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Activity 6

HUMAN FLOURISHING IN PROGRESS AND DE-DEVELOPMENT

Instructions :

Accomplish the personal consumption audit table below and see what things you can reduce or minimize without sacrificing, or even improving, the quality of your daily life. For your guidance, the first row has been provided as an example.

My Personal Consumption Audit			
Product/ Food	Average daily, weekly, or monthly amount consumed	No. of hours/ day I reduce/ do away with	Impact of this de-developing on my everyday living
Example: Social Media Usage	Eight (8) hours/day	Seven (7) hours/ day	By minimizing the number of hours I spend on social media, I can pursue authentic personal interactions. I can also spend more time doing schoolwork or helping in household chores.
Processed Foods	3-4 servings per week	2 days per week	Decreasing my intake of processed foods will lead to a healthier diet, potentially reducing the risk of chronic health issues. I'll have more energy and vitality, enhancing my overall quality of life.
Milktea	2 drinks per week	3 days per week	Reducing my daily drinking milktea will save money and reduce the consumption of high-calorie drinks. I can explore healthier beverage options and develop a more sustainable morning routine.
Single-Use Plastic Water Bottles	2-3 bottles per week	3 days per week	Reducing the use of single-use plastic water bottles will have a positive environmental impact and encourage me to embrace reusable alternatives. It will also save money and reduce waste, aligning with a more sustainable lifestyle.