



| Hora            | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|-----------------|---------|---------|----------|--------|-----------|----------|----------|
| Matí            |         |         |          |        |           |          |          |
| 15 h            |         |         |          |        |           |          |          |
| 16 h            |         |         |          |        |           |          |          |
| 17 h            |         |         |          |        |           |          |          |
| 18 h            |         |         |          |        |           |          |          |
| 19 h            |         |         |          |        |           |          |          |
| 20 h            |         |         |          |        |           |          |          |
| 21 h            |         |         |          |        |           |          |          |
| 22 h            |         |         |          |        |           |          |          |
| 23 h            |         |         |          |        |           |          |          |
| 24 h o més tard |         |         |          |        |           |          |          |

Inclou 1 hora d'estudi, deures, lectura... cada dia de dilluns a divendres i 2 hores d'estudi, deures, lectura cada dia del cap de setmana.



# HORES DIÀRIES DEDICADES A PANTALLES I XARXES SOCIALS. 1r ESO

Nom: .....

Data: 06/11/2018



| Hora         | Dilluns | Dimarts     | Dimecres    | Dijous      | Divendres   | Dissabte    | Diumenge                                     |
|--------------|---------|-------------|-------------|-------------|-------------|-------------|----------------------------------------------|
| Matí         |         |             |             |             |             |             |                                              |
| 15 h         |         |             |             |             |             |             |                                              |
| 16 h         |         |             |             |             |             |             |                                              |
| 17 h         |         |             |             |             |             |             |                                              |
| 18 h         |         |             |             |             |             |             |                                              |
| 19 h         |         |             |             |             |             |             |                                              |
| 20 h         |         |             |             |             |             |             |                                              |
| 21 h         |         |             |             |             |             |             |                                              |
| 22 h         |         |             |             |             |             |             |                                              |
| 23 h         |         |             |             |             |             |             |                                              |
| 24 h         |         |             |             |             |             |             |                                              |
| ..... h      |         |             |             |             |             |             |                                              |
| TOTAL AL DIA | 2 hores | ..... hores | ..... hores | ..... hores | ..... hores | ..... hores | ..... hores                                  |
|              |         |             |             |             |             |             | HORES TOTALS A LA SETMANA<br><br>..... hores |