

INFORMATION DIET

	Time	Reading	T.V.	Junk	Healthy
Sports	14:00:00	0:30:00	13:30:00	14:00:00	0:00:00
Education	4:05:00	4:05:00	0:00:00	0:00:00	4:05:00
Social Media	3:30:00	3:30:00	0:00:00	3:30:00	0:00:00
Entertainment	6:00:00	0:00:00	6:00:00	6:00:00	0:00:00
World Intel	:10	0:00:00	0:10:00	0:00:00	0:10:00
National Intel	:10	0:00:00	0:10:00	0:00:00	0:10:00
Local Intel	2:00:00	0:00:00	2:00:00	0:00:00	2:00:00

Total	29:35:00	8:05:00	21:50:00	23:30:00	6:25:00
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Percentage	17.5	4.8	13	13.7	3.6
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