

					0 - No 1 - Yes								LEVEL 2															
Date	Wake Up Time	Workout											Circular Activity	Remarks	Step					Place Visit	M	Total Time Consumption				Holiday/Event	Diet Followed	
Date	Wake Up Time	Walking	Jogging	Exercise	Walking Rounds	Jogging Rounds	Youtube Exercise	Exercise Skipper	Meditation	Meditation/Minutes	Sleeping	Exercise_Which/How if Different	Circular Activity	Remarks/Feedback/ Suggestions	Step	Calories Burnt	Time Taken	Steps Taken	Kilometers	Place Visit	M	Workout	Waste Time/Trepass	Useful Time	Spent On Any Social Media	Holiday/Event	Diet Followed	
14/2/2024	Very Early	NA	0	0	NA	0	0	1	0	0	0	NA	NA	Cannot do workout as leg pain.	NA	0	0:00:00	0	0	NA	1	0:00:00	NA	NA	1	Jobless Day-03	Morning - Guping	
9/4/2024	5:50AM	1	1	0	5	1	0	1	0	0	0	NA	Coding	NA	1124PM	321+69	2:09:05	10471	3.67 + 0.89	NA	3	2:09:05	NA	NA	1	Jobless Day-11	Morning - Outside - 2 ltr Other - IDK	
13/4/2024	6:41AM	1	1	0	5	1	0	1	0	0	0	NA	Coding	Pokemon Master EX played long time.	Full Tired	379	1:48:04	10696	3.63+ 0.70	NA	0	1:48:04	0	1	1	Jobless Day-15	Morning - Outside - 2 ltr Brunch Dinner - Upama	
14/4/2024	5:52AM	0	0	0	0	0	0	0	0	0	0	NA	Coding	NA	Full Tired after Coding java	NA	0:00:00	NA	NA	NA	3	0:00:00	1	0	1	Jobless Day-16	Morning - ltr Dinner	
15/4/2024	lkr	0	0	0	0	0	0	0	0	0	0	NA	Coding	NA	Full Tired after Coding java	NA	0:00:00	NA	NA	NA	1	0:00:00	0	1	1	Jobless Day-17	Morning - Brunch Dinner	
16/4/2024	6:47AM	1	1	1	5	1	NA	1	1	3	0	NA	Coding	NA	11:09PM	318 + 69	2:42:04	10103	3.64 + 0.89	Bommarthalli-Kinnison square	0	2:42:04	0	1	1	Jobless Day-18	Morning - Brunch Bedroom - Canol juice Night - Dinner Sandwich and Butter Milk 1ltr Vada (1 each)	
17/4/2024	lkr	0	0	0	0	0	0	1	0	0	0	NA	Coding	NA	lkr	0	0	0	0	NA	4	0	1	0	1	Jobless Day-19	Morning - Home Made ltr Snacks - Evening - Churnari	
18/4/2024	7:45AM	1	1	0	3	2	0	1	1	3	0	NA	Coding	NA	lkr	144 + 194	1:51:02	9587	2.22 + 1.85	P/Spiders - Batavangudi	1	1:51:02	0	1	1	Jobless Day-20	Morning - Dahi Vada Lunch and Dinner Samsa Bun Mango Paper Juice Churnari	
19/4/2024	7:45AM	0	0	0	0	0	0	1	0	0	0	NA	NA	NA	10:49PM	0	0	0	0	Mahadevapura Hoodr	1	0:00:00	Whole day outside	1	0	Jobless Day-21	Morning - Cornflakes Outside - Total- 5 ltr 2 Vada Badam Milk Chips Dinner - Rava ltr	
20/4/2024	6:55AM	0	0	0	0	0	0	1	0	0	0	NA	Coding	NA	11:11PM	0	0	0	0	Marshall Kalamandir	3	0:00:00	0	1	0	Jobless Day-22	Dosa and Chips Dinner Lunch	
21/4/2024	7:45AM	0	0	0	0	0	0	1	0	0	0	NA	Coding	NA	lkr	0	0	0	0	NA	3	0:00:00	0	1	0	Jobless Day-23	Morning - Brunch Dinner Churnari	
22/4/2024	6:37AM	1	1	0	3	2	0	0	0	0	0	NA	Coding	NA	lkr	340	1:30:02	Data not available	4.20	NA	0	1:30:02	0	1	1	Jobless Day-24	Churnari, Morning - Cucumber Juice 2 ltr Dinner Cold Butam Milk Churnari	
23/4/2024	lkr	1	1	0	3	2	0	0	0	0	0	NA	Coding	NA	11:00PM	332	1:38:04	8917	4	Silk Board	0	1:38:04	0	1	1	Jobless Day-25	Morning - Oatsl Mirinda 1ltr Vada Samsa Chai, Banana Juice Chips - Not good - Coughing a lot ice Cream Dinner	
24/4/2024	lkr	0	0	0	0	0	0	1	0	0	0	NA	NA	NA	lkr	0	0	0	0	NA	2	0	1	0	1	Jobless Day-26	Morning - 6 ltr Lunch - 3 ltr and Rice Dinner - Upama Cup Noodles and Masala Puri	
25/4/2024	7:13AM	1	1	0	3	2	0	1	0	0	0	NA	Travelling whole day Outside my area	Try not to eat or take food from strangers.	11:00PM	344	1:44:05	9453	4.22	Kalena Agarashara Kothnur Utharhalli	0	1:44:05	0	1	0	Jobless Day-27	Morning - Mirinda Drink Breakfast - 4 Parathas 3 ltr Veg Panner Roll Dinner Butterscoth Ice Cream Uddin Vada and Mango Paperboat Juice	
26/4/2024	7:45AM	0	0	0	0	0	0	0	0	0	0	NA	Coding	NA	11:51PM	0	0	0	0	NA	3	0	1	1	1	Jobless Day-28 Elections day	Morning - Brunch Dinner Chips Oatsl - Snacks	
27/4/2024	7:30AM	0	0	0	0	0	0	0	0	0	0	NA	Coding	NA	lkr	0	0	0	0	Dasarahalli	1	0	1	1	1	Jobless Day-29	Interview - 3 Vada 2 ltr Mango Juice Popsi - Soft Drink Brunch - 2 Chapatis	
28/4/2024	lkr	0	0	0	0	0	0	0	0	0	0	NA	Coding	NA	10:58PM	0	0	0	0	NA	1	0	1	0	0	Jobless Day-30	Bruch Special and Dinner Special	
29/4/2024	lkr	1	1	0	3	2	0	1	1	3	0	NA	Coding Research	As this is almost ending of the month, please prepare for the May month to shine the brightest.	lkr	301	1:58:02	8873	4	NA	2	1:58:02	1	0	1	Jobless Day-31	Chips 2 ltr Special Lunch Special Dinner - Jene Rice and Dal	

30/4/2024	7:05AM	1	1	0	3	2	0	1	0	0	0	NA	Coding	As this is almost ending of the month, please prepare for the May month to share the budget.	11:12PM	334	1:40:02	9158	4.02	NA	0	1:40:02	0	1	1	Jobless-Day-32	Branch - Chapel and Rice Snacks - Outside - 2 idl Paper Juice - Mango Maggi Vanilla Ice Cream - Dessert
-----------	--------	---	---	---	---	---	---	---	---	---	---	----	--------	--	---------	-----	---------	------	------	----	---	---------	---	---	---	----------------	---