

Media Tracking: September 30-October 2

Sept. 30

Spotify - 3:30 PM - listened to music on my drive home from class (Auto-generated “On Repeat Playlist”)

Spotify - 5:00 - listened to music while I showered and did my hair (The same then switched to *Man’s Best Friend*)

Youtube - 6:00 - “The Office has a sequel for some reason” Drew Gooden (Recommended on my homepage—played in the background while I cleaned and folded laundry)

TikTok - 6:45-7:30 – passively scrolled, I liked, commented on, and reposted multiple short videos about Dancing With the Stars

Disney Plus - 8PM - streamed Dancing with the Stars

TikTok - searched old DWTS routines on my friends phone

Instagram - opened to passively scroll, liked a post about recent 5 Seconds of Summer single

Google - 9:45PM - Oura ring rabbit hole—visited oura ring website, reddit posts reviewing the oura ring

Tik Tok - searched oura ring and watched a few videos talking about pros and cons

TikTok - passively scrolled, interacted with similar content as above

Youtube - midnight - “The Shocking Florida Machete Murders” BuzzFeed Unsolved Network (put on to fall asleep)

Oct. 1

Spotify - 9:30AM - listened to auto-generated playlist while I got ready for and drive to work (artists such as Conan Gray, Sabrina Carpenter, 5 Seconds of Summer, and Chappell Roan)

Spotify - 2PM - listened to the same music while I did side work

Youtube - 2:45PM - "THE TWISTED TALE OF KENDRA AND HER
PSYCHIATRIST" Kennie J.D., listened first part while I rolled silverware

Spotify - 4:30PM - music while I drove

Spotify - 5:00 - music while I showered

Youtube - 5:30 - finished earlier video while I did hair and makeup

TikTok - 9:30PM - scrolled, interacted with more videos about dancing with the stars,
reposted video from Emma Slater, sent videos to a friend then chatted over the app's messaging
system

Facebook - 10 PM - briefly looked at recent posts from family

Google - 10:30 - searched EZcourt pay (I got a speeding ticket earlier. . .)

Youtube - random recommended history video to fall asleep to