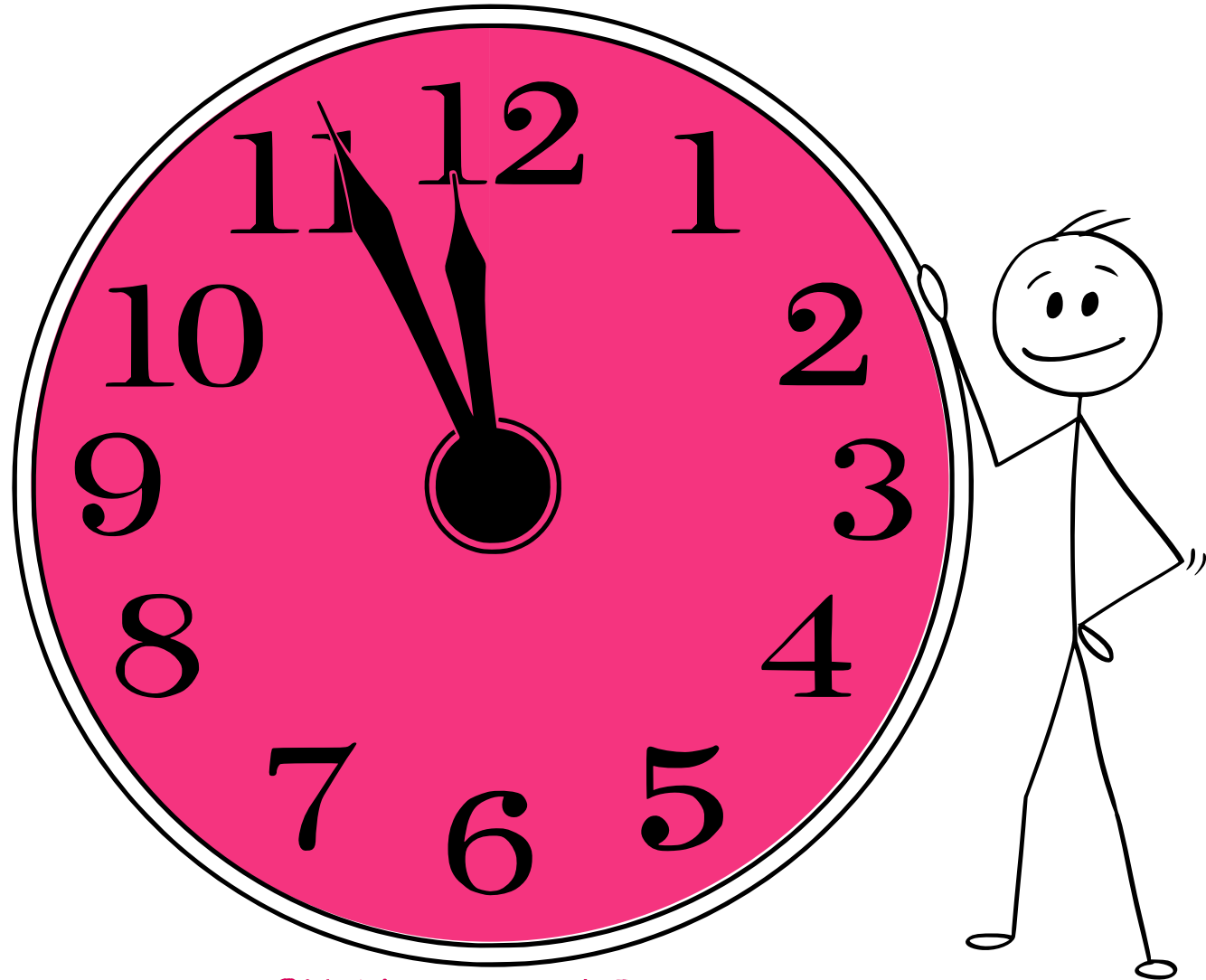


THIS IS A DAY IN YOUR LIFE



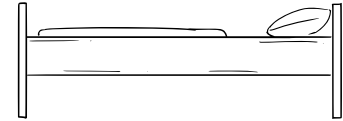
24 HOURS = 1 DAY
100%

HOW DO YOU SPEND YOUR 24 HOURS?



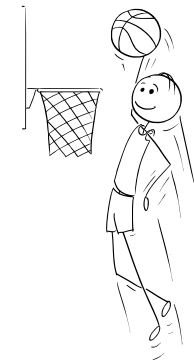
HOMEWORK / 1 HOUR

4%



SLEEP / 8 HOURS

33%



EXTRACURRICULARS / 2 HOURS

8%

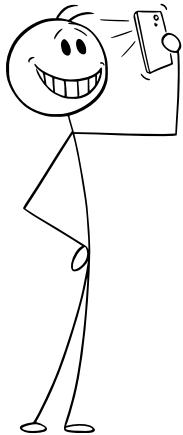
SCHOOL / 6 HOURS

25%



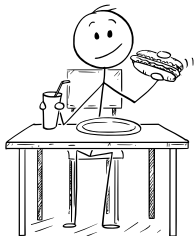
SCREENTIME / 6 HOURS

25%



DAILY ROUTINE / 1 HOUR+

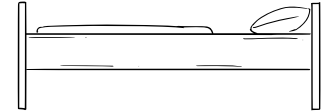
5%



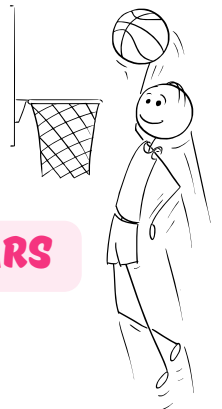
OVER 10 YEARS THIS LOOKS LIKE...



HOMEWORK
4 MONTHS



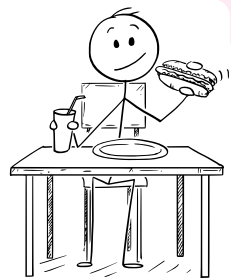
SLEEP
3.3 YEARS



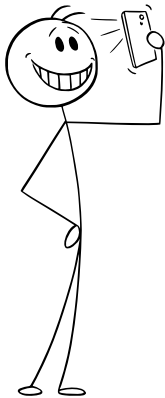
EXTRACURRICULARS
8 MONTHS



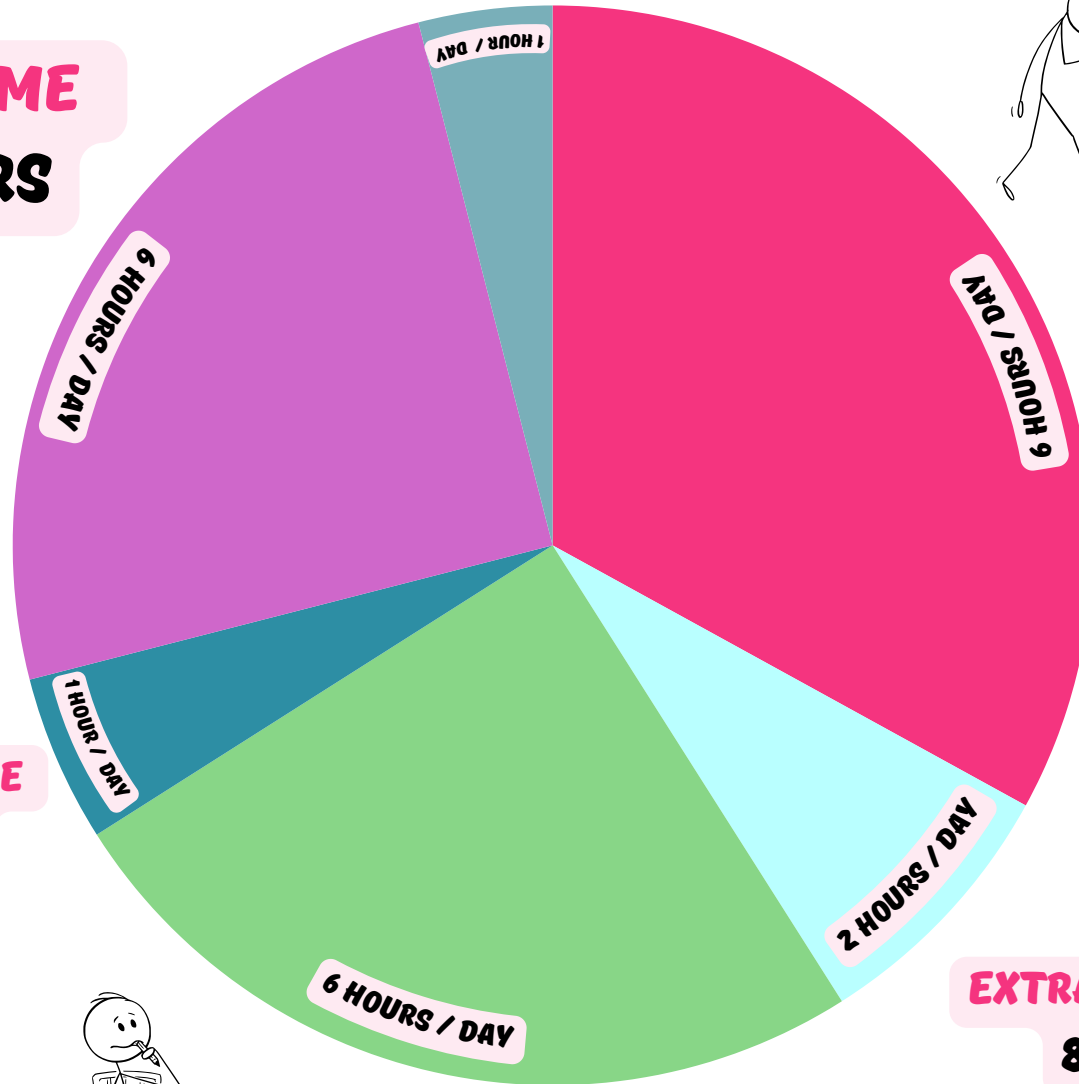
SCHOOL
2.5 YEARS

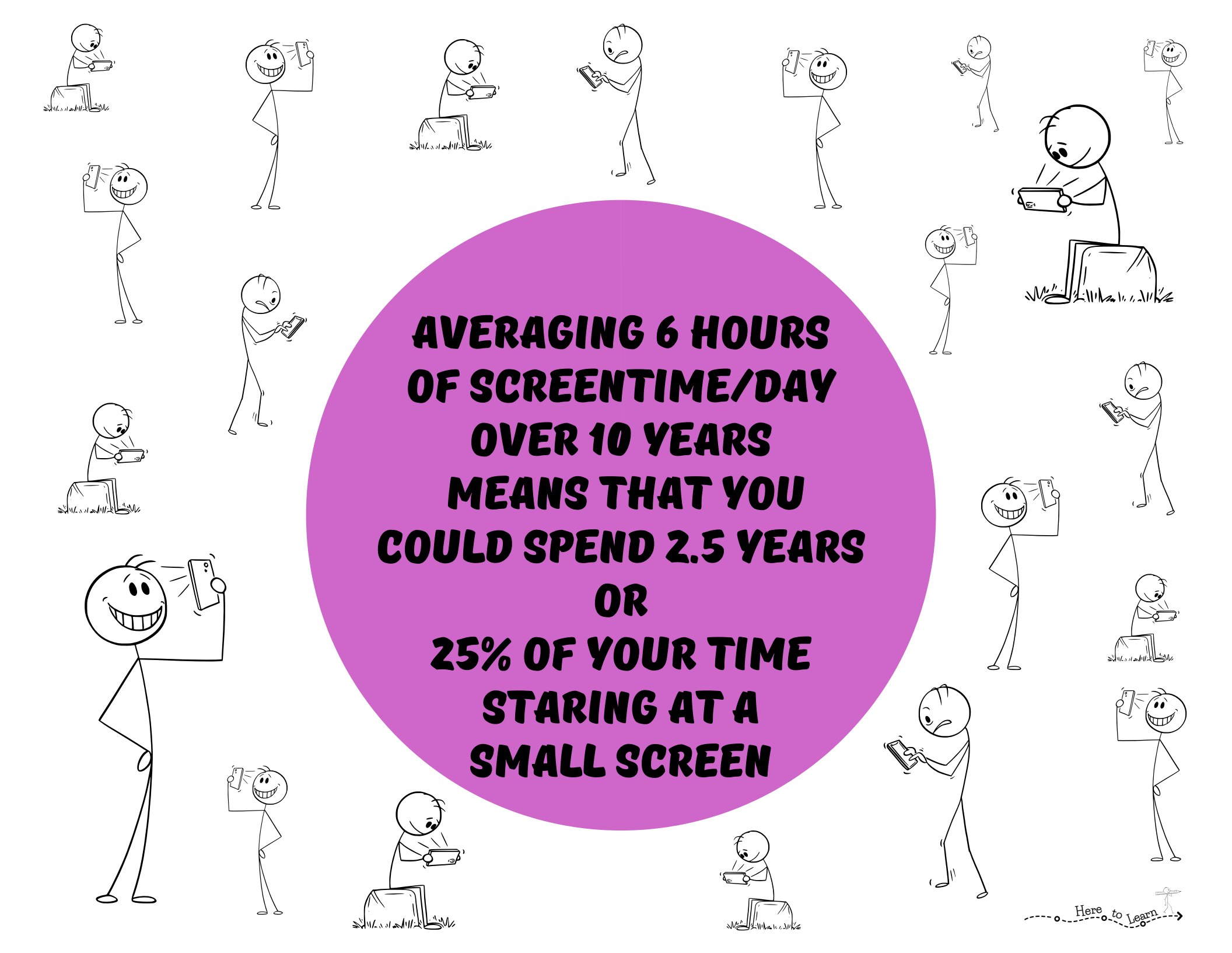


DAILY ROUTINE
5 MONTHS

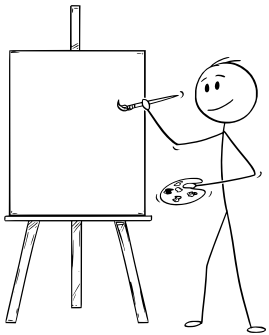
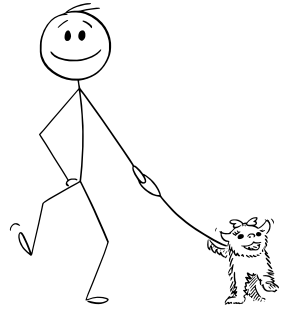
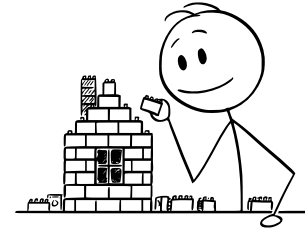
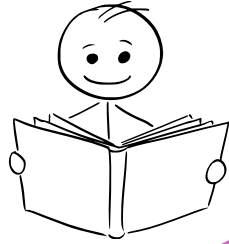
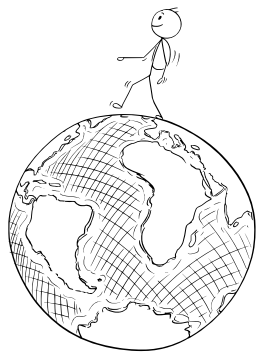


SCREENTIME
2.5 YEARS





**AVERAGING 6 HOURS
OF SCREENTIME/DAY
OVER 10 YEARS
MEANS THAT YOU
COULD SPEND 2.5 YEARS
OR
25% OF YOUR TIME
STARING AT A
SMALL SCREEN**



**WHAT ELSE
COULD YOU DO
WITH THIS TIME?**

