Improving your Work Life Balance

Monitoring 2 weeks in life of Carsten Hennig

Structured Approach to Data Analytics

Ask *Prepare* Process *Analyze* Share *Act*

Carsten Hennig

Monitoring 2 weeks of work-life balance of Mr Carsten Hennig, a Full Stack Developer and Digital Evangelist

About:
52 years
Married, 1 child
100% working on remote
25+ years career as editor-in-chief
Since 6+ years Digital Evangelist
Since 2+ years MERN Full Stack Developer, working as Software Engineer
Studying Data Analytics at Turing College
5 languages: German, English, French, Spanish, Russian, Chinese/Mandarin
Tech stack: HTML, CSS, JavaScript, TypeScript, React, Angular, Svelte, Python, Go, SQL, Git, GitHub

1. Ask

Two types of questions to catch the situation and problem:

➔ Starter thoughts

What are the key factors for your good work-life balance?
What are your personal goals in your career and private life in the next 12-24 months?
Which key factors do you want to reduce?
Which key factors do you want to increase?.

➔ Effective questions

Weighs the key factors: 1 - very weak, 5 - very strong*
Which is the relationship between the key factors?
Which influences can affect or reinforce the key factors?
How strong is the motivation in general for change/improvement in a) career, b) personal life? (1 - very weak, 5 - very strong*)

*
1 - very weak, 2 - weak
3 - neither weak nor strong
4 - string, 5 - very strong

2. Prepare

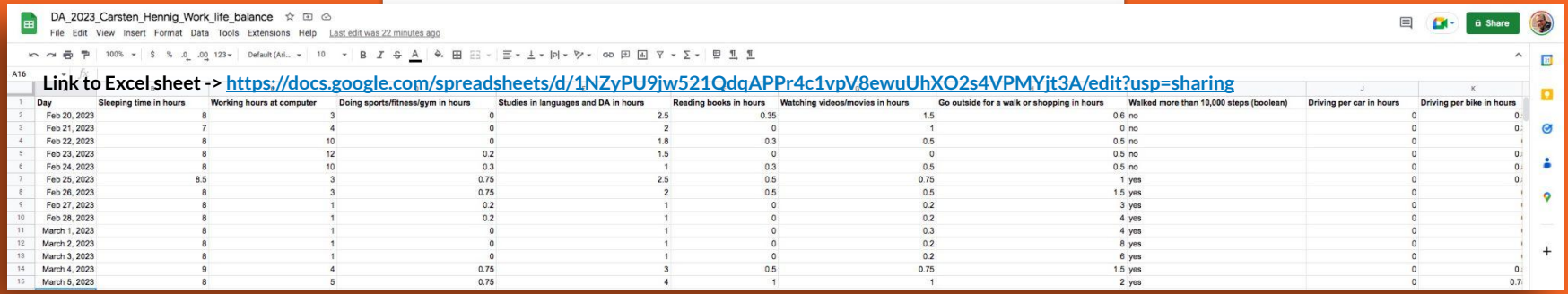
Collect data by monitoring daily work-life balance:

➔ **15 data columns**

Monitoring hours of work, fitness, private life, having f&b etc.

➔ **Extracted for BigQuery**

Imported as .csv file in Google's BigQuery console for SQL queries


DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was 22 minutes ago

Share

Link to Excel sheet -> https://docs.google.com/spreadsheets/d/1NZyPU9jw521QdqAPPr4c1vpV8ewuUhXO2s4VPMYjt3A/edit?usp=sharing

Day	Sleeping time in hours	Working hours at computer	Doing sports/fitness/gym in hours	Studies in languages and DA in hours	Reading books in hours	Watching videos/movies in hours	Go outside for a walk or shopping in hours	Walked more than 10,000 steps (boolean)	Driving per car in hours	Driving per bike in hours
Feb 20, 2023	8	3	0	2.5	0.35	1.5	0.6	no	0	0.
Feb 21, 2023	7	4	0	2	0	1	0	no	0	0.
Feb 22, 2023	8	10	0	1.8	0.3	0.5	0.5	no	0	
Feb 23, 2023	8	12	0.2	1.5	0	0	0.5	no	0	0.
Feb 24, 2023	8	10	0.3	1	0.3	0.5	0.5	no	0	0.
Feb 25, 2023	8.5	3	0.75	2.5	0.5	0.75	1	yes	0	0.
Feb 26, 2023	8	3	0.75	2	0.5	0.5	1.5	yes	0	
Feb 27, 2023	8	1	0.2	1	0	0.2	3	yes	0	
Feb 28, 2023	8	1	0.2	1	0	0.2	4	yes	0	
March 1, 2023	8	1	0	1	0	0.3	4	yes	0	
March 2, 2023	8	1	0	1	0	0.2	8	yes	0	
March 3, 2023	8	1	0	1	0	0.2	6	yes	0	
March 4, 2023	9	4	0.75	3	0.5	0.75	1.5	yes	0	0.
March 5, 2023	8	5	0.75	4	1	1	2	yes	0	0.7

DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago

Monitoring daily data

Sleeping time in hours.

Working hours at computer.

Doing sports/fitness/gym in hours.

Studies in language and DA in hours.

Reading books in hours.

Watching videos/movies in hours.

Go outside for a walk or shopping in hours.

Walked more than 10,000 steps (boolean).

Driving per car in hours.

Driving per bike in hours.

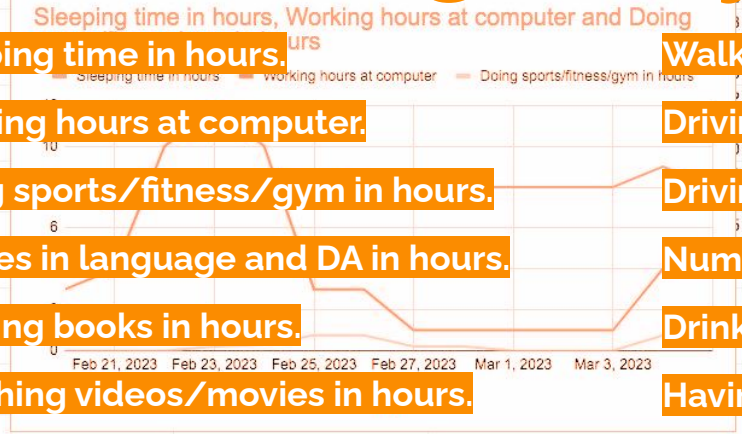
Number of cups of coffee

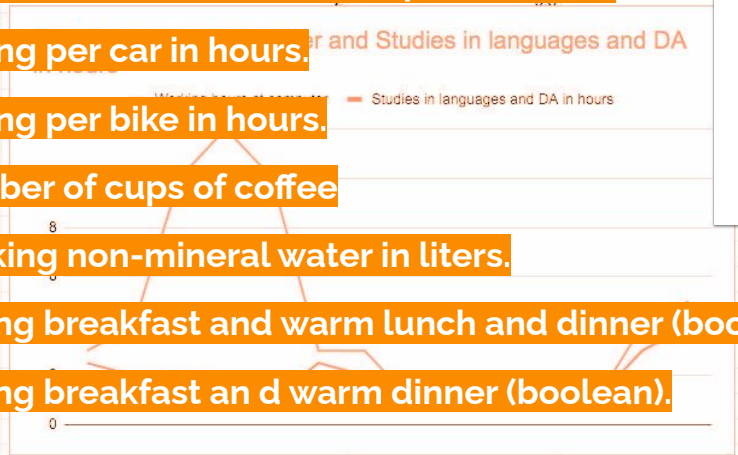
Drinking non-mineral water in liters.

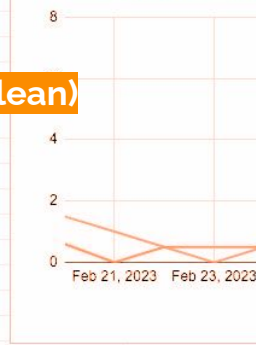
Having breakfast and warm lunch and dinner (boolean)

Having breakfast an d warm dinner (boolean).

Day	Sleeping time in hours	Working hours at computer	Doing sports/fitness/gym in hours	Studies in languages and DA in hours	Reading books in hours	Watching videos/m
Feb 20, 2	8	3	0	2.5	0.35	
Feb 21, 2	7	4		2	0	
Feb 22, 2023	8	10		1.8	0.3	
Feb 23, 2023				1.5	0	
Feb 24, 2023				1	0.3	
Feb 25,						
Feb 26,						
Feb 27,						
Feb 28,						
March 1, 2023						
March 2,						
March 3,						
March 4, 2023						
March 5,						







About data

Most columns are in hours, some in int numbers and a few as boolean - it should be comfortable for comparisons and relations between the data columns and row

3. Process

Strong restrictions for use of personal data:

➔ **Authorization**

Only authorized analysts and scientists are allowed to work with the data set.

➔ **Data management**

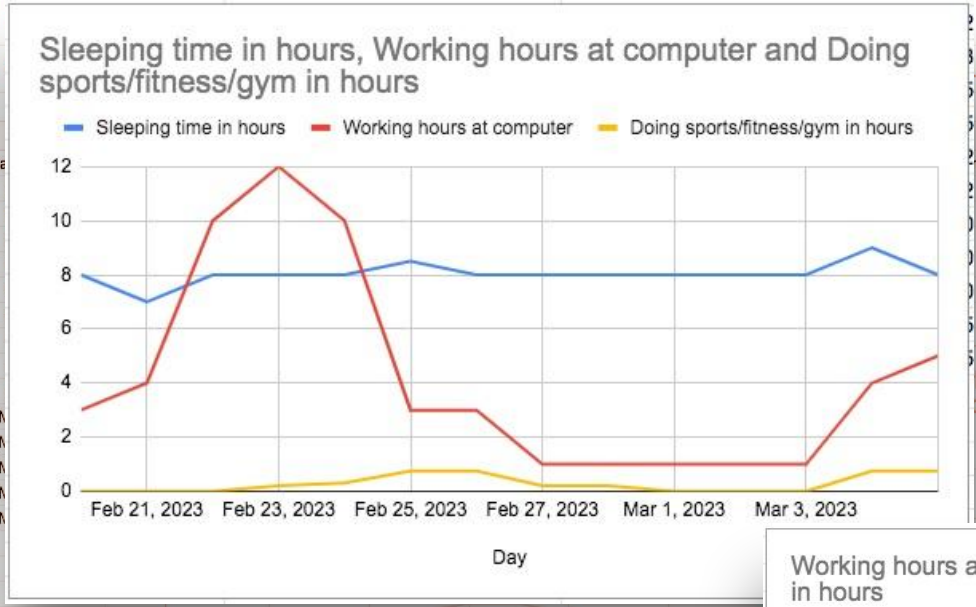
Data set will be deleted completely from BigQuery and .csv files from computers after finishing the DA project

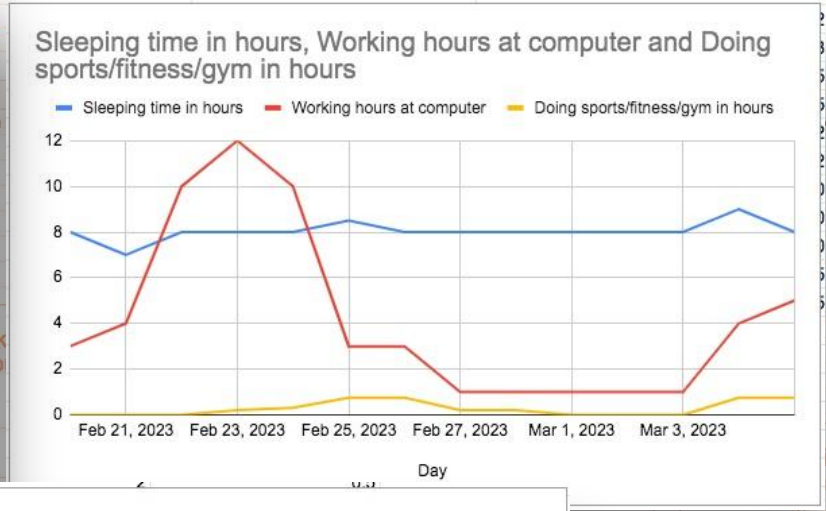
4. Analyze

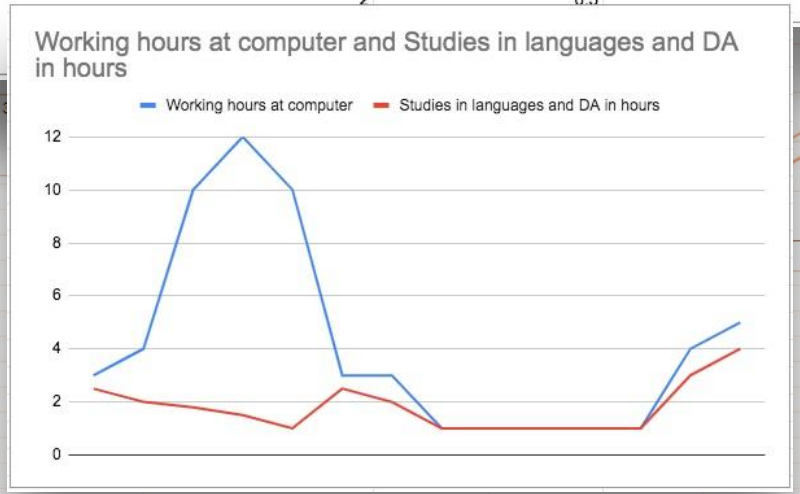
Structured approach:

- **SQL queries in BigQuery**
  Several ‘Counts’ and ‘Where’ queries
- **Google Excel Charts**
  Graphical representations
- **Manual comparison**
  Specific key findings

DA_2023_Carsten_Hennig_Work_life_balance







RUN SAVE SHARE SCHEDULE MORE

```
SELECT * FROM `carstenhennig-worklife-balance.Carsten_WorkLife_2_weeks.Carsten_2weeks`
WHERE Working_hours_at_computer > 8
AND Studies_in_languages_and_DA_in_hours > 1
```

Query results

JOB INFORMATION | RESULTS | JSON | EXECUTION DETAILS | EXECUTION GRAPH PREVIEW

Row	Day	Sleeping_time_ir	Working_hours_	Doing_sports_fit	Studies_in_langu	Reading_books_	Watching_videos	Go_outside_for_	Walked	Driving_per_car_	Driving_per_bike	Number_of_cups	Drinking_non_mi	Having	Having
1	Feb 23, 2023	8.0	12	0.2	1.5	0.0	0.0	0.5	fal…	0	0.5	5.0	1.0	true	fal…
2	Feb 22, 2023	8.0	10	0.0	1.8	0.3	0.5	0.5	fal…	0	0.0	5.0	1.0	true	fal…

RUN SAVE SHARE SCHEDULE MORE

```
SELECT * FROM `carstenhennig-worklife-balance.Carsten_WorkLife_2_weeks.Carsten_2weeks`
  WHERE Doing_sports_fitness_gym_in_hours > 0
    AND Go_outside_for_a_walk_or_shopping_in_hours > 0
      AND Walked_more_than_10_000_steps__boolean_ = true
```

Query results

JOB INFORMATION | RESULTS | JSON | EXECUTION DETAILS | EXECUTION GRAPH PREVIEW

Row	Day	Sleeping_time_ir	Working_hours_	Doing_sports_fit	Studies_in_langu	Reading_books_	Watching_videos	Go_outside_for_	Walked	Driving_per_car_	Driving_per_bike	Number_of_cups	Drinking_non_mi	Having	Having
1	Feb 27, 2023	8.0	1	0.2	1.0	0.0	0.2	3.0	true	0	0.0	2.0	0.5	true	fal…
2	Feb 28, 2023	8.0	1	0.2	1.0	0.0	0.2	4.0	true	0	0.0	1.5	0.75	true	fal…
3	Feb 26, 2023	8.0	3	0.75	2.0	0.5	0.5	1.5	true	0	0.0	4.0	1.2	fal…	true
4	Feb 25, 2023	8.5	3	0.75	2.5	0.5	0.75	1.0	true	0	0.5	4.0	1.0	fal…	true
5	March 4, 2023	9.0	4	0.75	3.0	0.5	0.75	1.5	true	0	0.5	5.0	1.0	fal…	true
6	March 5, 2023	8.0	5	0.75	4.0	1.0	1.0	2.0	true	0	0.75	4.0	1.2	fal…	true

4. Share

Structured approach:

- ➔ **Learn discipline**
  1+ hours/day studying while workdays
- ➔ **Good sleep**
  8 hours/night in minimum
- ➔ **Active days**
  More than 10,000 steps at 64% of the monitored 14 days

DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago

Work hard & study

Day	Sleeping time in hours	Working hours at computer	Doing sports/fitness/energy in hours	Studies in languages and DA in hours	Reading books in hours	Watching videos/movies in hours	Go outside for a
Feb 20, 2023	8	3	0	2.5	0.35	1.5	

RUN SAVE SHARE SCHEDULE MORE

```
1 SELECT * FROM `carstenhennig-worklife-balance.Carsten_WorkLife_2_weeks.Carsten_2weeks`
2 WHERE Working_hours_at_computer > 8
3 AND Studies_in_languages_and_DA_in_hours > 1
```

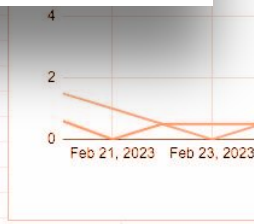
Query results

JOB INFORMATION | RESULTS | JSON | EXECUTION DETAILS | EXECUTION GRAPH PREVIEW

Row	Day	Sleeping_time_in	Working_hours_	Doing_sports_fit	Studies_in_langu	Reading_books_	Watching_videos	Go_outside_for_	Walked	Driving_per_car_	Driving_per_bike	Number_of_cups	Drinking_non_mi	Having	Having
1	Feb 23, 2023	8.0	12	0.2	1.5	0.0	0.0	0.5	fal...	0	0.5	5.0	1.0	true	fal...
2	Feb 22, 2023	8.0	10	0.0	1.8	0.3	0.5	0.5	fal...	0	0.0	5.0	1.0	true	fal...

Almost 2 days full of work and study.

Long work day > 8 hours and > 1 hour of learning / studying.



DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago

Good activity rate

Day	Sleeping time in hours	Working hours at computer	Doing sports/fitness/gym in hours	Studies in languages and DA in hours	Reading books in hours	Watching videos/movies in hours	Go outside for a

RUN SAVE SHARE SCHEDULE MORE

```
1  SELECT * FROM `carstenhennig-worklife-balance.Carsten_WorkLife_2_weeks.Carsten_2weeks`
2    WHERE Doing_sports_fitness_gym_in_hours > 0
3      AND Go_outside_for_a_walk_or_shopping_in_hours > 0
4        AND Walked_more_than_10_000_steps__boolean_ = true
```

Query results

JOB INFORMATION | RESULTS | JSON | EXECUTION DETAILS | EXECUTION GRAPH PREVIEW

Row	Day	Sleeping_time_in	Working_hours_	Doing_sports_fit	Studies_in_langu	Reading_books_	Watching_videos	Go_outside_for_	Walked	Driving_per_car_	Driving_per_bike	Number_of_cups	Drinking_non_mi	Having	Having
1	Feb 27, 2023	8.0	1	0.2	1.0	0.0	0.2	3.0	true	0	0.0	2.0	0.5	true	fal...
2	Feb 28, 2023	8.0	1	0.2	1.0	0.0	0.2	4.0	true	0	0.0	1.5	0.75	true	fal...
3	Feb 26, 2023	8.0	3	0.75	2.0	0.5	0.5	1.5	true	0	0.0	4.0	1.2	fal...	true
4	Feb 25, 2023	8.5	3	0.75	2.5	0.5	0.75	1.0	true	0	0.5	4.0	1.0	fal...	true
5	March 4, 2023	9.0	4	0.75	3.0	0.5	0.75	1.5	true	0	0.5	5.0	1.0	fal...	true
6	March 5, 2023	8.0	5	0.75	4.0	1.0	1.0	2.0	true	0	0.75	4.0	1.2	fal...	true

0

2

0

Feb 21, 2023 Feb 23, 2023

42% of monitored days with sports, walks and > 10,000 steps.

Consistent sleep time of 8 hours in minimum every day.

DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago

Healthy living

Day	Sleeping time in hours	Working hours at computer	Doing sports/fitness/gym in hours	Studies in languages and DA in hours	Reading books in hours	Watching videos/movies in hours	Go outside for a
Feb							
Feb							
Feb							
Feb							
Feb							
Feb							
Feb							
Feb							
Marc							
Marc							
Marc							
Marc							
Marc							

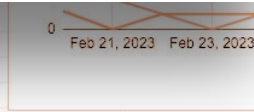
RUN SAVE SHARE SCHEDULE MORE

```
1  SELECT * FROM `carstenhennig-worklife-balance.Carsten_WorkLife_2_weeks.Carsten_2weeks`
2    WHERE Having_breakfast_and_warm_lunch_and_dinner__boolean_ = true
3      AND Number_of_cups_of_coffee < 3
4       OR Drinking_non_mineral_water_in_liters > 1
```

Query results

JOB INFORMATION | RESULTS | JSON | EXECUTION DETAILS | EXECUTION GRAPH PREVIEW

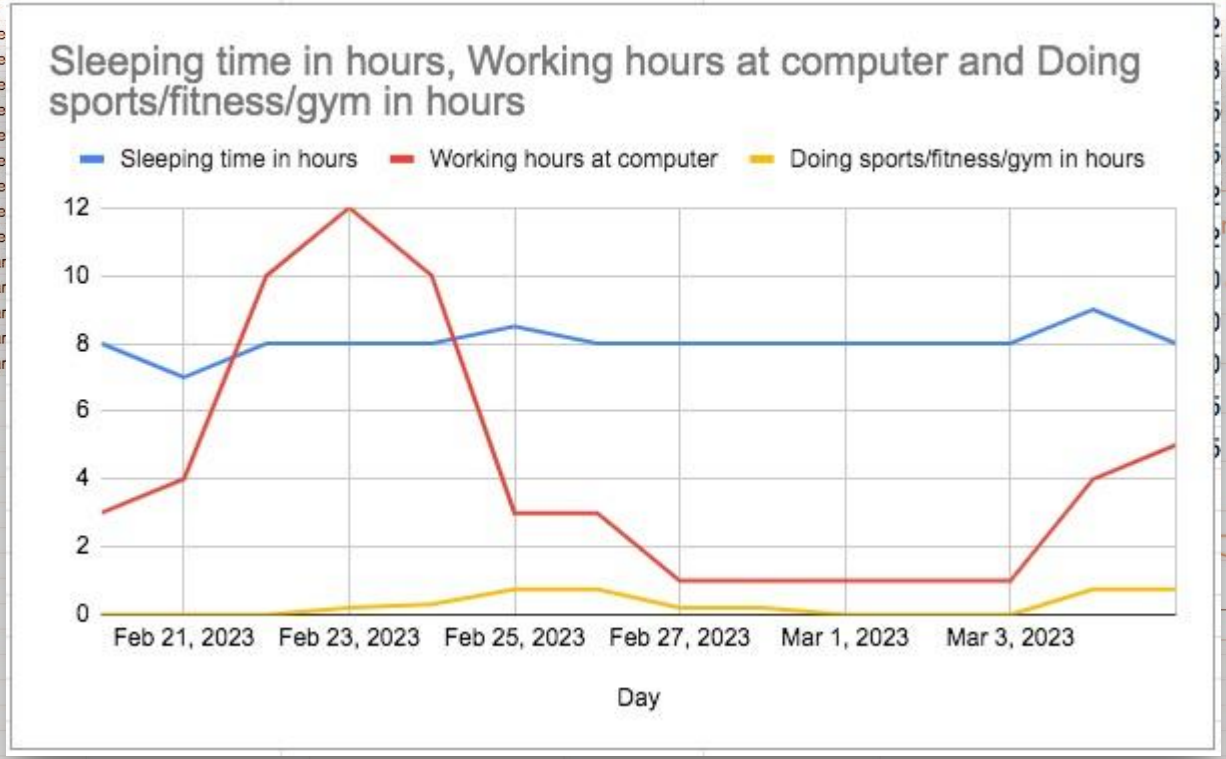
Row	Day	Sleeping_time_ir	Working_hours_	Doing_sports_fit	Studies_in_langu	Reading_books_	Watching_videos	Go_outside_for_	Walked	Driving_per_car_	Driving_per_bike	Number_of_cups	Drinking_non_mi	Having	Having
1	Feb 21, 2023	7.0	4	0.0	2.0	0.0	1.0	0.0	fal...	0	0.3	5.0	1.5	true	fal...
2	Feb 27, 2023	8.0	1	0.2	1.0	0.0	0.2	3.0	true	0	0.0	2.0	0.5	true	fal...
3	Feb 28, 2023	8.0	1	0.2	1.0	0.0	0.2	4.0	true	0	0.0	1.5	0.75	true	fal...
4	March 1, 2023	8.0	1	0.0	1.0	0.0	0.3	4.0	true	0	0.0	1.0	1.0	true	fal...
5	March 2, 2023	8.0	1	0.0	1.0	0.0	0.2	8.0	true	0	0.0	1.0	1.0	true	fal...
6	Feb 26, 2023	8.0	3	0.75	2.0	0.5	0.5	1.5	true	0	0.0	4.0	1.2	fal...	true
7	March 5, 2023	8.0	5	0.75	4.0	1.0	1.0	2.0	true	0	0.75	4.0	1.2	fal...	true
8	Feb 24, 2023	8.0	10	0.3	1.0	0.3	0.5	0.5	fal...	0	0.5	4.0	1.2	true	fal...



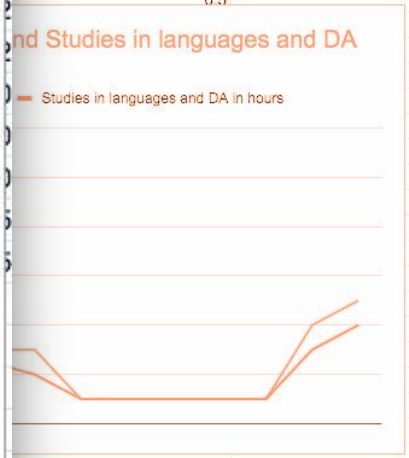
57% of monitored days with regular meals and less of coffee and enough water.

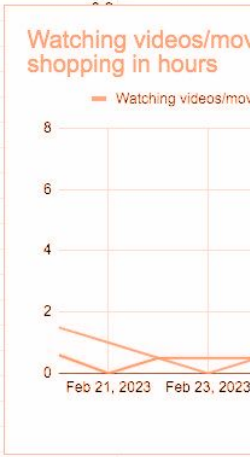
But 35% of monitored days with 5+ cups of coffee.

Some peaks of sports / fitness



Day	Reading books in hours	Watching videos/movies in hours	Go outside for a
Fe	0.35	1.5	
Fe	0	1	
Fe	0.3	0.5	
Fe	0	0	
Fe	0.3	0.5	
Fe	0.5	0.75	
Fe	0.5	0.5	
Fe		0.2	
Fe		0.2	
Mar		0.3	
Mar		0.2	
Mar			
Mar			
Mar			





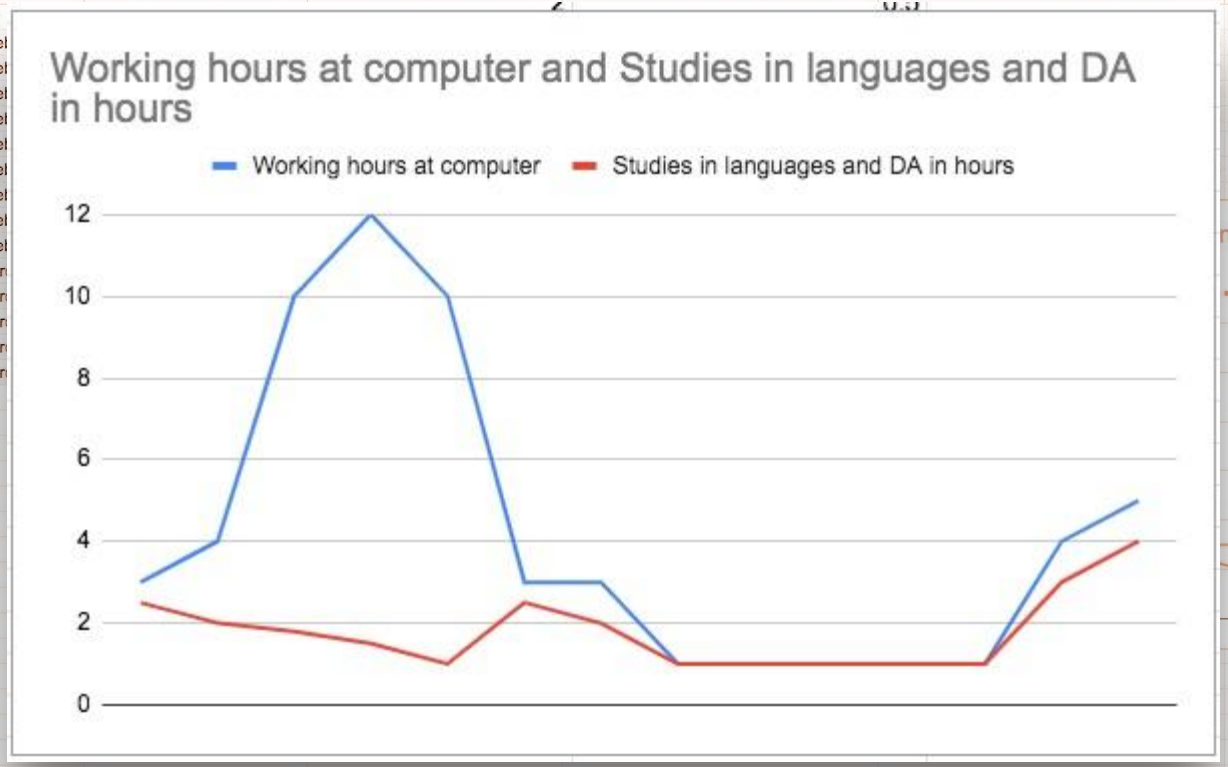
On days with less work sport activity could be increased.

Good sleep on days full of work.

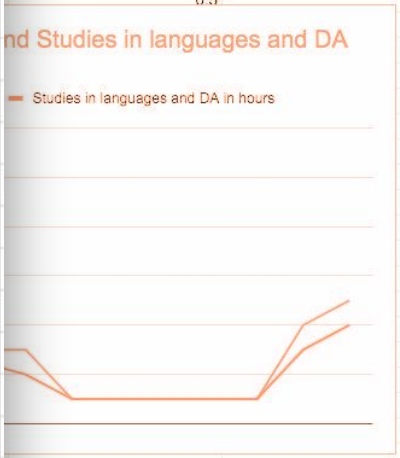
Good discipline

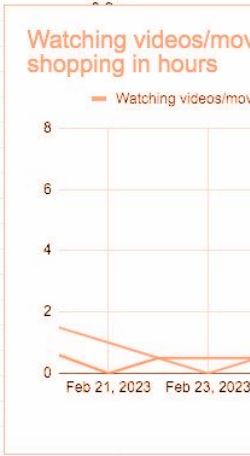
DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago



Day	Reading books in hours	Watching videos/movies in hours	Go outside for a
Fel	0.35	1.5	
Fel	0	1	
Fel	0.3	0.5	
Fel	0	0	
Fel	0.3	0.5	
Fel	0.5	0.75	
Fel	0.5	0.5	
Fel		0.2	
Fel		0.2	
Mar		0.3	
Mar		0.2	
Mar			
Mar			
Mar			





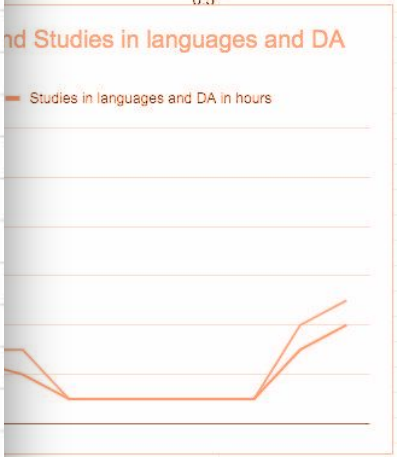
Consistant learning / studying even on days full of work.

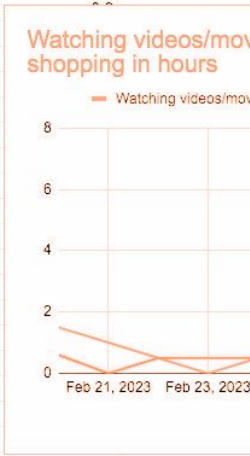
DA_2023_Carsten_Hennig_Work_life_balance

File Edit View Insert Format Data Tools Extensions Help Last edit was seconds ago

Couch potatoe vs. outdoor activity

Day	Reading books in hours	Watching videos/movies in hours	Go outside for a
Feb	0.35	1.5	
Feb	0	1	
Feb	0.3	0.5	
Feb	0	0	
Feb	0.3	0.5	
Feb	0.5	0.75	
Feb	0.5	0.5	
Feb		0.2	
Feb		0.2	
Mar		0.3	
Mar		0.2	
Mar			
Mar			
Mar			





Nearly daily outdoor activities.

Low media consumption.

4. Act

Implement changes and take actions:

➔ **Reward yourself for healthy drinking**

Reduce daily consumption of coffee: Drink 1 big tea pot / day
Increase drinking of non-mineral water per day to 1 litre in minimum

➔ **Track daily outdoor activities**

Set goals of 1 hour of outdoor activity per day and
increase to 75% of week with > 10,000 steps/day

➔ **Limit daily screen time for eye health**

Track daily of computer & tablet & smartphone screen - set limit
to 8-9 hours/day
Switch learning / studying from screens to books

To be continued

MORE DATA TO ANALYZE
KEEP MONITORING
THANK YOU FOR YOUR ATTENTION

More: **about.me/carsten.hennig**