|  |  |  |
| --- | --- | --- |
| **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 | Woke up/Mobile/Facebook/Browser | Bed |
| 7:30 AM | Woke up/Mobile/Facebook/Browser | Bed |
| 8:00 AM | Breakfast/Ipad/Browser | Kitchen |
| 8:30 AM | Mobile/Facebook/Spotify | Bus |
| 9:00 AM | Mobile/Facebook/Spotify | Bus |
| 9:30 AM | Working | Work |
| 10:00 AM | Working | Work |
| 10:30 AM | Working | Work |
| 11:00 AM | Working | Work |
| 11:30 AM | Working | Work |
| 12:00 PM | Working/Mobile/Facebook/Spotify | Work |
| 12:30 PM | Working/Mobile/Facebook/Spotify | Work |
| 1:00 PM | Working/Mobile/Facebook/Spotify | Work |
| 1:30 PM | Working/Mobile/Facebook/Spotify | Work |
| 2:00 PM | Working/Mobile/Spotify | Work |
| 2:30 PM | Working/Mobile/Spotify | Work |
| 3:00 PM | Working/Mobile/Spotify | Work |
| 3:30 PM | Working/Mobile/Facebook/Spotify | Work |
| 4:00 PM | Working/Mobile/Facebook/Spotify | Work |
| 4:30 PM | Mobile/Facebook/Browser | Bus |
| 5:00 PM | Mobile/Facebook/Browser/Ring | Bus |
| 5:30 PM | Computer/Browser, Gaming | Room |
| 6:00 PM | Computer/Browser, Gaming | Room |
| 6:30 PM | Computer/Browser, Gaming | Room |
| 7:00 PM | Dinner | Kitchen |
| 7:30 PM | Project/Computer/Browser | Room |
| 8:00 PM | Computer/Browser, Gaming | Room |
| 8:30 PM | Computer/Browser, Gaming | Room |
| 9:00 PM | Computer/Browser, Gaming | Room |
| 9:30 PM | Computer/Browser, Gaming | Room |
| 10:00 PM | Computer/Browser, Gaming | Room |
| 10:30 PM | Computer/Browser, Gaming | Room |
| 11:00 PM | Computer/Browser, Gaming | Room |
| 11:30 PM | Mobile/Facebook/Browser/Twitch Stream | Bed |