

Date	Day	Time_Start	Time_End	Activity	App_Used	Location	Notification	Phone_Status	Environment
2025-02-01	Monday	08:15	08:21	Checking eGmail	Not specified	Checked (3)	Active	Not specified	Not specified
2025-02-01	Monday	09:00	10:30	Video meeting	Zoom	Office	Not specified	Active	Not specified
2025-02-01	Monday	10:31	12:00	Phone inactivity	None	Office (assistant)	Not checked	Inactive	Not specified
2025-02-01	Monday	12:00	12:26	Lunch break	Instagram	Restaurant	Not specified	Active	Not specified
2025-02-01	Monday	13:01	15:00	Writing/docs	Google Docs	Office	Not specified	Active	Silent (25%)
2025-02-01	Monday	16:00	17:30	Presentation	PowerPoint	Office (assistant)	Not specified	Active	Moderate (10%)
2025-02-01	Monday	18:30	20:00	Meeting	Zoom	Campus Building	Not specified	Active	Not specified
2025-02-01	Monday	20:15	21:15	Entertainment	Netflix	Home	Not specified	Active	Dark (15 lux)
2025-02-01	Tuesday	07:00	08:00	Exercise	None	Gym	Not checked	Inactive	Not specified
2025-02-01	Tuesday	08:15	09:00	Morning routine	Spotify	Home	Not checked	Active	Not specified
2025-02-01	Tuesday	09:00	12:00	Research/Work	Chrome	Home (assistant)	Not checked	Active	Not specified
2025-02-01	Tuesday	12:00	14:00	At office - 1	None	Office	Not specified	Unknown	Not specified
2025-02-01	Tuesday	14:00	14:15	Team communication	Slack	Office	Checked (4)	Active	Not specified
2025-02-01	Tuesday	15:00	16:00	Video meeting	Zoom	Office	Not specified	Active	Not specified
2025-02-01	Tuesday	19:00	21:30	Personal time	None	Home	Not checked	Inactive	Not specified
2025-02-01	Wednesday	08:00	09:00	At home - 1	None	Home	Not specified	Unknown	Bright (450 lux)
2025-02-01	Wednesday	09:00	09:20	Checking eGmail	Not specified	Home	Checked (8)	Active	Bright (450 lux)
2025-02-01	Wednesday	10:00	13:00	Coding	VS Code	Home	Not specified	Active	Bright (450 lux)
2025-02-01	Wednesday	13:00	14:00	Break - phone	None	Home	Not checked	Inactive	Not specified
2025-02-01	Wednesday	14:30	16:00	Work on project	Unknown	Coffee shop	Not specified	Active	Not specified
2025-02-01	Wednesday	16:00	18:00	At home - 1	None	Home	Not specified	Unknown	Not specified
2025-02-01	Wednesday	18:00	18:45	Watching video	YouTube	Home	Not specified	Active	Not specified

noise (55 dB)