# Exercise 06 — Decomposition Rules

## 1. Daily Activities

List of daily activities:  
1. Wake up  
2. Morning exercise  
3. Take a shower  
4. Have breakfast  
5. Commute to work  
6. Attend meetings  
7. Work on tasks  
8. Have lunch  
9. Return home  
10. Relax and unwind  
11. Dinner  
12. Prepare for bed

## 2. Decomposition Goals

Goal 1: To optimize the morning routine for better efficiency and productivity.  
User: Myself  
Need: To reduce time spent on non-essential activities while ensuring readiness for the day.

Goal 2: To balance work-life activities for mental and physical well-being.  
User: Myself  
Need: To ensure time is allocated effectively for work, relaxation, and personal growth.

## 3. Event Decomposition

### 3.1. Decomposition for Goal 1 (Morning Routine)

Decomposition:  
- Level 0: Morning Routine  
- Level 1: Activities:  
 1. Wake up  
 2. Morning exercise  
 3. Take a shower  
 4. Have breakfast  
 5. Commute to work

Breakdown Criteria: Sequential events from waking up to leaving for work.

### 3.2. Decomposition for Goal 2 (Work-Life Balance)

Decomposition:  
- Level 0: Daily Activities  
- Level 1: Categories:  
 1. Work-related: Commute to work, Attend meetings, Work on tasks  
 2. Personal care: Wake up, Morning exercise, Take a shower, Have breakfast, Prepare for bed  
 3. Leisure: Relax and unwind, Have lunch, Dinner

Breakdown Criteria: Activities categorized by purpose (Work, Personal Care, Leisure).

## 4. Rules Followed

The decomposition follows these rules:  
- Subordination: Each level fully breaks down the activity above it.  
- Singularity of Criterion: A single criterion (sequence or purpose) is applied per level.  
- Integrity: The decomposition covers all activities without overlap or omission.