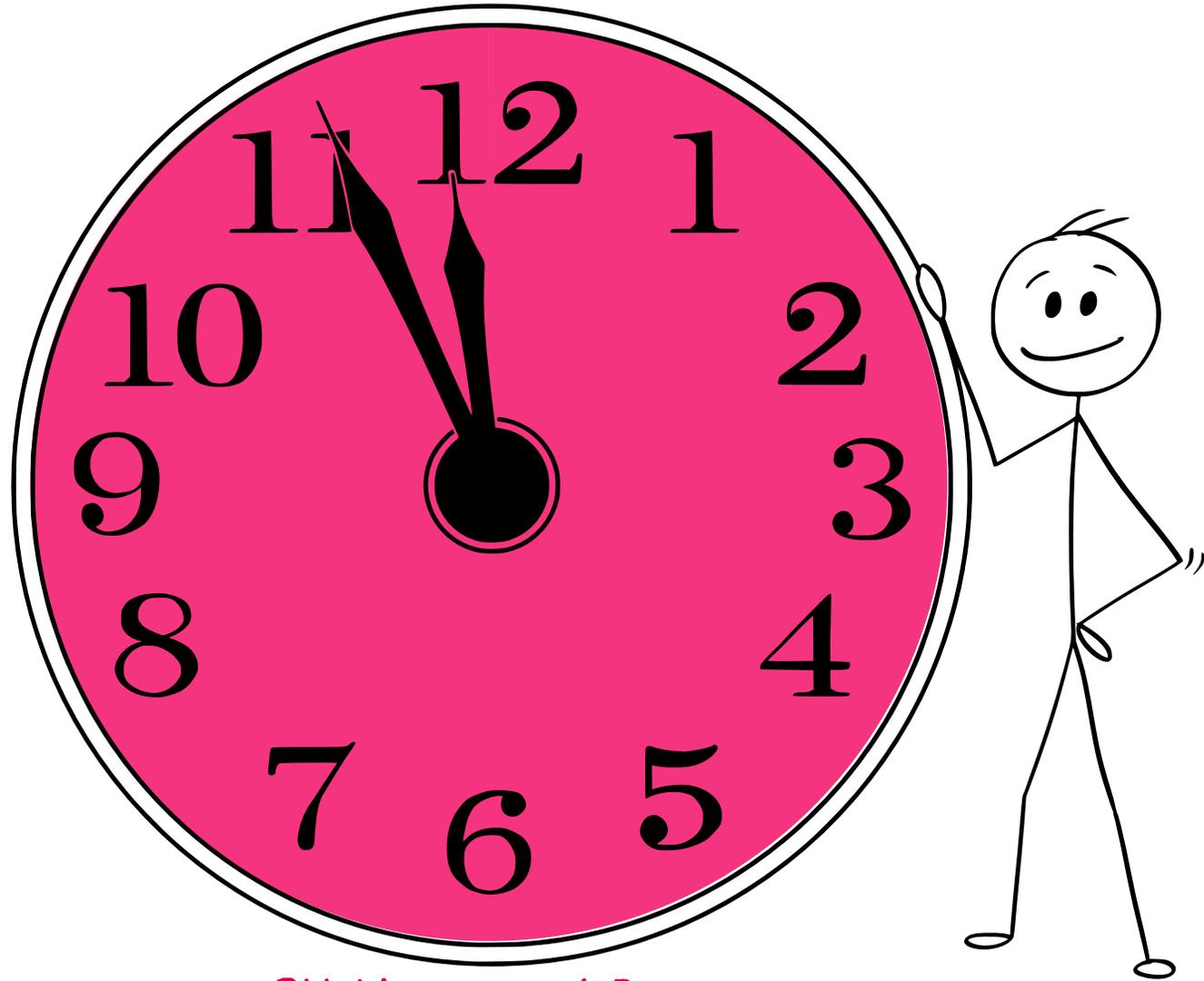


THIS IS A DAY IN YOUR LIFE



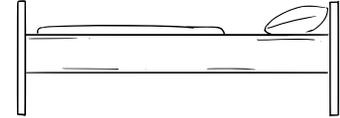
24 HOURS = 1 DAY
100%

HOW DO YOU SPEND YOUR 24 HOURS?



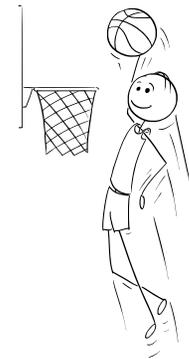
HOMEWORK / 1 HOUR

4%



SLEEP / 8 HOURS

33%



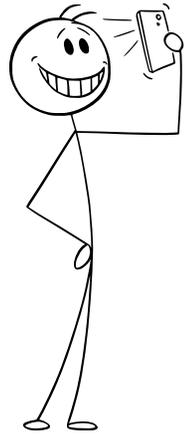
EXTRACURRICULARS / 2 HOURS

8%



SCHOOL / 6 HOURS

25%

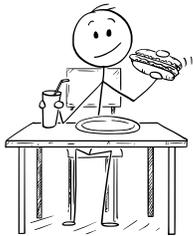


SCREENTIME / 6 HOURS

25%

DAILY ROUTINE / 1 HOUR+

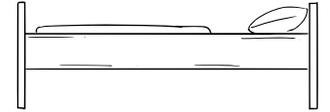
5%



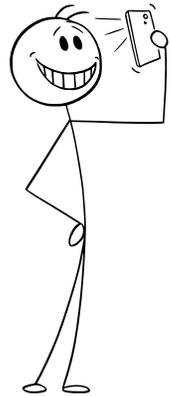
OVER 10 YEARS THIS LOOKS LIKE...



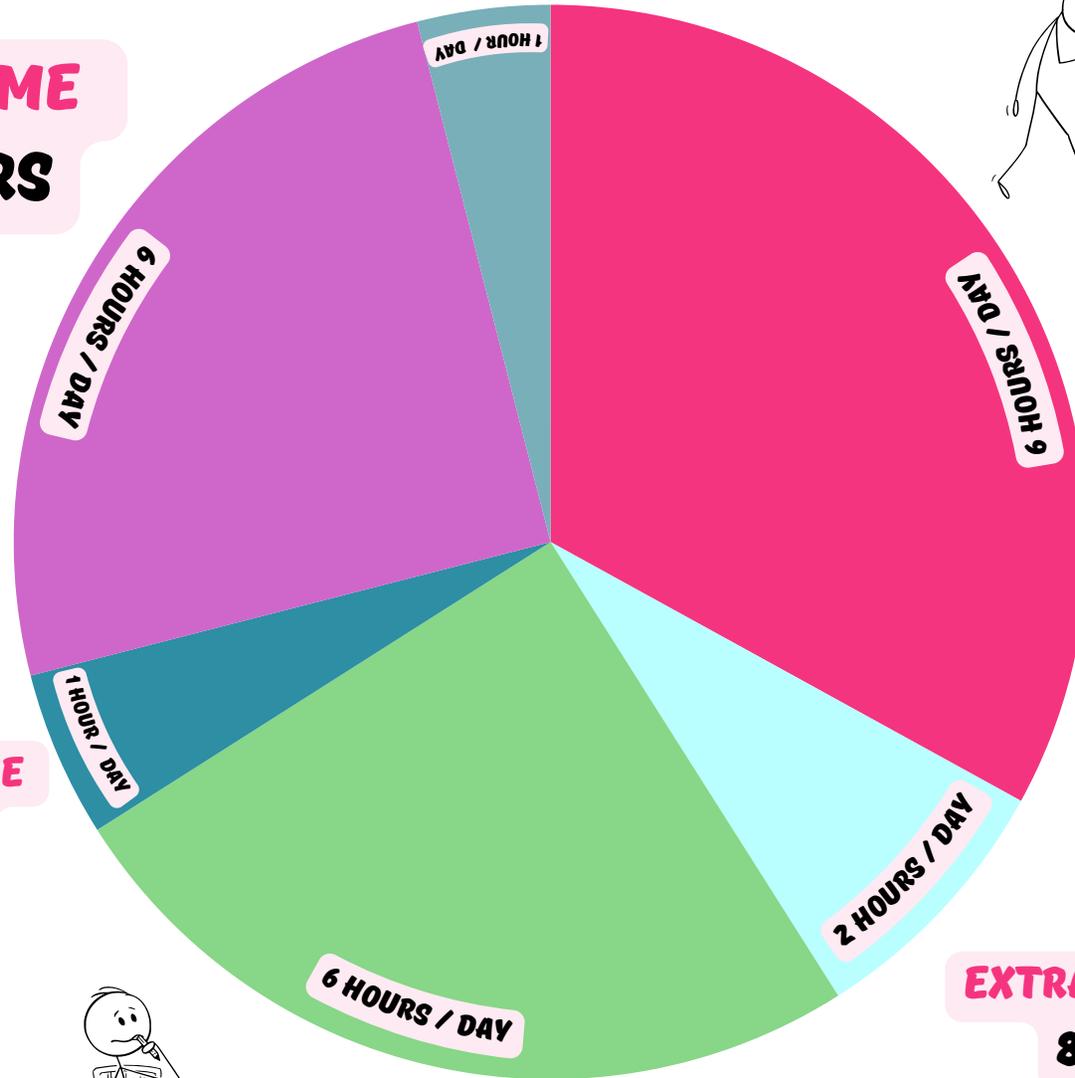
HOMWORK
4 MONTHS



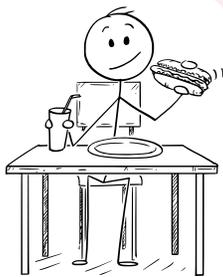
SLEEP
3.3 YEARS



SCREENTIME
2.5 YEARS

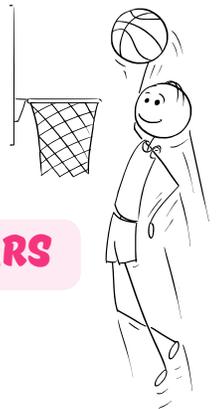


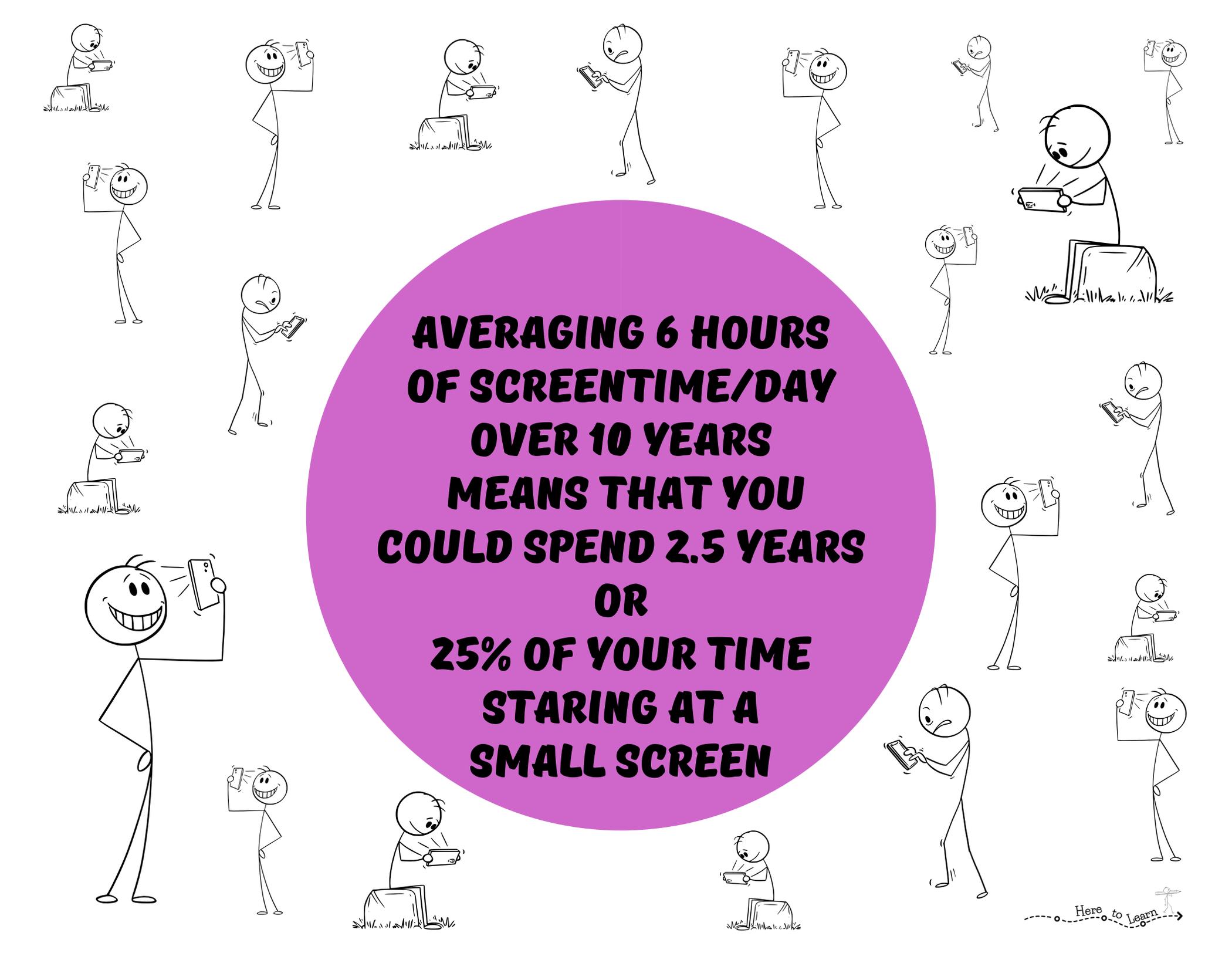
DAILY ROUTINE
5 MONTHS



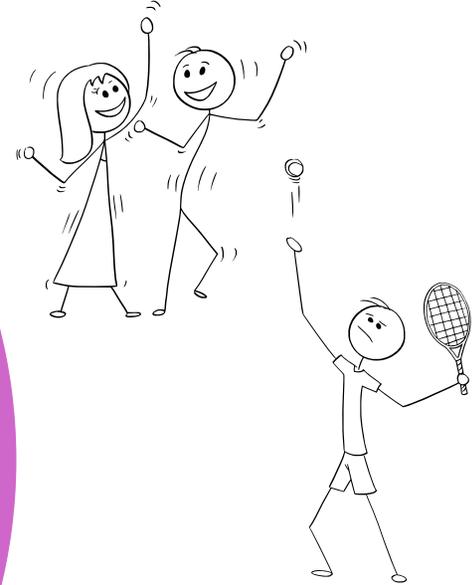
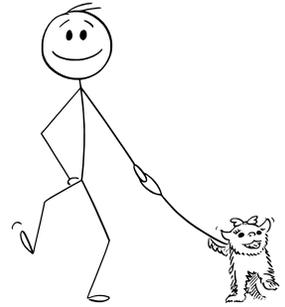
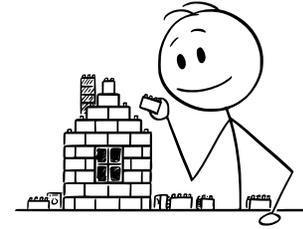
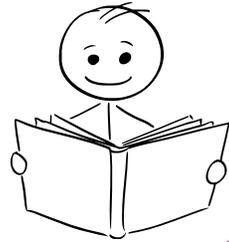
SCHOOL
2.5 YEARS

EXTRACURRICULARS
8 MONTHS





**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?

