

Project Report on One Day of My Life

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1 Goal

To expand my knowledge and skills in a particular subject by dedicating time each day to study, research, and practice.

- “which, what, who, where, when, why” analyses of my goal

1.1 Which goal?

Expanding my knowledge and skills in a particular subject.

1.2 What is the goal?

Dedicating time each day to study, research, and practice.

1.3 Who is the goal for?

Me, the person carrying out the project.

1.4 Where will the goal be achieved?

Anywhere that is conducive to learning, such as at home or at a library.

1.5 When will the goal be achieved?

Within a specific day that I have chosen to document, and ongoing until I feel I have achieved my desired level of knowledge and proficiency.

1.6 Why am I pursuing this goal?

To expand my understanding and mastery of a particular subject, increase my personal and intellectual growth, and achieve a sense of accomplishment and satisfaction from learning something new.

Table 1: Activities and their Duration with the RE FA code by Ashish Pundir

S.No	List of activities	From	To	Duration(in hours)	Code
1	Sleep	22:00	05:30	7:30	ME
2	Get clean and refreshed	5:30	06:00	00:30	MN
3	Exercise	06:00	7:30	1:30	MZ
4	Commuting	7:30	8:00	00:30	MN
5	lecture	8:00	15:00	7:00	MH
6	Lunch	15:00	15:30	00:30	MN
7	Lab	15:30	18:30	03:00	MH
8	Commuting	18:30	19:00	00:30	MN
9	Nap-time	19:00	19:20	00:20	ME
10	Cooking	19:20	20:00	00:40	MN
11	Socialize	20:00	20:30	00:30	MZ
12	Dinner	20:30	21:30	01:00	MN
13	Perambulate	21:30	22:00	00:30	MZ
				Sum = 24 hours	

Table 2: Daily Activitie MH

Activity	From	To	Duration (hours)
lecture	8:00	15:00	7:00
MH			
Lab	15:30	18:30	03:00
MH			
SUM(MH)= 10:00			

Table 3: Daily Activitie MN

Activity	From	To	Duration (hours)
Get clean and refreshed MN	5:30	06:00	00:30
Commuting MN	7:30	8:00	00:30
Lunch MN	15:00	15:30	00:30
Commuting MN	18:30	19:00	00:30
Cooking MN	19:20	20:00	00:40
Dinner MN	20:30	21:30	01:00
			SUM(MN)= 3:40

Table 4: Daily Activitie MZ

Activity	From	To	Duration (hours)
Exercise MZ	06:00	7:30	1:30
Socialize MZ	20:00	20:30	00:30
Perambulate MZ	21:30	22:00	00:30
			SUM (MZ)= 2:30

Table 5: Daily Activitie ME

Activity	From	To	Duration (hours)
Sleep ME	22:00	05:30	7:30
Nap-time ME	19:00	19:20	00:20
			SUM(ME)= 7:50

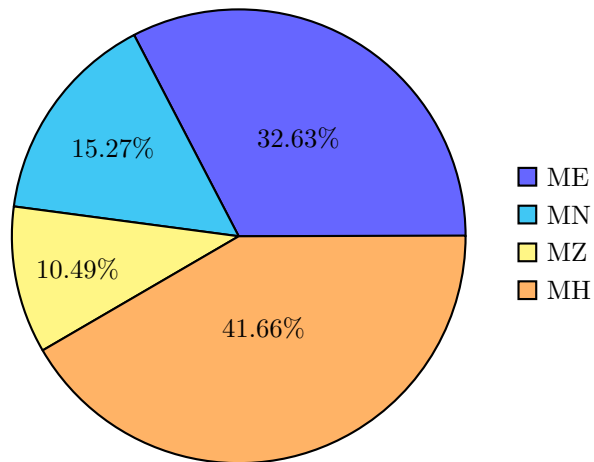


Figure 1: Duration of Daily Activities according to RE FA code by Ashish Pundir.

Table 6: Activities and there Duration with the RE FA code by Vikas Sharma

S.No	List of activities	From	To	Duration(in hours)	Code
1	Sleep	23:30	06:00	6:30	ME
2	Get clean and refreshed	6:00	07:00	01:00	MN
3	Cooking& Worship	07:00	08:00	1:00	MN
4	Commuting	08:00	8:15	00:15	MN
5	lecture	8:15	16:15	8:00	MH
6	Lunch	16:15	17:00	00:45	MN
7	Lab	17:00	18:30	01:30	MH
8	Commuting	18:30	18:45	00:15	MN
9	Yoga	18:45	19:45	01:00	MZ
10	Cooking	19:45	20:15	00:30	MN
11	Study	20:15	22:45	02:30	MH
12	Entertainment	22:45	23:30	00:45	ME
				Sum = 24 hours	

Table 7: Daily Activitie MH

Activity	From	To	Duration (hours)
lecture	8:15	16:15	8:00
MH			
Lab	17:00	18:30	01:30
MH			
Study	20:15	22:45	02:30
MH			
SUM(MH)= 12:00			

Table 8: Daily Activitie MN

Activity	From	To	Duration (hours)
Get clean and refreshed	6:00	07:00	01:00
MN			
Cooking& Worship	07:00	08:00	1:00
MN			
Commuting	08:00	8:15	00:15
MN			
Lunch	16:15	17:00	00:45
MN			
Commuting	18:30	18:45	00:15
MN			
Cooking	19:45	20:15	00:30
MN			
SUM(MN)= 3:45			

Table 9: Daily Activitie MZ

Activity	From	To	Duration (hours)
Yoga	18:45	19:45	01:00
MZ			
SUM (MZ)= 01:00			

Table 10: Daily Activitie ME

Activity	From	To	Duration (hours)
Sleep	23:30	06:00	6:30
ME			
Entertainment	22:45	23:30	00:45
ME			
SUM(ME)= 7:15			

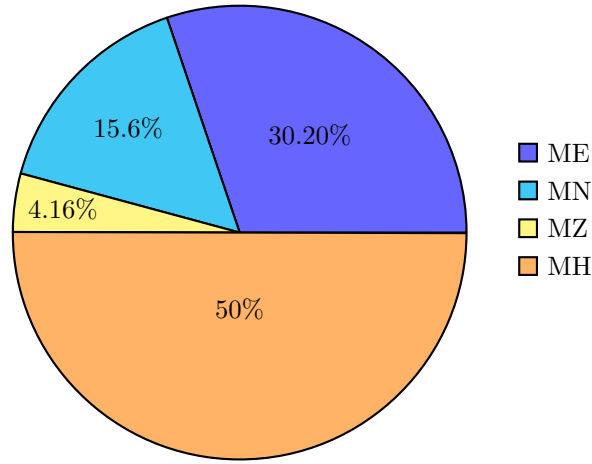


Figure 2: Duration of Daily Activities according to REFA code by Vikas sharma.

Table 11: Activities and there Duration with the REFA code by Kacper Paruch

S.No	List of activities	From	To	Duration(in hours)	Code
1	Sleep	22:00	05:30	7:30	ME
2	Get clean and refreshed	5:30	06:00	00:30	MN
3	Exercise	06:00	7:30	1:30	MZ
4	Commuting	7:30	8:00	00:30	MN
5	lecture	8:00	15:00	7:00	MH
6	Lunch	15:00	15:30	00:30	MN
7	Lab	15:30	18:30	03:00	MH
8	Commuting	18:30	19:00	00:30	MN
9	Nap-time	19:00	19:20	00:20	ME
10	Cooking	19:20	20:00	00:40	MN
11	Socialize	20:00	20:30	00:30	MZ
12	Dinner	20:30	21:30	01:00	MN
13	Perambulate	21:30	22:00	00:30	MZ
				Sum = 24 hours	

Table 12: Daily Activitie MH

Activity	From	To	Duration (hours)
lecture	8:00	15:00	7:00
MH			
Lab	15:30	18:30	03:00
MH			
SUM(MH)= 10:00			

Table 13: Daily Activitie MN

Activity	From	To	Duration (hours)
Get clean and refreshed	5:30	06:00	00:30
MN			
Commuting	7:30	8:00	00:30
MN			
Lunch	15:00	15:30	00:30
MN			
Commuting	18:30	19:00	00:30
MN			
Cooking	19:20	20:00	00:40
MN			
Dinner	20:30	21:30	01:00
MN			
SUM(MN)= 3:40			

Table 14: Daily Activitie MZ

Activity	From	To	Duration (hours)
Exercise	06:00	7:30	1:30
MZ			
Socialize	20:00	20:30	00:30
MZ			
Perambulate	21:30	22:00	00:30
MZ			
			SUM (MZ)= 2:30

Table 15: Daily Activitie ME

Activity	From	To	Duration (hours)
Sleep	22:00	05:30	7:30
ME			
Nap-time	19:00	19:20	00:20
ME			
			SUM(ME)= 7:50

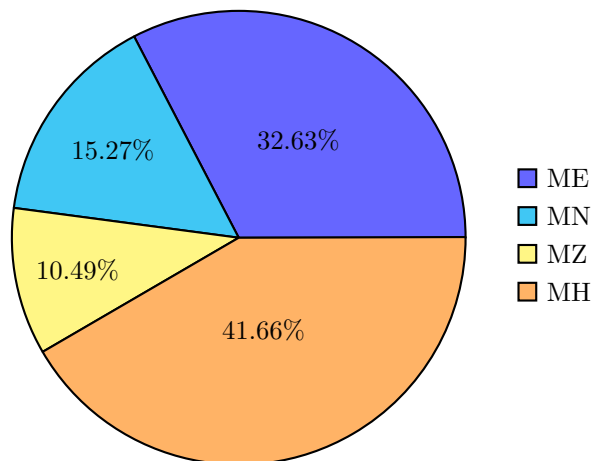


Figure 3: Duration of Daily Activities according to REFA code by Kacper Paruch.

Comparison of Daliy Activeties

