

Oct\_27\_2023

No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
1	Wake Up	8.03AM	NA	0:00:00	Start Of The Day(Assumption)
2	Jogging	8.08AM	8.50AM	0:52:34	Calories : 358 Kms : 4.59kms Rounds : 5
3	Exercise/Meditation	8.50AM	10.55AM	2:05:00	No Leg Pain
4	PersonalCare/Brunch	10.55AM	12.01PM	0:01:06	Normal Brunch
5	Banking Work	12.01PM	1.12PM	0:01:11	Issued Life Certificate
6	Movie Planning and Booking	1.12PM	2.10PM	0:00:58	Movie Booked Departure at 2.30PM
7	Movie- Departure Timings	2.10PM	NA	0:00:00	
8	Waiting For Auto	2.10PM	2.59PM	0:00:49	
9	Reached South End Circle Metro	2.59PM	3.07PM	0:00:08	
10	South End Circle to Majestic Metro	3.07PM	3.23PM	0:00:16	
11	Majestic Metro To Baiyappanahalli Metro	3.23PM	3.48PM	0:00:25	
12	Baiyappanahalli Metro to KR Puram Metro	3.48PM	3.53PM	0:00:05	
13	KR Puram Metro to Singayyanapalya Metro	3.53PM	3.55PM	0:00:02	
14	Reached Mall	3.55PM	4.09PM	0:00:14	
15	Reached Movie Theatre	4.09PM	4.25PM	0:00:11	

16	Movie-Tejas	4.25PM	5.25PM - 6.48PM - 7.24PM	2:99:60	
17	Singayyanapalya Metro to Majestic Metro	7.24PM	7.24PM - 7.34PM - 8.10PM	0:00:46	
18	Majestic Metro To Nagasandra Metro	8.10PM	8.33PM	0:00:22	
19	Roaming Around Nagasandra	8.33PM	9.05PM	0:00:32	
20	Nagasandra Metro to South End Circle Metro	9.05PM	9.49PM	0:00:44	
21	Reached Home/Dinner /Idly Vada/Excel Summary	9.49PM	11.37PM	2:12:00	
22	Sleep(Good Night)	11.37PM	NA	NA	M Done

Oct_28_2023					
No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
0	Pre Wake Up	5.30AM	NA	0:00:00	M Done
1	Wake Up	6.29AM	NA	0:00:00	Start Of The Day(Assumption)
2	TimePass	6.29AM	7.43AM	0:52:34	
3	Jogging	7.43AM	8.54AM	1:11:00	Calories : 237 Kms : 3.04kms Timings : 0:40:15 Leg Pain was there but i managed 3 rounds
4	Exercise/Meditation	8.54AM	10.22AM	0:02:05	
5	Personal Care/Study/Brunch	10.22AM	12.56PM	2:34:00	Almost Vomitted,Skipped Breakfast
6	Afternoon Nap	12.56PM	5.00PM	4:04:00	
7	Chinmay Dada Family Visit	5.00PM	7.51PM	2:51:00	

8	Dinner	7.51PM	8.25PM	0:00:34	Today Done Early Dinner because of Lunar Eclipse
9	Java Study	8.25PM	10.36PM	2:11:00	Interface and Abstract Class
10	Laptop	10.36PM	11.14PM	0:00:38	
11	Sleep(Good Night)	11.14PM	NA	NA	M Done

Oct_29_2023					
No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
1	Wake Up	5.49AM	NA	0:00:00	
2	Morning Terrace Walk	5.49AM	6.19AM	0:30:00	
3	Morning Early Bath Due to Lunar Eclipse	6.19AM	7.00AM	0:41:00	
4	Laptop/Brunch	7.00AM	10.05AM	3:05:00	
5	Laptop	10.05AM	12.23PM	2:18:00	
6	Household Chores	12.23PM	1.39PM	1:16:00	
7	Afternoon Nap	1.39PM	4.52PM	2:12:00	M done
8	Laptop	4.52PM	6.09PM	1:17:00	
9	Jogging	6.09PM	7.30PM	1:20:01	Calories : 249 Kms : 3.19kms Timings : 0:41:13 Leg Pain was there but i managed 3 rounds
10	Exercise/Night Walk	7.30PM	9.16PM	1:46:03	
11	Laptop	9.16PM	11.58PM	2:42:04	
12	Sleep	11.58PM	NA	NA	

Oct_30_2023					
No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
UNKNOWN DATA OR NO DATA FOUND					

Oct_31_2023					
No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
1	Wake Up	7.10AM	NA	0:00:00	

					Calories : 332 Kms : 3.80kms Timings : 0:49:44
2	Walking/Skipping	7.10AM	8.57AM	1:47:02	
3	Exercise	8.57AM	10.20AM	1:23:03	
4	PersonalCare	10.20AM	11.10AM	0:50:02	
5	Brunch	11.10AM	11.39AM	0:29:02	
6	BridgeLabzPractise	11.39AM	4.19PM	4:40:02	For Practise On Drive held at HSR Layout on Nov 2
7	Laptop	4.19PM	6.27PM	1:08:04	M done
8	.Net practise	6.27PM	8.50PM	2:23:02	Linq - SequenceEqual and Concat
9	Dinner/Laptop	8.50PM	11.33PM	2:42:05	
10	Sleep	11.33PM	NA	NA	