

Age:

39

Job:

Library Assistant

Gender: ~~Male~~/Female

| Working Time  | 7:00 -                    | 8:00 -    | 9:00 -                   | 10:00 - | 11:00 - | 12:00 -           |
|---------------|---------------------------|-----------|--------------------------|---------|---------|-------------------|
| Location      | Traveling to work<br>7.13 | ↑<br>8.54 | at work                  | → "     | "       | lunch             |
| Doing         |                           |           | starting working day → " | "       | "       | Eating & relaxing |
| Stress Rating | can be 8/10               | 4/10      | 5/10                     | 5/10    | 2/10    |                   |