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$\mathbf{N}/\mathbf{I}\mathbf{x}_{T}$	Lugital	1)ata	Tracker
TAT A	Digital	Data	TIACKCI

]	Device(s) I have or use:
(○ Phone
(◯ Tablet
(○ Computer
(Other:

Time (start and end)	Device	Location	Platform: app, program, or website	What did you do?	What data or content did you share? With whom did you share it?	What was your mood before? And after?