

## Broadband Internet Usage Habits

Please write in the boxes an estimate of your usage (number or hours) during the period in dispute, as well as the name of the software or website that you use for each activity.

Estimated usage for the period: \_\_\_\_\_

Username: \_\_\_\_\_

Activity	Number/Duration	Software/website used
Text only Emails received		
Email Attachments received (for example movies; sounds and pictures)		
Web Pages visited (including refreshes)		
Music (MP3) Files downloaded		
Movie trailers downloaded		
Documents downloaded		
Hours of On-line Gaming		
Images/ Pictures downloaded		
Programs downloaded		
Hours of streaming content Type – (eg live radio broadcasts)		
Files taken from your computer (eg file-sharing of music/video files)		