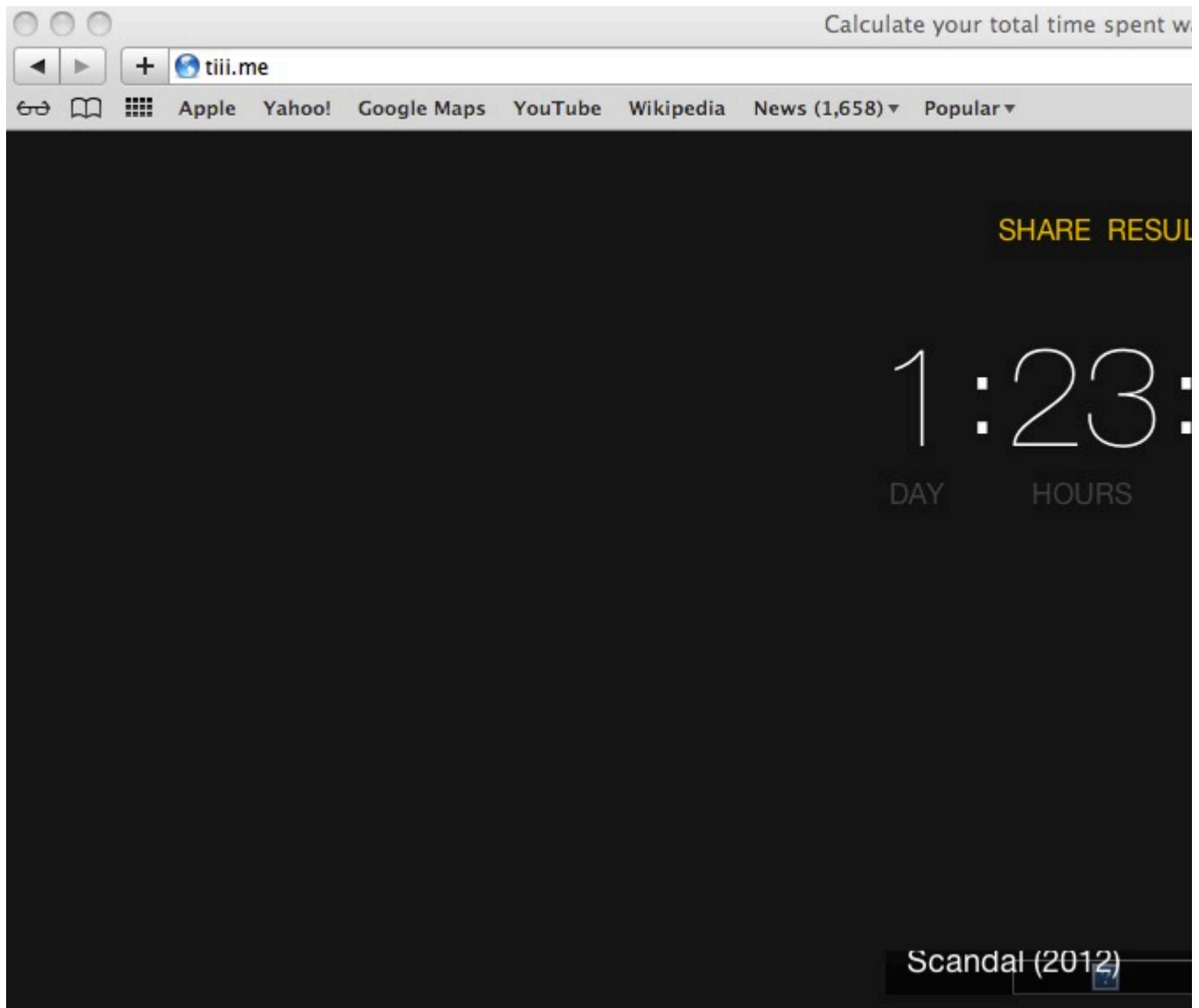**Subject:** FW: Tech Tip of the Week: Calculate Your TV Viewing Time

Date: Friday, May 16, 2014 12:33:26 PM ET

From: Adam Meador

To: Adam Meador

I think most of us can agree that we all spend too much time watching television. In this week's installment, we use the tiii.me website to calculate the total time that is is spent watching a specific TV show. It is very simple to do. Head over to http://tiii.me/ , think of your favorite TV show, and type it in. In the example shown below, you will spend almost two full day's of your life watching ABC's hit show Scandal. That is a bit of an eye-opener.Take some time and visit the tiii.me website, and see how big of a couch potato you are. If you are like me, you will quickly realize it's time to go outside or read a book.

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