

## Matteo's Dear Data Code Book

**Table 1: Variable names and detailed description**

Variable Name	Data Type	Variable Label	Variable Description
<i>day</i>	character	Day of the week	—
<i>time</i>	numeric	Time of the day	Format: hms - 24 hours
<i>task</i>	character	Task to be started	Categorical: - "out_bed": Get out of bed - "lights_off": Lights off (night) - "work": Work or study - "cook": Cook breakfast or dinner - "admin": Administrative task (e.g. email, fill documents) - "tidy": Tidy at home - "career": Work on career (e.g. CV, application, cover letter)
<i>procrastinat</i>	numeric	Time procrastinated in minutes	Measures the time between the moment I decide that I need to start a task, and the moment I actually start doing the task.  Note: Tasks with a fixed, mandatory starting time (e.g. classes, meetings) are NOT counted.
<i>social</i>	numeric	Procrastination on social media	Binary: - 1: I was on social media during <b>most</b> of the procrastination time - 0: I was <b>not</b> on social media during most of the procrastination  Note: Times on social media purely for career or work reasons DO NOT count as procrastination on social media