

Age:

Job:

Gender: Male/Female

Time	7:00 -	8:00 -	9:00 -	10:00 -	11:00 -	12:00 -
Location	Home	Home	Home	Travelling	Work	Work
Doing	Breakfast Exercise Yoga.	Have Tea & Relax	get Ready to go to work	Under little stress	customer is not happy & complain about create stress.	same
Stress Rating						