

Date	Day	Time_Start	Time_End	Activity	App_Used	Location	Notification	Phone_Status	Environment
2025-02-01	Monday	08:15	08:21	Checking e	Gmail	Not specific	Checked (3	Active	Not specific
2025-02-01	Monday	09:00	10:30	Video mee	Zoom	Office	Not specific	Active	Not specific
2025-02-01	Monday	10:31	12:00	Phone inac	None	Office (ass	Not checke	Inactive	Not specific
2025-02-01	Monday	12:00	12:26	Lunch brea	Instagram	Restaurant	Not specific	Active	Not specific
2025-02-01	Monday	13:01	15:00	Writing/dc	Google Do	Office	Not specific	Active	Silent (25 c
2025-02-01	Monday	16:00	17:30	Presentati	PowerPoin	Office (ass	Not specific	Active	Moderate i
2025-02-01	Monday	18:30	20:00	Meeting	Zoom	Campus Bu	Not specific	Active	Not specific
2025-02-01	Monday	20:15	21:15	Entertainm	Netflix	Home	Not specific	Active	Dark (15 lu
2025-02-01	Tuesday	07:00	08:00	Exercise	None	Gym	Not checke	Inactive	Not specific
2025-02-01	Tuesday	08:15	09:00	Morning rc	Spotify	Home	Not checke	Active	Not specific
2025-02-01	Tuesday	09:00	12:00	Research/t	Chrome	Home (ass	Not checke	Active	Not specific
2025-02-01	Tuesday	12:00	14:00	At office -	None	Office	Not specific	Unknown	Not specific
2025-02-01	Tuesday	14:00	14:15	Team com	Slack	Office	Checked (4	Active	Not specific
2025-02-01	Tuesday	15:00	16:00	Video mee	Zoom	Office	Not specific	Active	Not specific
2025-02-01	Tuesday	19:00	21:30	Personal ti	None	Home	Not checke	Inactive	Not specific
2025-02-01	Wednesda	08:00	09:00	At home -	None	Home	Not specific	Unknown	Bright (450
2025-02-01	Wednesda	09:00	09:20	Checking e	Gmail	Home	Checked (8	Active	Bright (450
2025-02-01	Wednesda	10:00	13:00	Coding	VS Code	Home	Not specific	Active	Bright (450
2025-02-01	Wednesda	13:00	14:00	Break - ph	None	Home	Not checke	Inactive	Not specific
2025-02-01	Wednesda	14:30	16:00	Work on u	Unknown	Coffee sho	Not specific	Active	Not specific
2025-02-01	Wednesda	16:00	18:00	At home -	None	Home	Not specific	Unknown	Not specific
2025-02-01	Wednesda	18:00	18:45	Watching \	YouTube	Home	Not specific	Active	Not specific

noise (55 dB)