

I am going to follow the things that I am already measuring with the Body Data Plan. I am measuring what I eat, how much exercise I get, and how much sleep I get per day.

Qualitative

Things that affect my food intake

- Amount of food I want to cook/eat
- Having enough time to cook/eat
- Having hunger to cook/eat

Things that affect how much exercise I do

- The want to exercise
- The time to exercise
- Wanting to be safe and social distance

Things that affect how much sleep I get

- Amount of work I need to do
- Phone time (or any entertainment)
- How tired I am
- Where I sleep

Quantitative

Food

- I could generate a list of things that I can cook and just pick one from that list so I don't have to second guess myself.

Exercise

- If there are people on the basketball court, I can't really do much about that
- However, I should try to just go outside for at least an hour per week. If I can't play ball, just run or walk. At least move around and be outside in the sun.

Sleep

- I could limit the amount of time that I spend on entertainment. Two hours per day max