Digital Behavior Log Analysis Report

Over the course of the fall semester, I kept a behavior log of all activity on my phone. Over this period, I noticed significant changes in my behavior. With the book we were reading in class, "12 ways your phone is changing you", I implemented strategies as well to help with my phone usage daily. Throughout the semester I learned so much about my phone usage and how I can control the amount of time I spend on my phone.

Log creation:

During the semester we kept track of the apps and the time spent on them. I record all my data on a google doc to keep track of everything I did. Weekly I reported the data that Apple gave me from weekly screen time and broke it down into the categories of social media, communication, productivity, and entertainment. With this breakdown, I was able to create a log that was easy to read and well broken down. For me, creating this log became a part of my routine. I spent a portion of my Sunday inserting the data from the previous week and recording how it affected me and new findings. To ensure that data was correct I also checked it throughout the week as well. It also gave me a chance to see how much time I truly was spending during the week and which days I spent the most time on my phone. For instance, on days like Mondays and Wednesdays, I spent less time on my phone because of my heavier course load on those days whereas on Tuesdays, Thursdays and Fridays I spent a significant amount of time on my phone.

Analysis and Reflection

My phone time did change significantly from the beginning of the semester to the end. Learning my habits and reading the book I learned that a lot of time on my phone is spent on things that aren't even truly important. I spend a lot of time on phone aimlessly scrolling when I

could be spending that time maybe on the bible app or read books on apple books. I didn't implement it during this semester due to how busy I was, but I plan on adding it to schedule to spend more time on those apps rather than social media.

Throughout the semester, I worked on the digital behavior log, and I had many trends that I tended to follow throughout the semester. I noticed that during that the amount of time I spent on social media went up and the entertainment area went down. I think this is because I spent way more time on social media than on actual entertainment sites. I also noticed that as the semester went on, I spent more time on messages than any of the other communications platforms. This is mainly since I'm not at home and texting is just something mi always doing which is another trend I noticed while creating this log.

I have noticed the more time I spend on social media and using my phone the more I tend to want things or be a person that I'm not. I know its cliche to say this, but social media does mess with your wellbeing. The more time I spent the more I wanted certain clothes or items. Or I wanted to do something different to my hair because another influencer did it. So, the impact of my phone through social media affected my day-to-day life. But there were also positive aspects such as having a streak on my bible app. The streak kept me motivated to keep trying to get it high and stay locked in on checking my bible app daily.

Focusing on staying on my bible helped me stay focused and made me feel much better than being on social media constantly.

I know in the future; I will implement screen times which only allow me to spend a certain amount of time on certain apps on my phone. That way I can control my phone usage throughout the year and find better ways to occupy my time.

Comparative Analysis:

When reading the book, "12 ways your iPhone is Changing You", defiantly felt convicted throughout the entire book. However, this book was very eye-opening, and I looked forward to discussing it in class. One thing that specifically stood out to me in the book was that "we feed on what is produced". We feed off what we see on the internet, and we attempt to put ourselves in boxes based on what we have seen on the internet. This stuck out to me because of the amount of times mi easily influenced by social media and influencers. Throughout the book, Reinke uses key themes for every chapter to show how our phones truly do affect us. At the beginning Reinke tells us that he is not telling us what to do or how to do it but showing us that we are affected by our phones always.

week 1

Total Screen Time: 49 Hours and 7 Minutes
Social Media: 28 Hours and 46 minutes
TikTok: 7 hours
Instagram: 12 hours and 25 minutes
Snap Chat: 2 hours and 26 minutes
Facebook: 14 Minutes
Pinterest: 19 minutes
Communication: 6 hours and 5 seconds
Phone: 11 minutes
Text: 5 hours and 27 minutes
Facetime: 5 seconds
Productivity: 3 hours and 6 minutes
Canvas: 15 minutes
Gmail: 1 hour and 4 minutes
Google Calendar: 0 minutes
Bible App: 2 minutes
Entertainment: 4 hours and 30 minutes
Netflix: 6 seconds
Peacock: 1 hour
Youtube: 56 minutes
Apple Music: 2 hours and 32 minutes

During week one it was my first week of college. Granted I still spent a lot of time on my phone I was mainly on social media. One specific thing I noticed was how little time I spent on the bible app. I had a 2-minute average for the week which tells me i probably need to be spending more time there. I spent 12 hours on Instagram alone which surprised me because I thought TikTok would be way higher. Every thing else seemed pretty much average for me.

week 2

Average hours spent on Phone daily: 7 hours and 34 minutes
Total Screen Time: 53 hours and 4 minutes
Social Media: 28 hours and 54 minutes
TikTok: 7 hours and 38 minutes
Instagram: 10 hours and 36 minutes
Snap Chat: 3 hours and 31 minutes
Facebook: 10 minutes
Pinterest: 11 minutes
Communication: 5 hours and 30 minutes
Phone: 12 minutes
Text: 5 hours and 18 minutes
Facetime: 0 minutes
Productivity: 1 hour and 14 minutes
Canvas: 4 minutes
Gmail: 12 minutes
Google Calendar: 0 minutes
Bible App: 7 minutes
Entertainment: 3 hours and 4 minutes
Netflix: 2 seconds
Peacock: 1 second
Youtube: 1 hour and 32 minutes
Apple Music: 2 hours and 52 minutes

This week I spent a little bit more time on my phone however it was around the same as my time from last week. I spent a lot more time on my phone this week mainly because of Labor Day weekend and not having much to do. I think as the weeks go on I'll be spending less time due to me getting more school work, football, and the marching season starting and Rush.

week 3

Average hours spent on Phone daily: 7 hours and 52 minutes
Total Screen Time: 55 hours and 5 minutes
Social Media: 27 hours and 24 minutes
TikTok: 6 hours and 50 minutes
Instagram: 12 hours and 26 minutes
Snap Chat: 1 hour and 26 minutes
Facebook: 14 minutes
Pinterest: 1 hour and 1 minute
Communication: 5 hour and 30 minutes
Phone: 20 minutes
Text: 5 hours and 19 minutes
Facetime: 0 minutes
Productivity: 2 hours and 5 minutes
Canvas: 15 minutes
Gmail: 30 minutes
Google Calendar: 10 minutes
Bible App: 1 hour and 30 minutes
Entertainment: 3 hours
Netflix: 0 minutes
Peacock: 2 seconds
Youtube: 2 hours and 10 minutes
Apple Music: 53 minutes

This week i went out of town at the beginning of the week to go see some family! The school year is beginning to ramp up and so im trying to put my phone down more often but also find ways to connect with the Lord with the Bible App!

week 4

Total Screen Time: 50 hours 5 minutes
Social Media: 29 hours and 15 minutes
TikTok: 5 hours and 8 minutes
Instagram: 10 hours and 11 minutes
Snap Chat: 1 hour
Facebook: 14 minutes
Pinterest: 1 minute
Communication: 7 hours and 25 minutes
Phone: 15 minutes
Text: 7 hours and 9 minutes
Facetime: 0 minutes
Productivity: 1 hour
Canvas: 0 minutes
Gmail: 20 minutes
Google Calendar: 10 minutes
Bible App: 30 minutes
Entertainment:1 hour and 30 minutes
Netflix: 0 minutes
Peacock: 0 minutes
Youtube: 30 minutes
Apple Music: 1 hour

Rush has officially started! I have officially started going to coke parties and invite parties and so excited for what the future holds. With that, I have not been on my phone recently at all. I haven't really even thought about it honestly because I'm doing so much for recruitment but I have been enjoying it and living in the moment. However, most of the time when I get on my phone and spend a large amount of time on it I am usually scrolling through Instagram and TikTok.

week 5

Average hours spent on Phone daily: 6 hours and 24 minutes
Total Screen Time: 44 hours and 48 minutes
Social Media: 31 hours 4 minutes
TikTok: 8 hours and 15 minutes
Instagram: 11 hours and 38 minutes
Snap Chat: 2 hours and 27 minutes
Facebook: 4 minutes
Pinterest: 1 hour and 17 minutes
Communication: 7 hours and 13 minutes
Phone: 16 minutes
Text: 6 hours and 29 minutes
Facetime: 0 minutes
Group Me: 28 minutes
Productivity: 25 minutes
Canvas: 6 minutes
Gmail: 17 minutes
Google Calendar: 0 minutes
Bible App: 2 minutes
Entertainment: 3 hours and 29 minutes
Netflix: 3 minutes
Peacock: 1 minute
Youtube: 1 hour and 9 minutes
Apple Music: 1 hour and 17 minutes
Subway Surfers: 1 hour and 25 minutes

This was the week before the rush process started and when I figured out what social tribe I got (KTOD!). However, my screentime was a little all over the place. I didn not spend a lot of time on my productivity however I did get into subways surfers which is definitely something I spend a lot of time on when I'm bored. I realized from this project that I spend a lot of time on Instagram aimlessly scrolling through posts so I definitely want to work and improve on that. I also added group me. With a lot of organizations on campus Group Me is the main app and a lot of my phone picks ups are from Group Me.

week 6

Total Screen Time: 46 hours and 46 minutes
Social Media: 28 hours and 27 minutes
TikTok: 6 hours and 12 minutes
Instagram: 10 hours and 43 minutes
Snap Chat: 2 hours and 54 minutes
Facebook: 11 minutes
Pinterest: 7 minutes
Communication: 6 hours and 48 minutes
Phone: 19 minutes
Text: 6 hours and 39 minutes
Facetime: 10 seconds
Productivity: 2 hours and 21 minutes
Canvas: 10 minutes
Gmail: 24 minutes
Google Calendar: 0 minutes
Bible App: 30 minutes
Entertainment: 3 hours and 2 minutes
Netflix: 0 minutes
Peacock: 44 minutes
Youtube: 27 seconds
Apple Music: 41 minutes
Subway Surfers: 1 hour and 50 minutes

For this week it was the start of recruitment! With school and recruitment for my tribe I didn't have much time to even really pick up my phone until I was in my dorm in bed. My bible screen time did go up however so I am very happy about that. I added a new element into the mix which is subway surfers. I recently have been playing constantly and It is 100% my new favortie game.

week 7

Total Screen Time: 46 hours and 46 minutes
Social Media: 28 hours and 27 minutes
TikTok: 6 hours and 12 minutes
Instagram: 10 hours and 43 minutes
Snap Chat: 2 hours and 54 minutes
Facebook: 11 minutes
Pinterest: 7 minutes
Communication: 6 hours and 48 minutes
Phone: 19 minutes
Text: 6 hours and 39 minutes
Facetime: 10 seconds
Productivity: 2 hours and 21 minutes
Canvas: 10 minutes
Gmail: 24 minutes
Google Calendar: 0 minutes
Bible App: 30 minutes
Entertainment: 3 hours and 2 minutes
Netflix: 0 minutes
Peacock: 44 minutes
Youtube: 27 seconds
Apple Music: 41 minutes
Subway Surfers: 1 hour and 50 minutes

This week was the second week of the process of for Kissimee! I was really busy with that. I also started follies this week and was really busy with Follies practice. I couldn't really spend a lot of time on my phone because I also had school work that I had to keep up with. I also still continued to play subway surfers in class. (not in yours though! :))

week 8

Total Screen Time: 30 hours and 40 minutes
Social Media: 26 hours and 3 minutes
TikTok: 5 hours and 30 minutes
Instagram: 10 hours and 40 minutes
Snap Chat: 2 hour and 23 minutes
Facebook: 0 minutes
Pinterest: 0 hour and 0 minute
Communication: 5 hour and 44 minutes
Phone:20 minutes
Text: 5 hours and 24 minutes
Facetime: 0 minutes
Productivity: 1 hour and 45 minutes
Canvas: 20 minutes
Gmail: 15 minutes
Google Calendar: 5 minutes
Bible App: 21 minutes
Entertainment: 3 hours and 5 minutes
Netflix: 0 minutes
Peacock: 0 minutes
Youtube: 1 hours and 24 minutes
Apple Music: 1 hour and 58 minutes

: This week was the third week of the process so almost done! I have spent a lot of time also working with follies and Choctaw cheer off getting ready for homecoming. Also with color guard I spent a lot of time getting ready for homecoming. Not gonna lie I have been slacking on my school work and spending a lot of time that maybe I could be using on my school work but instead im on Instagram. I also haven't been playing subway surfers because I have been busy.

week 9

Total Screen Time: 24 hours and 10 minutes
Social Media: 14 hours and 5 minutes
TikTok: 3 hours and 30 minutes
Instagram: 10 hours and 40 minutes
Snap Chat: 1 hour and
Facebook: 0 minutes
Pinterest: 0 hour and 0 minute
Communication: 5 hour and 20 minutes
Phone:20 minutes
Text: 5 hours and 6 minutes
Facetime: 0 minutes
Productivity: 20 minutes
Canvas: 2 minutes
Gmail: 0 minutes
Google Calendar:
Bible App: 20 minutes
Entertainment: 3 hours and 5 minutes
Netflix: 0 minutes
Peacock: 0 minutes
Youtube: 1 hours and 24 minutes
Apple Music: 1 hour and 58 minutes

I became Active! However during this week i made it a continuous effort to put my phone down. With follies getting closer as well as homecoming i really had to lock in and put my phone away. Which is why there is a dramatic change in the amount of time i spent on my phone.

week 10

Total Screen Time: 29 hours and 40 minutes
Social Media: 17 hours and 4 minutes
TikTok: 10 hours and 30 minutes
Instagram: 7 hours and 10 minutes
Snap Chat: 30 minutes
Facebook: 0 minutes
Pinterest: 0 hour and 0 minute
Communication: 5 hour and 30 minutes
Phone: 30 minutes
Text: 5 hours
Facetime: 0 minutes
Productivity: 1 hour and 45 minutes
Canvas: 20 minutes
Gmail: 15 minutes
Google Calendar: 5 minutes
Bible App: 21 minutes
Entertainment: 3 hours and 5 minutes
Netflix: 0 minutes
Peacock: 0 minutes
Youtube: 1 hours and 24 minutes
Apple Music: 1 hour and 58 minutes

This week was Homecoming Week! This was possibly the biggest week ever specifically because of follies, Choctaw cheer off, band and so much more! I obviously didn't have much time to even sit on my phone at all. I had follies practices like til 2 am at night so not a lot of time to even do my school work. However can proudly say that i survived homecoming week!
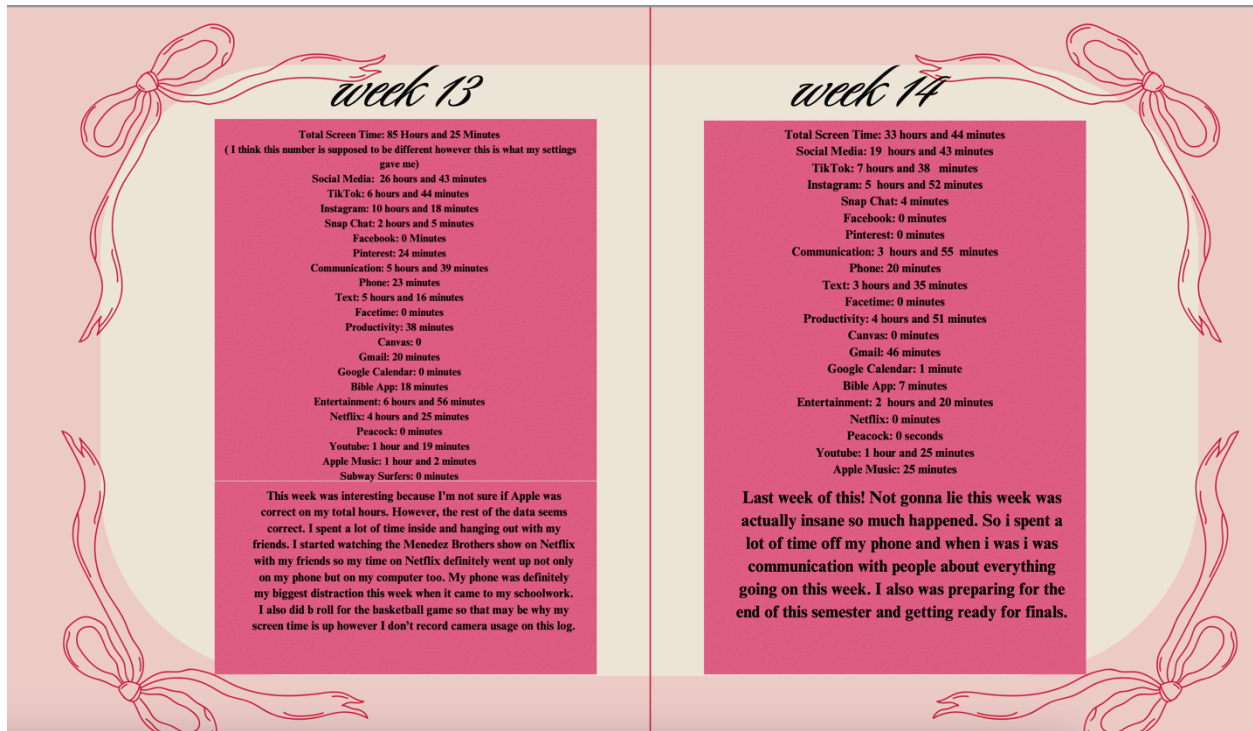
week 11

Total Screen Time: 31 hours 25 minutes
(I think this number is supposed to be different however this is what my settings gave me)
Social Media: 32 hours and 7 minutes
TikTok: 9 hours and 51 minutes
Instagram: 13 hours and 42 minutes
Snap Chat: 2 hours and 54 minutes
Facebook: 11 minutes
Pinterest: 7 minutes
Communication: 6 hours and 48 minutes
Phone: 19 minutes
Text: 6 hours and 39 minutes
Facetime: 10 seconds
Productivity: 2 hours and 21 minutes
Canvas: 10 minutes
Gmail: 24 minutes
Google Calendar: 0 minutes
Bible App: 30 minutes
Entertainment: 3 hours and 2 minutes
Netflix: 0 minutes
Peacock: 44 minutes
Youtube: 27 seconds
Apple Music: 41 minutes
Subway Surfers: 1 hour and 50 minutes

This week was Halloween Week! Tons of time at fun parties and swaps with Kissimee so a lot of time posting pictures and making TikTok! Definitely affected my screen time for the week. Also as the semester is winding down a lot of work is done on assignments as well. However, for me this week was very fun and the time spent on my phone went down this week!

week 12

Total Screen Time: 34 hours and 47 minutes
Social Media: 30 hours and 47 minutes
TikTok: 7 hours and 37 minutes
Instagram: 12 hours and 18 minutes
Snap Chat: 2 hours and 28 minutes
Facebook: 11 minutes
Pinterest: 19 minutes
Communication: 7 hours and 15 minutes
Phone: 4 minutes
Text: 7 hours and 11 minutes
Facetime: 0 seconds
Productivity: 1 hour and 35 minutes
Canvas: 0 minutes
Gmail: 11 minutes
Google Calendar: 36-second
Bible App: 9 minutes
Unity Intercom: 58 minutes (only used for this week because of class)
Entertainment: 4 hours and 15 minutes
Netflix: 0 minutes
Peacock: 0 minutes
Youtube: 2 hours and 12 minutes
Apple Music: 1 hour and 57 minutes
Subway Surfers: 0 minutes

This week was right after Halloween week and it's Election Week! I spent time on the ladder of the week on social media seeing what others had to say. There really wasn't much going on that was special this week, this week was very similar to last week. However, I added a new entity to the list, Unity! I use this for Campus Media Production for the Basketball Game. That was the only difference of this week!

week 13

Total Screen Time: 85 Hours and 25 Minutes
(I think this number is supposed to be different however this is what my settings gave me)
Social Media: 26 hours and 43 minutes
TikTok: 6 hours and 44 minutes
Instagram: 10 hours and 18 minutes
Snap Chat: 2 hours and 5 minutes
Facebook: 0 Minutes
Pinterest: 24 minutes
Communication: 5 hours and 39 minutes
Phone: 23 minutes
Text: 5 hours and 16 minutes
Facetime: 0 minutes
Productivity: 38 minutes
Canvas: 0
Gmail: 20 minutes
Google Calendar: 0 minutes
Bible App: 18 minutes
Entertainment: 6 hours and 56 minutes
Netflix: 4 hours and 25 minutes
Peacock: 0 minutes
Youtube: 1 hour and 19 minutes
Apple Music: 1 hour and 2 minutes
Subway Surfers: 0 minutes

This week was interesting because I'm not sure if Apple was correct on my total hours. However, the rest of the data seems correct. I spent a lot of time inside and hanging out with my friends. I started watching the Menedez Brothers show on Netflix with my friends so my time on Netflix definitely went up not only on my phone but on my computer too. My phone was definitely my biggest distraction this week when it came to my schoolwork. I also did b roll for the basketball game so that may be why my screen time is up however I don't record camera usage on this log.

week 14

Total Screen Time: 33 hours and 44 minutes
Social Media: 19 hours and 43 minutes
TikTok: 7 hours and 38 minutes
Instagram: 5 hours and 52 minutes
Snap Chat: 4 minutes
Facebook: 0 minutes
Pinterest: 0 minutes
Communication: 3 hours and 55 minutes
Phone: 20 minutes
Text: 3 hours and 35 minutes
Facetime: 0 minutes
Productivity: 4 hours and 51 minutes
Canvas: 0 minutes
Gmail: 46 minutes
Google Calendar: 1 minute
Bible App: 7 minutes
Entertainment: 2 hours and 20 minutes
Netflix: 0 minutes
Peacock: 0 seconds
Youtube: 1 hour and 25 minutes
Apple Music: 25 minutes

Last week of this! Not gonna lie this week was actually insane so much happened. So i spent a lot of time off my phone and when i was i was communication with people about everything going on this week. I also was preparing for the end of this semester and getting ready for finals.

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