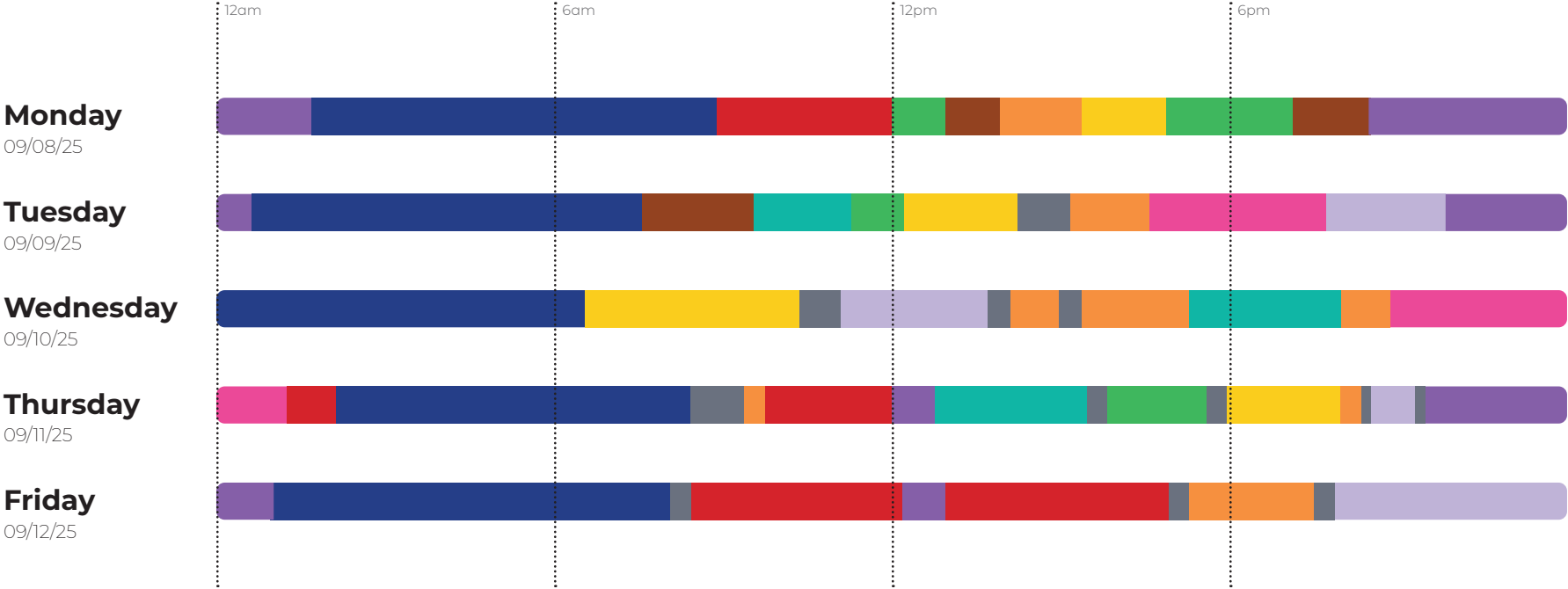


DIGITAL DETOX DATA

↳ My Day-to-Day, Visualized Over 5 Days

KELLY PRENDERGAST

9/8/25 - 9/12/25



- **Sleeping**
- **Driving**
- **Exercise**
- **School**
- **Work**
- **Chores**
- **Professional Growth**
- **Food**
- Shopping, Cooking, Eating
- **Social Media**
- FB, Insta, TikTok, Snapchat
- **Entertainment**
- Movies, TV & Music
- **Leisure**
- Friends, Drinking, Shopping

