



Device(s) I have or use:

- ☐ Phone
- ☐ Tablet
- ☐ Computer
- ☐ Other: _____

My Digital Data Tracker

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?