60 min.)*

Write in App Name Here	Estimate of Time (minutes)	B. Divide Number by 900
<i>Example: Twitter</i>	<i>90</i>	<i>10%</i>
<i>Example: Email</i>	<i>180</i>	<i>20%</i>