Taking Care of Myself, Data points

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| --- | --- | --- | --- | --- | --- |
| Data Point # | Type | Disposition (During) | Frequency (Per day) | Method | Who |
| 1 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 2 | Watching a TV Show/Movie | 3 | 2 | TV, Remote | With mom |
| 3 | Talking with Loved Ones | 3 | 6 | None | With Various Family/Friends |
| 4 | Exercising | 3 | 1 | Dumbells | Alone |
| 5 | Taking a Shower | 3 | 1 | Self-Cleaning Chemicals, Loofa | Alone |
| 6 | Singing | 5 | 5 | None | Alone |
| 7 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 8 | Cooking | 2 | 2 | Pan, Food | Alone |
| 9 | Talking with Loved Ones | 3 | 7 | None | With Various Family/Friends |
| 10 | Playing Video Games | 4 | 1 | Game Controller, TV, Game Console | Alone |
| 11 | Singing | 5 | 6 | None | Alone |
| 12 | Reading a Book | 3 | 1 | Book | Alone |
| 13 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 14 | Talking with Loved Ones | 3 | 7 | None | With Various Family/Friends |
| 15 | Reading a Book | 2 | 1 | Book | Alone |
| 16 | Singing | 5 | 4 | None | Alone |
| 17 | Watching a TV Show/Movie | 4 | 2 | TV, Remote | With Boyfriend |
| 18 | Taking a Shower | 3 | 1 | Self-Cleaning Chemicals, Loofa | Alone |
| 19 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 20 | Talking with Loved Ones | 3 | 7 | None | With Various Family/Friends |
| 21 | Reading a Book | 2 | 2 | Book | Alone |
| 22 | Cooking | 2 | 2 | Pan, Food | Alone |
| 23 | Singing | 5 | 4 | None | Alone |
| 24 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 25 | Talking with Loved Ones | 4 | 5 | None | With Various Family/Friends |
| 26 | Playing Video Games | 4 | 2 | Game Controller, TV, Game Console | With Boyfriend |
| 27 | Cooking | 2 | 2 | Pan, Food | Alone |
| 28 | Singing | 5 | 7 | None | Alone |
| 29 | Brushing Teeth | 1 | 2 | Toothbrush | Alone |
| 30 | Cooking | 3 | 3 | Pan, Food | Alone |
| 31 | Talking with Loved Ones | 4 | 5 | None | With Various Family/Friends |
| 32 | Reading a Book | 3 | 1 | Book | Alone |
| 33 | Taking a Shower | 4 | 1 | Self-Cleaning Chemicals, Loofa | Alone |
| 34 | Singing | 5 | 6 | None | Alone |