



How much of your life is CAPTIVATED by media? Complete this log throughout the week to evaluate your current amount of media consumption and the value of the media you are taking in. Write the type of media, how you felt before and after watching, what the overall message of the media was, and finally if it caused you to escape from life or look deeper at it.

	Type of Media	Name of Program	Time Spent	How I Felt During	How I Felt After	What Was The Overall Message	Escape or Examine?
Sunday							
Monday							
Tuesday							

Wednesday							
Thursday							
Friday							
Saturday							