

# Weekly Report for Darel Salih

The ratings are given based on a Machine Learning Model and range from Very Bad (0) to Very Good (3).

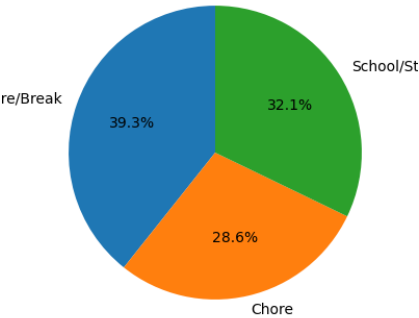


## Friday 06.12.2024

Performance Rating: 1.21      Leisure Rating: 2.50

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 5.5h
- Chore: 4.0h
- School/Study: 4.5h

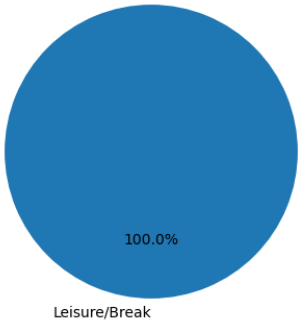


## Saturday 07.12.2024

Performance Rating: 0.32      Leisure Rating: 2.40

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 14.0h

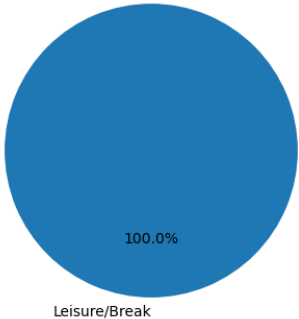


## Sunday 08.12.2024

Performance Rating: 0.32      Leisure Rating: 2.40

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 14.0h

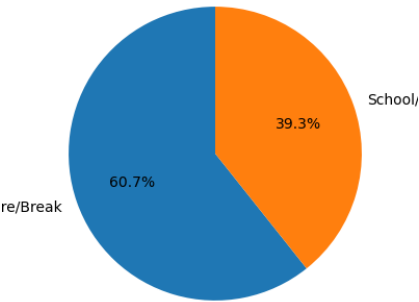


Monday 09.12.2024

Performance Rating: 1.05      Leisure Rating: 2.55

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 8.5h
- School/Study: 5.5h

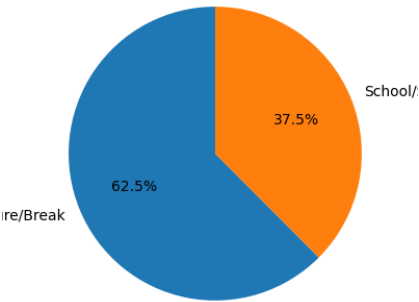


Tuesday 10.12.2024

Performance Rating: 1.05      Leisure Rating: 2.55

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 8.8h
- School/Study: 5.2h

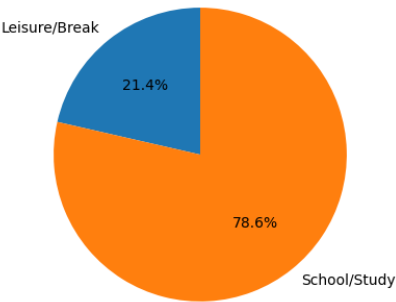


Wednesday 11.12.2024

Performance Rating: 1.53      Leisure Rating: 0.90

Comments: This day's organization is performance oriented. Check if that is what you want. If yes, stay focused. More precisely: You should have a productive day. Stay on top of your duties, but don't forget the rest of your life.

- Leisure/Break: 3.0h
- School/Study: 11.0h

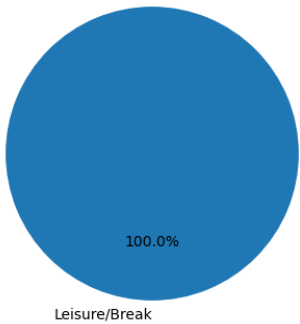


Thursday 12.12.2024

Performance Rating: 0.32      Leisure Rating: 2.40

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

- Leisure/Break: 14.0h

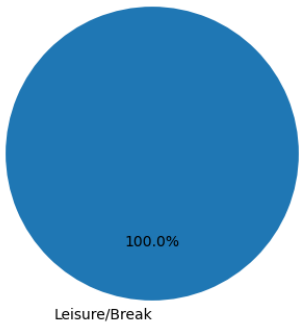


Friday 13.12.2024

Performance Rating: 0.32      Leisure Rating: 2.40

Comments: This day is leisure oriented. Check if this is your current priority. If yes, relax and enjoy! More precisely: You should be able to relax and have fun while fulfilling your duties. Nice work! Do not get too lazy though!

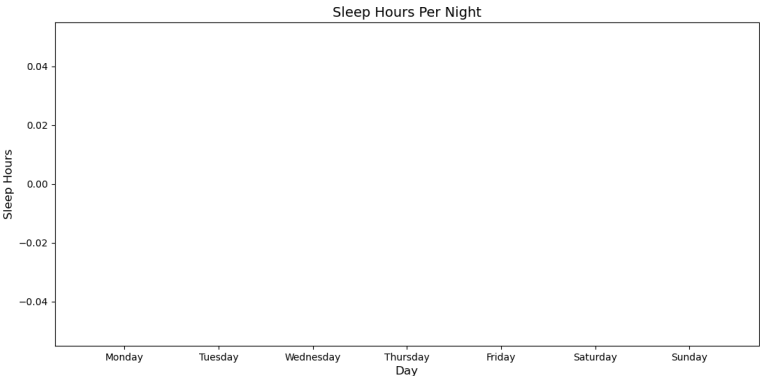
- Leisure/Break: 14.0h



Sleep and General Health

Based on your personal information, you will find a simple assessment of your sleep quality here. The evaluation is made with a Machine Learning Model that compares your sleep habits to those of many others.

Metric	Value
Age	18
Average Sleep (hrs)	5.43
Average Daily Steps	3489



You should sleep 1.6 more hours per night.

Your sleep is insufficient. Some steps you need to take to improve your sleep:

- Stick to a regular sleep schedule.
- Expose your eyes to direct sunlight for a couple of minutes in the morning to set up your Circadian Rythm.
- Increase your physical activity by walking more.
- Organize yourself to increase the amount of sleep hours.