

Scoring should be made every night before you go to sleep

Diet(10)

- Calorie intake of 1500 to 2000 will add a score of 5
- No junk in the entire day will add 3
 - Junk- packed foods(like lays, five star),pani puri, gobi etc
- Regulated fruit, dry fruit and veggie intake will add a score of 2

Exercise(10)

- 400-500 Cal workout will give you a 10
- 300-400 will give you a 8
- 200-300 will give you a 5
- 100-200 - 4
- Less than 100 - 2
- No exercise -0

Sleep(10)

- More than 8 hour sleep(properly timed) will give you a 7
- More than 8 hour sleep(improperly timed) will give you a 6
- Properly timed 7 hour sleep will you a 10 (10-5,11-6)
- Improperly timed 7 hour sleep will give a 7
- Properly timed 5-6 hour sleep will give you a 7
- Improperly timed 5-6 hour sleep will give you a 5

Study Work(10)

What exactly is study or work depends on the phase of my life, I should have that in mind. On holidays finance research also counts as work

On normal days

- Hours exclude unproductive time, time in which i did not at least try to do something
- 7-8 hours - 10
- 5-7 hours- 8
- 4-5 hours- 6

- 3-4- 4
- 1-3- 2
- Less than 1 hour - 0

On holidays

- 4-5 hours - 10
- 3-4 hours- 8
- 2-3 hours- 6
- 1-2- 4
- Less than 1 hour- 2
- No work- 0

Hobbies

- My hobbies(non-exercise) are meditation, reading books, watching movies.
- Normal and holiday classification is up to me
- On normal days
 - Meditation 1 point for each round,max 5
 - Reading a book every day (at least 15 min) adds a score of 5
 - Playing chess less than half an hour is OK
- On holidays/Weekends
 - Meditation 4 rounds- adds a score of 5
 - Reading a book every day (at least 15 min) adds a score of 5. If the book is fiction, a read greater than 3 hour will result in a zero.
 - Spending more than 3 hours for Movies/TV shows will result in loss of 1 point every extra hour

Finance(10)

- **Normal days**

- Seeing portfolio less than 3 times a day(In case of emergency , more is allowed) will add a score of 3
- Reading news for 15-20 mins will add a 3.
- Making a 1 hour research/systematic study will add a score of 4 or 15-30 mins of study will add a 2.
- Making an impulsive buying decision will make the entire day score 0.
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- **Holidays**

- Reading news for 15-20 mins will add a 3.
- Research score
 - Making a 2-3 hour research/systematic study will add a score of 7.
 - Making a 1 hour research/systematic study will add a score of 4.
- Making an impulsive buying decision will make the entire day score 0.

Concentration

- How concentrated is your work
 - No distraction or voluntarily breaks-8-10
 - Mild distractions 5-7
 - Serious distractions and feedback loops-3-4
 - It cannot be any worse 1-2

Satisfaction

- How satisfied are you today?
 - I want a day like this for every day of my life-10.
 - Well i am happy today-8 or 9.
 - Same old same old (routine day)- 5-7.
 - It could have been better-4.
 - I hate my life-1.

Peer behaviour

- If multiple events happened in the day choose the one with least score Eg. You lied and you hurt somebody take a -5
 - You are good towards your loved ones/ Spend some quality time with family/ Helped someone - 10 or 9
 - I could have more but did some- 8 or 7 or 6
 - Not much of interaction with people-5 or 4
 - You lied unnecessarily- 1 or 2
 - You became an attention seeker- 0
 - You seriously hurt someone/ You got angry - (-5)

Final score formula

$$((0.75)*\text{Diet} + (0.25)*\text{Exercise} + (0.25)*\text{Sleep} + (3)*\text{work} + (1)*\text{Hobbies} + (1.5)*\text{Finance} + (1)*\text{Concentration} + (1)*\text{Satisfaction} + (0.25)*\text{Peer behavior})/9$$