

Project Report on One Day of My Life

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- This business model is focused on sustainability and reducing waste & 3D manufacturing
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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 there Duration with the REFA code by ashish

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	00:30	MN
13	Perambulate	21:20	22:0	00:30	MZ
				Sum = 24 hours	

Table 2: Daily Activitie MH

Activity	From	To	Duration (hours)
Sleep	10:00 PM	6:00 AM	7:00
Breakfast	6:30 AM	7:00 AM	3:00
SUM(MH)= 10:00			

Table 3: Daily Activitie MN

Activity	From	To	Duration (hours)
Sleep	10:00 PM	6:00 AM	00:30
Breakfast	6:30 AM	7:00 AM	00:30
Commuting	7:00 AM	8:00 AM	00:30
Work	8:00 AM	5:00 PM	00:30
Exercise	5:30 PM	6:30 PM	00:40
Dinner	7:00 PM	8:00 PM	00;30
			SUM(MN)= 3:10

Table 4: Daily Activitie MZ

Activity	From	To	Duration (hours)
Sleep	10:00 PM	6:00 AM	1:30
Breakfast	6:30 AM	7:00 AM	00:30
			SUM (MZ)= 2:00

Table 5: Daily Activitie ME

Activity	From	To	Duration (hours)
Sleep	10:00 PM	6:00 AM	7:30
Breakfast	6:30 AM	7:00 AM	00:20
			SUM(ME)= 7:50

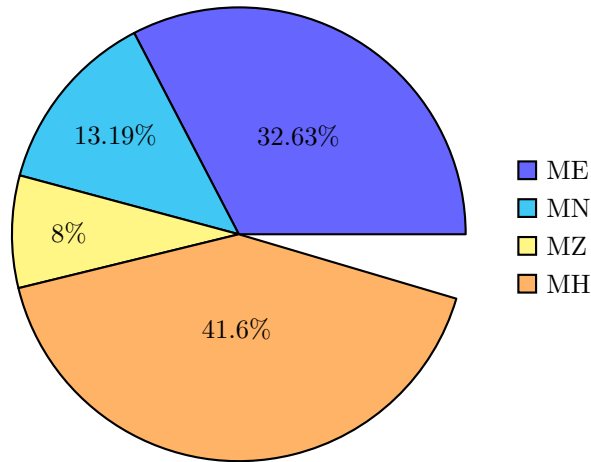


Figure 1: Duration of Daily Activities according to REFA code.