

Nov_10_2023					
No	Activity	Activity Start Time	Activity End Time	Total Hours	Comments
1	Wake Up	7.57AM	NA	0:00:00	Wake up feeling liitle ok
2	Laptop	7.57AM	11.22AM	3:25:04	
3	Personal Care/Terrace Walk	11.22AM	11.47AM	0:25:02	
4	Laptop/Rest	11.47AM	12.19PM	0:31:04	
5	Brunch	12.19PM	12.35PM	0:15:06	
6	Laptop/Afternoon Nap /Rest	12.35PM	8.01PM	8:25:02	
7	Laptop/Rest	8.01PM	9.21PM	1:20:04	
8	Dinner	9.21PM	9.34PM	0:13:02	
9	Laptop	9.34PM	11.05PM	1:34:04	
10	Sleep	11.05PM	NA	NA	