|  |  |  |
| --- | --- | --- |
| **Time** | **Device/Mobile Phone Usage/what you did** | **Your Location** |
| 12:00 AM | Sleeping | Bed |
| 12:30 AM | Sleeping | Bed |
| 1:00 AM | Sleeping | Bed |
| 1:30 AM | Sleeping | Bed |
| 2:00 AM | Sleeping | Bed |
| 2:30 AM | Sleeping | Bed |
| 3:00 AM | Sleeping | Bed |
| 3:30 AM | Sleeping | Bed |
| 4:00 AM | Sleeping | Bed |
| 4:30 AM | Sleeping | Bed |
| 5:00 AM | Sleeping | Bed |
| 5:30 AM | Sleeping | Bed |
| 6:00 AM | Sleeping | Bed |
| 6:30 AM | Sleeping | Bed |
| 7:00 AM | Sleeping | Bed |
| 7:30 AM | Sleeping | Bed |
| 8:00 AM | Woke up/Mobile/Facebook/Browser/Twitch Stream | Bed |
| 8:30 AM | Mobile/Facebook/Browser/Twitch Stream | Bed |
| 9:00 AM | Breakfast/Mobile/Facebook/Browser/Twitch Stream | Kitchen |
| 9:30 AM | Breakfast/Mobile/Facebook/Browser/Twitch Stream | Kitchen |
| 10:00 AM | Project/Computer/Browser | Room |
| 10:30 AM | Project/Computer/Browser | Room |
| 11:00 AM | Project/Computer/Browser | Room |
| 11:30 AM | Project/Computer/Browser | Room |
| 12:00 PM | Lunch/Ipad/Youtube, Twitch Stream  Mobile/Facebook | Kitchen |
| 12:30 PM | Working out  Mobile/Facebook | Fitness center |
| 1:00 PM | Working out | Fitness center |
| 1:30 PM | Working out | Fitness center |
| 2:00 PM | Project/Computer/Browser | Room |
| 2:30 PM | Project/Computer/Browser  Mobile/Facebook | Room |
| 3:00 PM | Project/Computer/Browser | Room |
| 3:30 PM | Project/Computer/Browser | Room |
| 4:00 PM | Project/Computer/Browser | Room |
| 4:30 PM | Project/Computer/Browser | Room |
| 5:00 PM | Project/Computer/Browser | Room |
| 5:30 PM | Project/Computer/Browser | Room |
| 6:00 PM | Dinner  Mobile/Facebook | Kitchen |
| 6:30 PM | Dinner  Mobile/Facebook | Kitchen |
| 7:00 PM | Dinner | Kitchen |
| 7:30 PM | Project/Computer/Browser | Room |
| 8:00 PM | Eating Dinner | Kitchen |
| 8:30 PM | Project/Computer/Browser | Room |
| 9:00 PM | Computer Gaming | Room |
| 9:30 PM | Computer Gaming | Room |
| 10:00 PM | Project/Computer/Browser | Room |
| 10:30 PM | Computer Gaming | Room |
| 11:00 PM | Mobile/Facebook/Browser/Twitch Stream | Bed |
| 11:30 PM | Mobile/Facebook/Browser/Twitch Stream | Bed |