

## INTERNET USE TIMELINE CALENDAR INSTRUCTIONS

To help us evaluate your Internet use for purposes other than work or school, we need to get an idea of what your Internet use was like in the past \_\_\_\_ days. To do this, we would like you to fill out the attached calendar.

- Filling out the calendar is not hard!
- Try to be as accurate as possible.
- We recognize you won't have perfect recall. That's OKAY.

### WHAT TO FILL IN

- The idea is to put a number in for each day on the calendar.
- On days when you did not use the Internet other than for work or school, you should write a "0".
- On days when you did use the Internet other than for work or school, you should write in the total number of hours you think you were online.
- We want you to record your Internet use on the calendar using hours, rounded to the closest half hour. *For example*, if you think you were online from 4 pm to 9:40 pm, put "4.5" on the calendar for 4 and one half hours.
- It's important that something is written for every day, even if it is a "0".

### YOUR BEST ESTIMATE

- We realize it isn't easy to recall things with 100% accuracy.
- If you are not sure whether you were online for 2 or for 3 hours or if you weren't sure whether you were online on a Thursday or a Friday, give it your best guess! What is important is that 1 or 2 hours is very different from 7 or 8 hours. The goal is to get a sense of how frequently you accessed the Internet, how long you think you were online at a given time, and your patterns of Internet use (e.g., whether you spend very little time online during the week but several hours on the weekends).

### HELPFUL HINTS

- If you have an appointment book or calendar on your smartphone you can use it to help you recall your Internet use.
- Holidays such as Thanksgiving and Christmas are marked on the calendar to help you better recall. Also, think about how much you used the Internet on personal holidays & events such as vacations.
- If you have regular Internet use patterns you can use these to help you recall your use. For example, you may have a daily or weekend/weekday pattern, or use the Internet more when other people in your online community may be online (e.g., on message boards, forums, or in guilds/other groups).

### COMPLETING THE CALENDAR

- A blank calendar is attached. Write in the number of hours that you were online for purposes other than work or school each day.

Name/ID#: \_\_\_\_\_

Date: \_\_\_\_\_

**TIMELINE FOLLOWBACK CALENDAR: 2012**

<b>Complete the Following</b>					
Start Date (Day 1): _____			End Date (yesterday): _____		
MO	DY	YR	MO	DY	YR

2012	SUN	MON	TUES	WED	THURS	FRI	SAT
	1 New Year's	2	3	4	5	6	7
<b>J</b>	8	9	10	11	12	13	14
<b>A</b>	15	16 M. L. King	17	18	19	20	21
<b>N</b>	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
<b>F</b>	5	6	7	8	9	10	11
<b>E</b>	12	13	14 Valentine's Day	15	16	17	18
<b>B</b>	19	20 Presidents' Day	21	22	23	24	25
	26	27	28	29	1 Ash Wednesday	2	3
<b>M</b>	4	5	6	7	8	9	10
<b>A</b>	11	12	13	14	15	16	17 St. Patrick's Day
<b>R</b>	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
<b>A</b>	1	2	3	4	5	6 Good Friday	7 Passover
<b>P</b>	8 Easter	9	10	11	12	13	14
<b>R</b>	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	1	2	3	4	5
<b>M</b>	6	7	8	9	10	11	12
<b>A</b>	13 Mother's Day	14	15	16	17	18	19
<b>Y</b>	20	21	22	23	24	25	26
	27	28 Memorial Day	29	30	31		

2012	SUN	MON	TUES	WED	THURS	FRI	SAT
						1	2
<b>J</b>	3	4	5	6	7	8	9
<b>U</b>	10	11	12	13	14	15	16
<b>N</b>	17 Father's Day	18	19	20	21	22	23
	24	25	26	27	28	29	30
<b>J</b>	1	2	3	4 Independence Day	5	6	7
<b>U</b>	8	9	10	11	12	13	14
<b>L</b>	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
<b>A</b>	5	6	7	8	9	10	11
<b>U</b>	12	13	14	15	16	17	18
<b>G</b>	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
<b>S</b>	2	3 Labor Day	4	5	6	7	8
<b>E</b>	9	10	11	12	13	14	15
<b>P</b>	16	17 Rosh Hashanah	18	19	20	21	22
	23	24	25	26	27	28	29
<b>O</b>	30	1	2	3	4	5	6
<b>C</b>	7	8 Columbus Day	9	10	11	12	13
<b>T</b>	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31 Halloween	1	2	3
<b>N</b>	4	5	6 Election Day	7	8	9	10
<b>O</b>	11 Veterans' Day	12	13	14	15	16	17
<b>V</b>	18	19	20	21	22 Thanksgiving	23	24
	25	26	27	28	29	30	1
<b>D</b>	2	3	4	5	6	7	8
<b>E</b>	9 Hanukkah	10	11	12	13	14	15
<b>C</b>	16	17	18	19	20	21	22
	23	24 Christmas Eve	25 Christmas	26	27	28	29
	30	31 New Year's Eve					