

					0 - No 1 - Yes						LEVEL 1																
Date	Wake Up Time	Jogging	Exercise	Jogging Rounds	Youtube Exercise	Exercise Skipped	Meditation	Meditation/Minutes	Skipping	Exercise_Which/Video if Different	Circular Activity	Remarks	Sleep	Jogging Rounds	Calories Burnt	Time Taken	Steps Taken	Kilometres	Place Visit	M	Workout	Jogging	Waste Time/Timepass	Useful Time	Spent On Any Social Media	Holiday/Event	Diet Followed
17/3/2024	7.45AM	1	1	3	1	0	1	3	1	NA	Coding	0	1.20AM	3	232	0:31:39	8363	2.97	0	0	2:25:02	0:31:39	1	0	0	Weekend	Morning - 3 Parathas Dinner - Maggi
18/3/2024	1.22PM	1	1	3	1	0	0	0	1	NA	Coding	Please go to workout before 5.00PM.	Night Shift	3	214	0:29:36	8002	2.75	0	2	2:00:00	0:29:36	1	0	1	NA	Afternoon - Bunch Evening - Corn Flakes
19/3/2024	Night Shift	1	1	3	1	0	0	0	1	NA	Coding	0	Night Shift	3	210	0:29:57	8014	2.69	0	1	1:45:02	0:29:57	1	0	1	NA	Morning - 3 Idli Evening/Before 8.00PM)- Dinner
20/3/2024	Night Shift	0	0	0	0	0	0	0	0	NA	Coding	Due to cold, not doing Workout. Please control the diet. Stop MI	Night Shift	0	0	0	0	0	0	2	0	0	1	0	1	NA	Cafeteria - Veg Soup, Roti and Curry and Veg Sandwich Chips Afternoon - Rava Idli
21/3/2024	Night Shift	0	0	0	0	0	0	0	0	NA	Coding	Due to cold, not doing Workout. Ok diet But please still control it. Stop MI	Night Shift	0	0	0	0	0	0	2	0	0	1	0	1	NA	Cafeteria - Pizza Mug Noodles and Chocolate
22/3/2024	Night Shift	0	0	0	0	0	0	0	0	NA	Coding	Due to cold, not doing Workout. Stop MI Emergency Sick Leave	Not able to sleep	0	0	0	0	0	0	6	0	0	1	0	1	Sick Leave and Partial Leave	Evening - Maggi Dinner - Home Made food and rice
23/3/2024	Weekend Wake Up	0	0	0	0	0	0	0	0	NA	Coding	Due to cold, not doing Workout. No MI Good	1.13AM	0	0	0	0	0	0	0	0	0	1	0	1	Weekend	Morning - 10+Idli and One Vada Evening - Madhur Vada Dinner - Home Made food and rice.
24/3/2024	6.45AM	1	1	5	1	0	1	3	1	NA	Coding and Watching movie in theatre	Came back after a cold caught. No unconsciousness or any kind of health issue.	11.47PM	5	358	0:01:06	10676	4.61	Forum Mall through Metro and Movie	2	2:25:04	0:01:06	0	1	0	Weekend	Morning - Coconut Water Movie - Poppom and Chocolate Kullfi Branch Usual Dinner - 2 Chapatti
25/3/2024	6.08AM	1	1	3	1	0	1	3	1	NA	Coding	Stop MI	Night Shift	3	275	0:59:14	8468	3.52	0	1	2:04:02	0:59:14	0	1	0	Holi	Morning - Lemon Tea Afternoon - Lunch Cafeteria - Masamuri Juice and Mushroom Sandwich
26/3/2024	Night Shift	1	1	2	1	0	0	0	1	NA	NA	Don't eat chips after idli	Night Shift	2	145	0:20:58	No idea because resetted	1.86	0	0	1:02:04	0:20:58	0	1	0	NA	Morning - 3 Idli and Chips Cafeteria - (Full Mouth/Chap and Rice) Butter Milk
27/03/2024	Night Shift	1	1	3	1	0	0	0	1	NA	NA	Perfect Time! But still need to optimize for a few minutes for workout.	Night Shift	3	208	0:31:37	7738	2.67	NA	0	1:25:04	0:31:37	0	1	0	NA	Cafeteria Morning- Chikni Evening - 1 Biscuit
28/03/2024	Night Shift	1	1	3	1	0	0	0	1	NA	NA	Did workout after I came back from office/Night shift.	Night Shift	3	211	0:29:47	7622	2.70	NA	2	1:39:06	0:29:47	0	1	1	NA	Cafeteria - Tea Morning - Garlic bread Breakfast - 3 Dosa Company - Bhel Puri Chips - Mad angler Sving Juice - Mango Vanilla Mischale
29/03/2024	Night Shift	1	1	3	1	0	0	0	1	NA	Coding	Stop MI	Slept in afternoon but no idea of sleep	3	212	0:34:36	7967	2.73	NA	3	2:00:02	0:34:36	1	0	1	Relieved from Job from today	Morning - After Jogging - Carrot Halwa Breakfast - Normal Idli Evening-Churmani
30/03/2024	2.05AM	0	0	0	0	1	0	0	0	NA	NA	Unwanted Eatable Consumption during interview travel. Need to reduce it. Stop MI Missed Workout due to Cheat day M-2	Slept very early	0	0	0	0	0	Agara Lake	2	0	0	1	0	1	Jobless Day - 1	Cheat Day M/2 - Day 1
31/03/2024	3.43AM	1	1	5	1	0	1	3	1	NA	NA	Leg Gaf pain Cheat day M2	No idea	5	348	0:50:39	9865	4.47	0	1	2:02:10	0:50:39	1	0	1	Jobless Day - 2	Cheat Day M/2 - Day 2