

Activities	Estimated Data Consumed (for reference only)
Send one email (without attachment)	15 KB
Send one email with medium quality compressed photo attachment	300 KB
Upload one social media post with photo	500 KB
Browse one webpage	1 MB
Download a three minute compressed music or streaming music file	3 MB
Download thirty minutes of streaming low definition video	90 MB
Download one game or song	4 MB
Download ten minutes of high definition video	100 MB