

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

→ Go 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

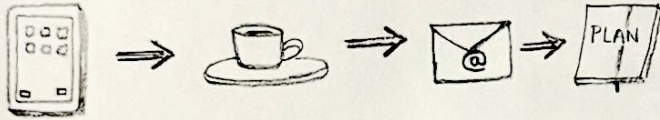
Horizontal Bar chart

Sushmita Behera

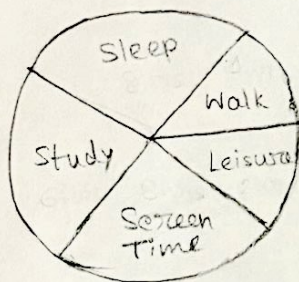
A week in the life of Sushmita

Daily Routine

Morning Routine



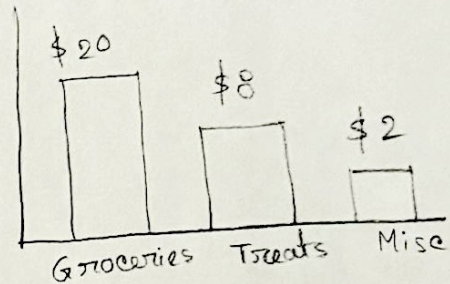
Whole Day



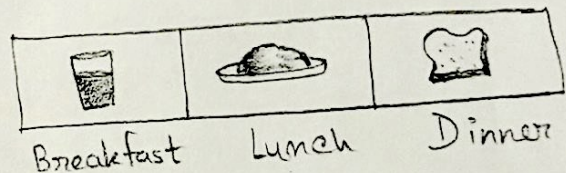
sleep - 8 hrs
 Screen - 8 hrs
 Study - 6 hrs
 Walk - 1 hr
 Leisure - 2 hrs

Food & Spending

Weekly spending



Meal Timeline



Entertainment & Leisure

Favorite Genre



Entertainment

N
 10 hrs
 (Netflix)

15 hrs
 (Social media)

0 hrs
 (No video Games)

Health & Socialization

Social Connections

Classmates

Husband

Parents

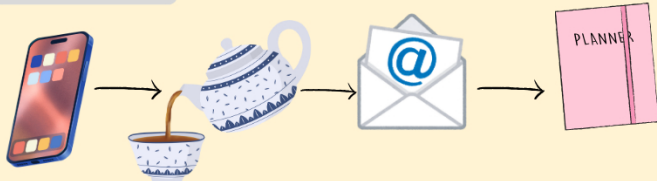
Weekly Sleep Schedule

8	Monday
8	Tuesday
8	Wednesday
8	Thursday
8	Friday
8	Saturday
8	Sunday

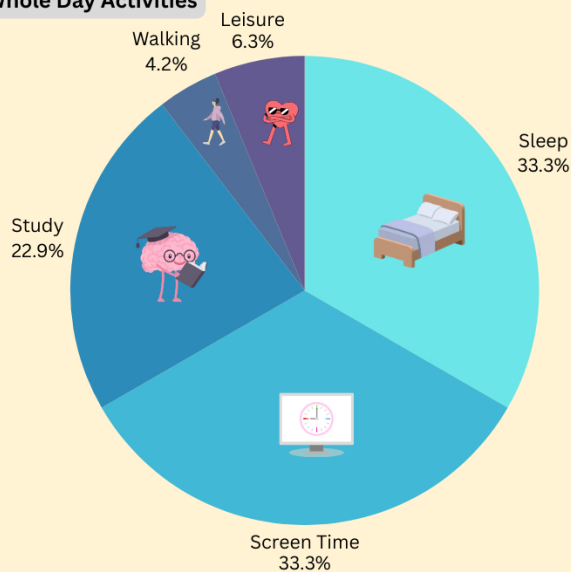
A week in the life of Sushmita

Daily Routine

Morning Routine

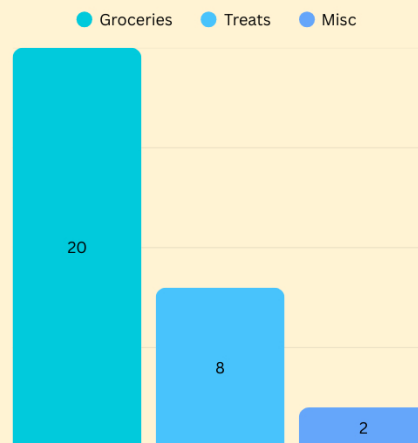


Whole Day Activities

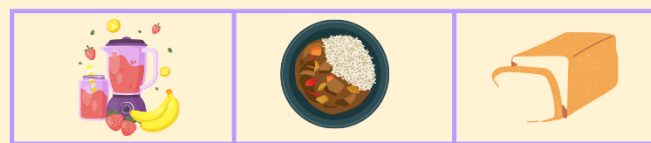


Food & Spending

Weekly Spending



Meal Timeline



Breakfast

Lunch

Dinner

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

