

My current mobile phone experience

We would like to learn about your day-to-day experiences with your mobile phone. Over the course of five days, please describe your experiences with your phone. (try to include at least one weekend day).

Each day you will use the rows provided to describe up to seven moments throughout the day when you used your phone. These moments can be anything you think is important... A phone call

Here's how it works....

1 Think about all the moments throughout the day when you used your mobile phone, and in the first column (the one that says "When"), note the time of day when the moment occurred. You can be specific, but something like "early morning" is fine too.

2 In the next column, "What I did with my phone", tell us exactly that. For example, if you used your phone to set an alert to remind you of an appointment, say something like "set reminder alarm". On the next line that says "because...", tell us the reason why. So for the "reminder alarm" example, you might say something like "to organize my life". Sometimes your reason why will be the same as what you did, if so, just write "same".

3 In the column that says "People involved", tell us who you were talking, texting or exchanging information with. If you were the only person, then just write "me".

to a friend, a text message, looking up a phone number, playing a game, surfing the web, or even just checking to see what time it is.

You don't have to use all seven, but do try to capture every instance no matter how trivial. There are no right or wrong answers here, so just put down what makes sense to you.

4 In the column that says "Environment", tell us where you were when you used your phone and anything important that was going on. For example, if you were riding in a taxi and it was noisy, say something like "Taxi, noisy, bumpy..."

5 In the column that says "I was thinking / feeling", try to tell us what you were thinking about or how you felt about your phone during this moment. Were you happy? Nervous? Sad? Use any words you want to describe what you were thinking or how you felt and then tell us why after the word "because..."

6 In the last column, "I wished for", you get to tell us exactly what you wished for regarding your phone. Be honest! It doesn't matter if it's realistic or not, it's a wish, so it can be anything you want. Once you finish all five days, we'd like you to summarize your experiences on the last page titled "Summary," then you're ready to move on to the last exercise.

Day 1

	When	What I did with my phone...	People involved	Environment	I was thinking / feeling...	I wished for...
1					because...	
2					because...	
3					because...	
4					because...	
5					because...	
6					because...	
7					because...	

Day 2

	When	What I did with my phone...	People involved	Environment	I was thinking / feeling...	I wished for...
1					because...	
2					because...	
3					because...	
4					because...	
5					because...	
6					because...	
7					because...	

Day 3

	When	What I did with my phone...	People involved	Environment	I was thinking / feeling...	I wished for...
1					because...	
2					because...	
3					because...	
4					because...	
5					because...	
6					because...	
7					because...	

Day 4

	When	What I did with my phone...	People involved	Environment	I was thinking / feeling...	I wished for...
1					because...	
2					because...	
3					because...	
4					because...	
5					because...	
6					because...	
7					because...	

Day 5

	When	What I did with my phone...	People involved	Environment	I was thinking / feeling...	I wished for...
1					because...	
2					because...	
3					because...	
4					because...	
5					because...	
6					because...	
7					because...	

Summary

Thanks for telling us about all your experiences. Please summarize them by completing the sentences below.

I typically use my phone to...

I do these things because I want to (describe your goals)...

The people who are typically involved are...

Typical environments are (list places where you typically use your phone such as: the mall, at work, on the train, etc.)...

I am typically thinking / feeling...

I think / feel this way because...

Things I wish for...