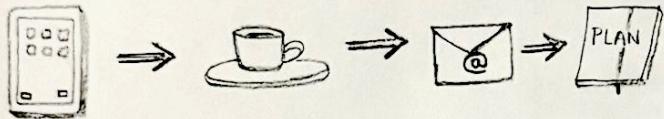


- ① What does your morning routine look like after getting up?
- check my phone ① → check my emails ③
 - Have a cup of tea ② → Plan for the day ④
- ② What do you do throughout the day mostly? Also how much time do you spend for each of those activities approximately? Pie chart
- Study - ~6 hrs → Walk for a walk - 1 hr
 - spend with phone/laptop - 8 hrs → Leisure - 2 hrs
 - Sleep - ~8 hrs
- ③ How much do you spend on food shopping every week?
- Grocery - \$20
 - Comfort food/ Personal treats - \$8
 - Misc purchase - \$2
- } Total - \$30 Bar chart
- ④ What do you usually eat everyday?
- Breakfast - Smoothie
 - Lunch - Curry & Rice
 - Dinner - Bread
- Icons
- ⑤ What streaming platform do you use mostly? → Netflix
- ⑥ What are your favourite movie/show genre? → Thriller, Comedy
- ⑦ Do you play video games? → No
- ⑧ How much time do you spend on different entertainments? (weekly)
- Netflix (movies/shows) - 10 hrs
 - Other social media (Instagram, Whatsapp etc) - 15 hrs
- ⑨ How much screen break do you take in between? → 2-3 hrs
- ⑩ Who do you spend the most time with?
- Classmates, Husband, Parents (via calls)
- ⑪ How much hours of sleep do you get on average? → 8 hrs
- Horizontal Bar chart

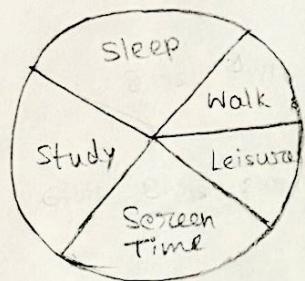
Sushmita Behera

A week in the life of Sushmita

Morning Routine



Whole Day

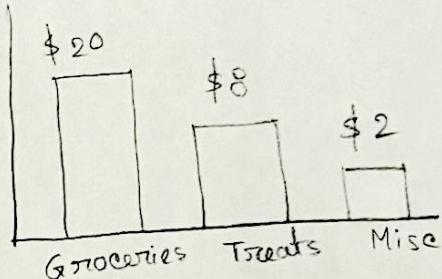


Sleep - 8 hrs
 Screen - 8 hrs
 Study - 6 hrs
 Walk - 1 hr
 Leisure - 2 hrs

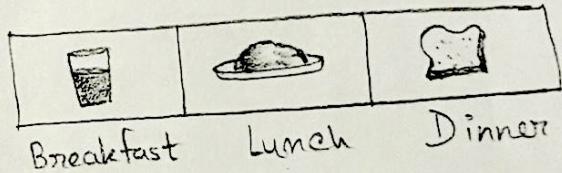
Daily Routine

Food & Spending

Weekly spending

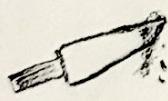


Meal Timeline



Entertainment & Leisure

Favorite Genre



Thriller



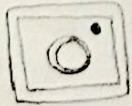
Comedy

Entertainment



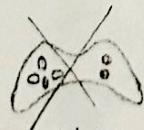
10 hrs

(Netflix)



15 hrs

(Social media)



0 hrs

(No video Games)

Health & Socialization

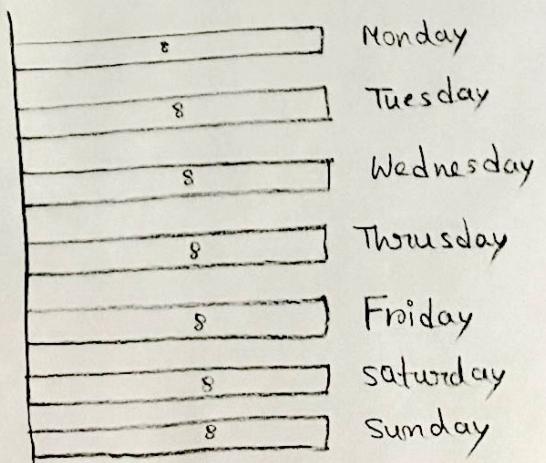
Social Connections

Classmates

Husband

Parents

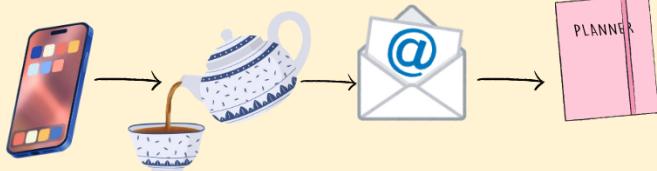
Weekly Sleep Schedule



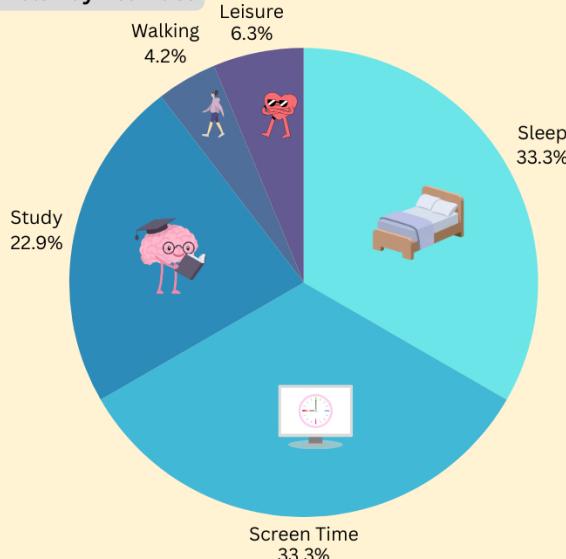
A week in the life of Sushmita

Daily Routine

Morning Routine



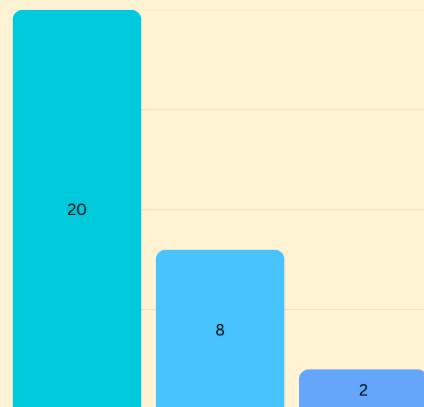
Whole Day Activities



Food & Spending

Weekly Spending

Groceries Treats Misc



Meal Timeline



Entertainment & Leisure

Favorite Genre



Thriller



Comedy

Entertainment (Hours per week)



10 Hrs

15 Hrs

0 Hr

Health & Socialization

Social Connections



Classmates



Husband



Parents

Weekly Sleep Schedule

