Saturday

Time	Tech used	Emotion
12:00	iPhone alarm goes off, time to get up.	😩 Pfff time to get up and go to work.
12:30	Message girlfriend that I'll be done with work around 20:00 and then come over.	😐 Neutral.
13:00	WORK	
13:30	WORK	
14:00	WORK	
14:30	WORK	
15:00	WORK	
15:30	WORK	
16:00	Check messages and reply to them. Also watch some memes on my phone	😊 Feels good to watch some memes and easily talk with people. Even if they are across the globe.
16:30	WORK	
17:00	WORK	
17:30	WORK	
18:00	WORK	
18:30	WORK	
19:00	WORK	
19:30	WORK	
20:00	WORK	
20:30	Netflix on phone and google to find a fun series / movie to watch together	🙁 Searching for something again. Can't we just click the watch random button.
21:00	Watching Netflix, a series we already started	🥰 We continued watching the series I wanted to finish.
21:30	Watching Netflix	
22:00	Watching Netflix	
22:30	Received a Message on phone, responded	😕 Got interrupted during watching. Hope my girlfriend doesn't mind.
23:00	Watching Netflix	
23:30	Watching Netflix	
00:00	Watching Netflix	
00:30	Playing a game on phone.	😄 The game is pretty fun.
01:00	Setting alarm for the next morning	😐 Neutral

Sunday

Time	Tech used	Emotion
10:00	iPhone Alarm goes off	😫Snooze that alarm!
10:30	iPhone Alarm goes off	😳Time to get up.
11:00	Look at the news.	🧐Some interesting news. Some is quite shocking other news is useless.
11:30	Used the coffee machine to make coffee with my breakfast	😇 Nice some morning coffee
12:00	Look at things to have for dinner with my girlfriend on the internet	🤓 Having a good time discussing 50 things we could eat
12:30	Going for a walk	
13:00	Going for a walk	
13:30	Going for a walk	
14:30	Going for a walk	
15:00	During the walk check on google max how long we take to get back, because my girlfriend is getting hungry and thirsty	🥶 Oh no it takes atleast 40 minutes to get back. Got to tell my girlfriend that
15:30	Going for a walk	
16:00	Back from walking, check messages and play game on my phone	🤓 Relaxing a bit after a good long walk
16:30	Look on phone further for dinner, Look into a few ingredients then decide to order a poke bowl	😌 I love poke bowls so that's nice to have for dinner.
17:00	Watch Netflix finish the series from yesterday evening.	😃 It's a really fun series to watch.
17:30	Watch Netflix finish the series from yesterday evening.	😃 It's a really fun series to watch.
18:00	Receive an email my order is almost ready to be picked up	😐 my series gets interrupted, but my dinner is ready. Kind of neutral about it.
18:30	Play game on my phone in waiting room, and message girlfriend in car I need to wait for a few minutes.	😐 Neutral
19:00	Dinner, no tech used during dinner.	
19:30	Received message from little brother, don't have to pick him up from work anymore. A colleague is bringing him home.	😋 I can stay a little bit longer
20:00	Watch the final episode of the Netflix series season	😄 The season finale is really good, I enjoy it a lot

20:30	Message my parents I'm coming home.	😐 Neutral, just conveying information
21:00	Back home message girlfriend I'm home safe	😐 Neutral, just conveying information
21:30	Reply to messages I received	😔 People that ask things, sometimes gets tyring
22:00	Do some programming stuff on my laptop, and setup an account for someone that uses my newly launched website	🙂 Always nice to get new users for my newly launched project
22:30	Play game on my phone	😐 Just doing something in the game to keep ahead of my little brother
23:00	Watch some YT videos to get ready for bed.	😐 Neutral
23:30	Message my girlfriend goodnight and go to bed	❤️ Lovely

Which interactions really made me happy?
Using tech to relax, watch tv series with ease.
And contacting loved ones.

Which interactions changes the way I live?
The messages from people that contact me.
I would not be up to date or reply if I didn't have this tech.

Top 5 of most impacting tech on my life and why?
1. Computers, programming. I wouldn't be doing this study or even have known a lot of friends I made during the years.
2. Video gaming. Brought and brings me a lot of enjoyment and relaxation but also brought and brings new friendships with people even across the globe.
3. Messaging with phone. I wouldn't be. Up to date of everything I need to be up to date about and I would be clueless about certain things.
4. Netflix. I wouldn't have watched very enjoyable series at all, it's so easy to use and get into.
5. Emailing. This keeps you up to date on very important information most of the time. Without this I couldn't easily find out about changes to services I use.

What technology didn't exist 5 years ago or didn't use back then?
Apps to order food with. They didn't really exist back then, and I certainly never used them. With the lockdowns and getting I older I started using food order apps to easily get some food sometimes.

Does this say something about the quality of life back then?
No, it doesn't, you could still order food, it was just different than we are used to now.

What about the future? What will be normal in 5 years which we don't have now?

I think in 5 years augmented reality for home design and interior will be fairly normal. To get an idea of your interior design and I also think the TV's that act as paintings will become more mainstream.