

Not sure how digital you are?

MAP OUT YOUR DIGITAL DAY!



Example below (edit to fill in your day):

7.00am

Sarah is woken by the Alarm she set on her phone the night before

8.00am

Sarah went for a run-she listened to music on Spotify app and tracked her distance using a fitness app

9.00am

Sarah checked the News app on her phone while she ate breakfast

10.00am

Used Google Maps to find the destination of my appointment

12.00pm

Used WhatsApp app to phone my friend to meet for lunch

3.00pm

Sarah checked the weather forecast app as she walked back to her house

6.00pm

Sarah googled a recipe online to help her cook dinner

8.00pm

Sarah watched tv by streaming Netflix on her laptop



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