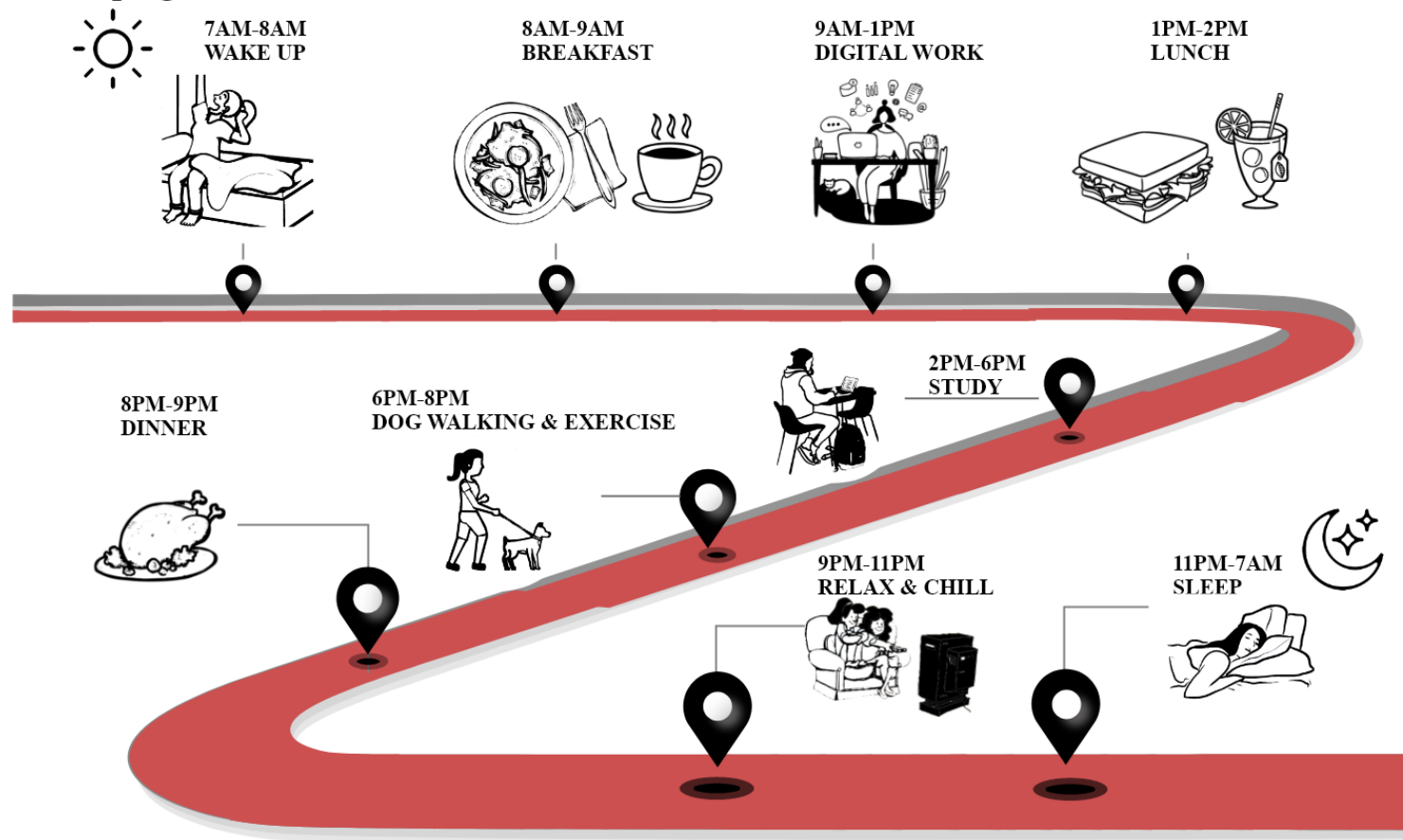


24 HOURS DURING PANDEMIC



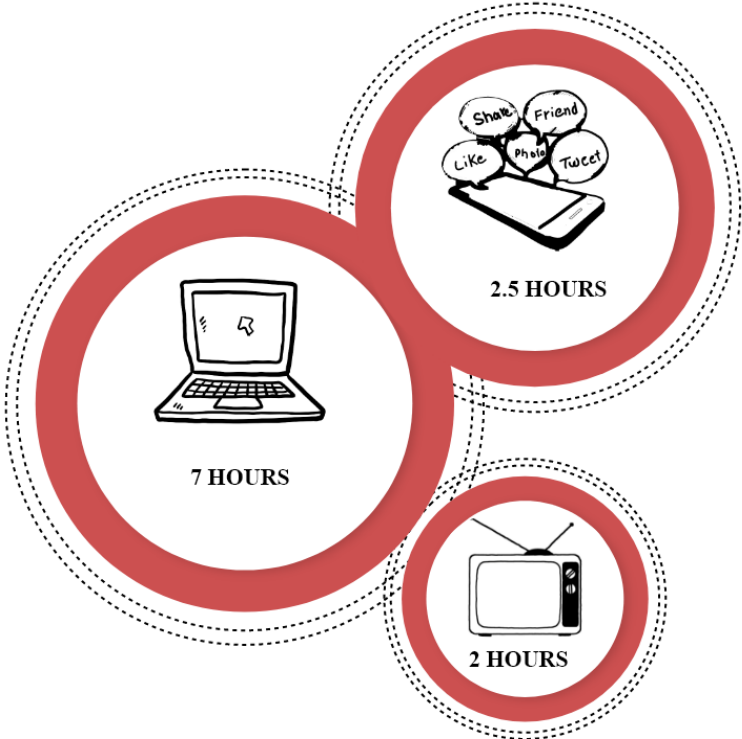
TIMELINE

The 24 hours pandemic timetable of a day studying, working from home, eating, exercising, chilling and sleeping.

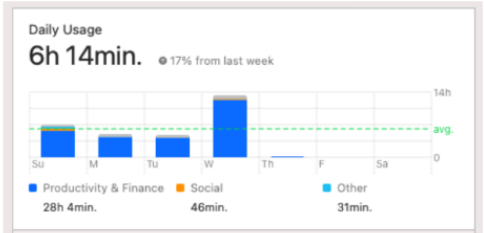


DIGITAL CONSUMPTION

I am an information technology (IT) student and my work is also related to programming. I spent the majority of time coding, researching, collaborating, and analysing data. As a result, my digital consumption rate is relatively high, and all of the gadgets I use are linked to the internet.

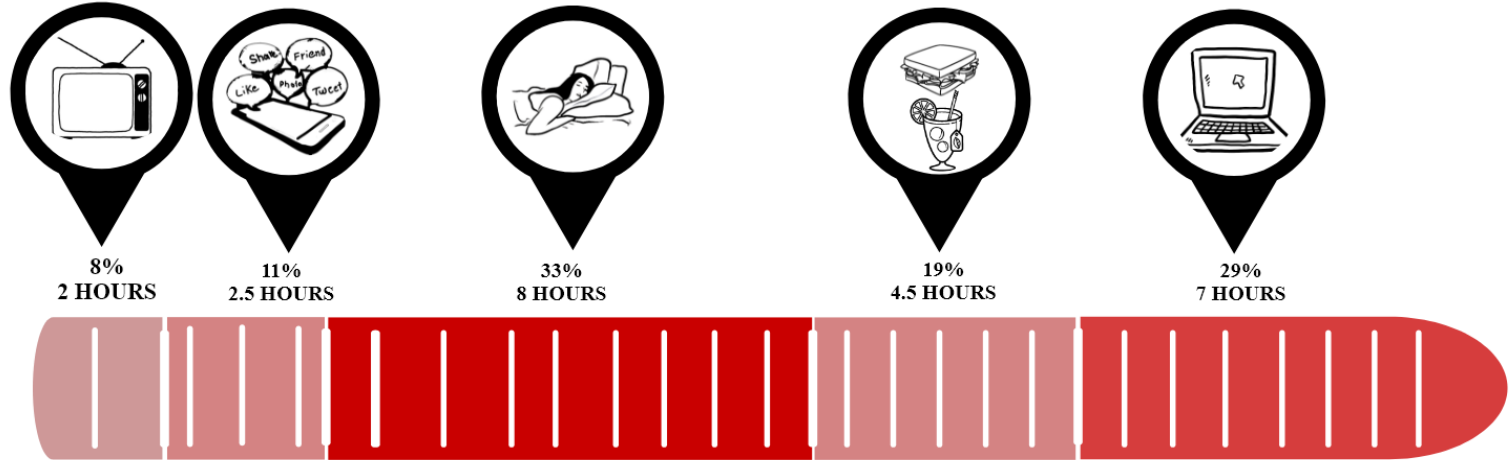


SCREEN TIME



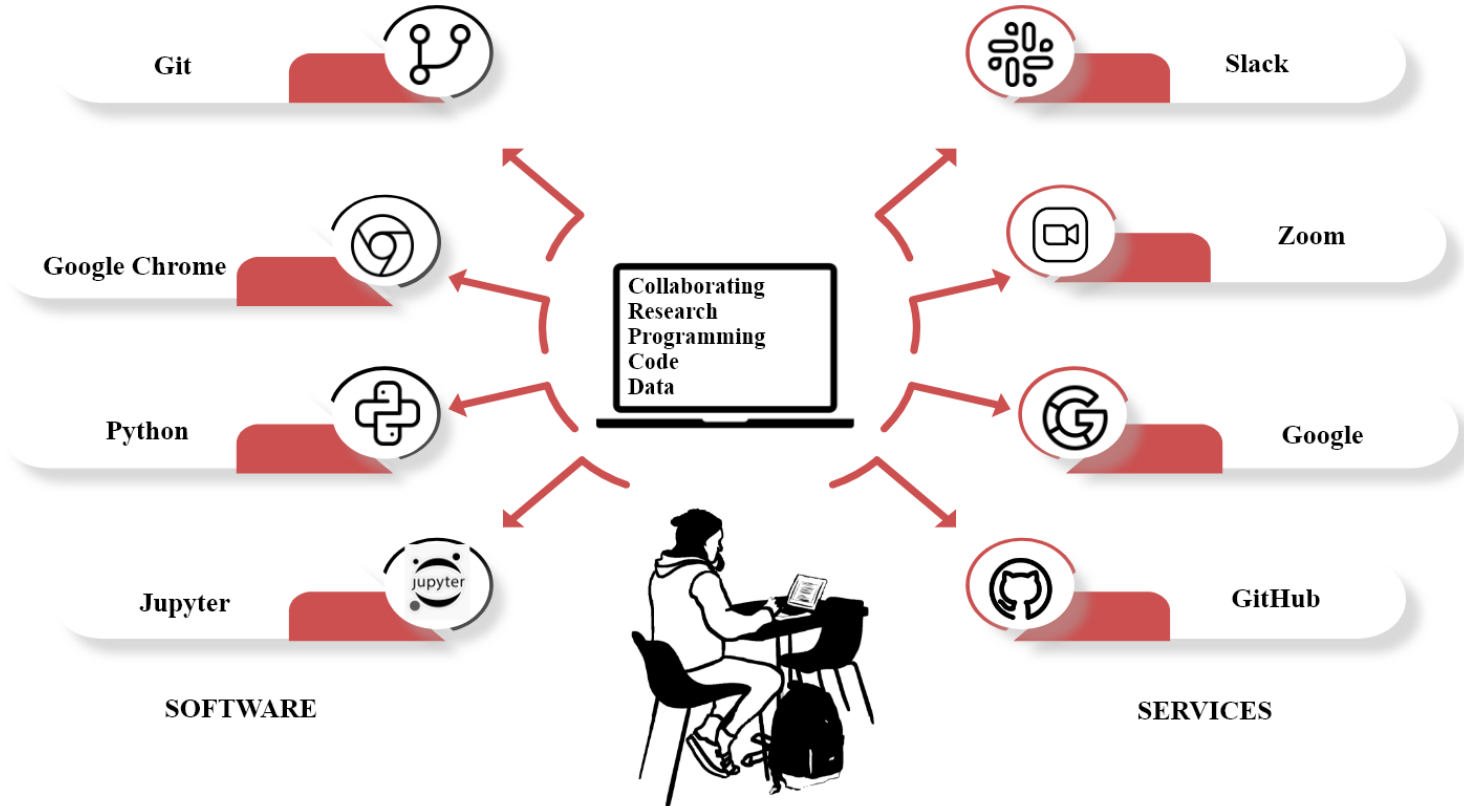
TIME SPENT

Social distancing has a tremendous impact on work and social activities outside of the home. During the pandemic the amount of screen time has increased significantly in my daily life.



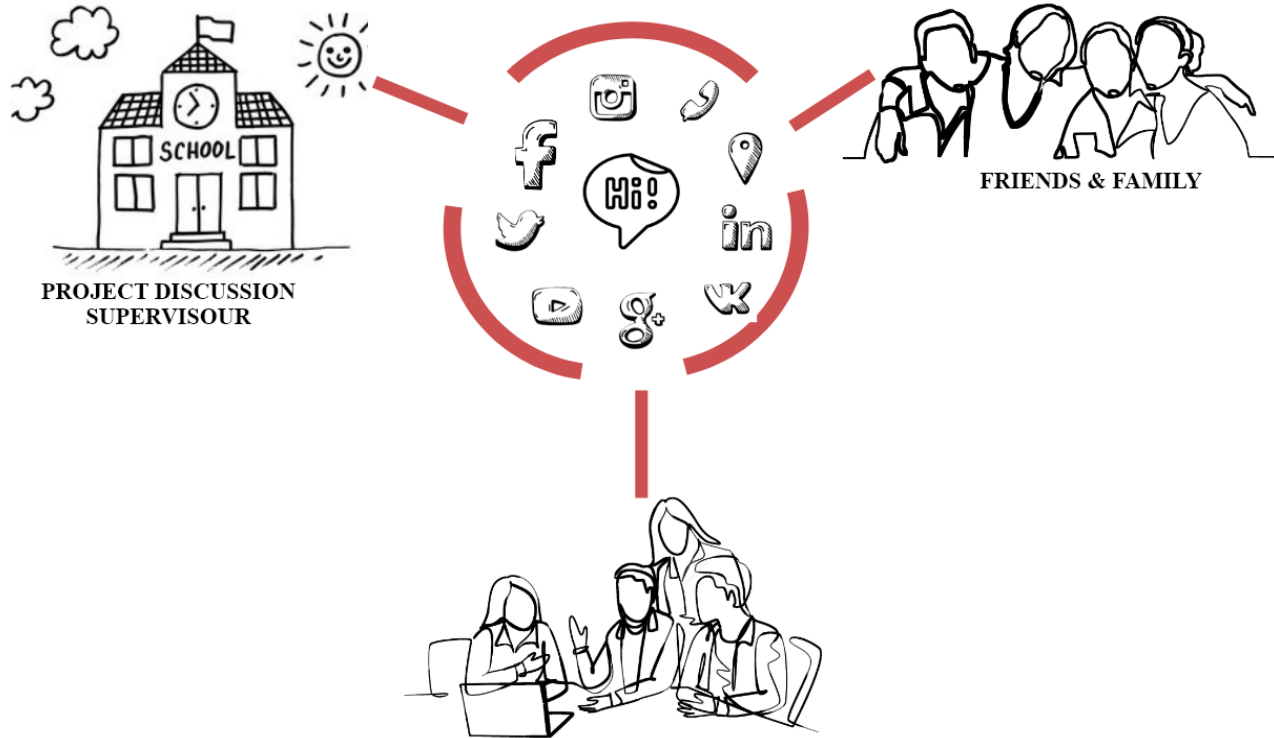
TOOLS AND PLATFORMS USED

Throughout the day I use different tools and platforms for work and study. I used python and jupyter notebook for my data science capstone project, zoom and slack for communicating, git and GitHub for code sharing and google for researching.



COMMUNICATION

Everything shifted online during the epidemic to avoid social interaction. My work was from home and even my studies were conducted online. My communication became digitised. As a result, I had to rely on social networking applications, instant messages, email and video chats to connect with my family, friends, and colleagues.



MOTIVATION

It was tough to spend most of the time at home. My dog, coffee and music helped me to get through this time and kept me motivated, reduced my stress and anxiety level.



MUSIC
AND
ENTERTAINMENT



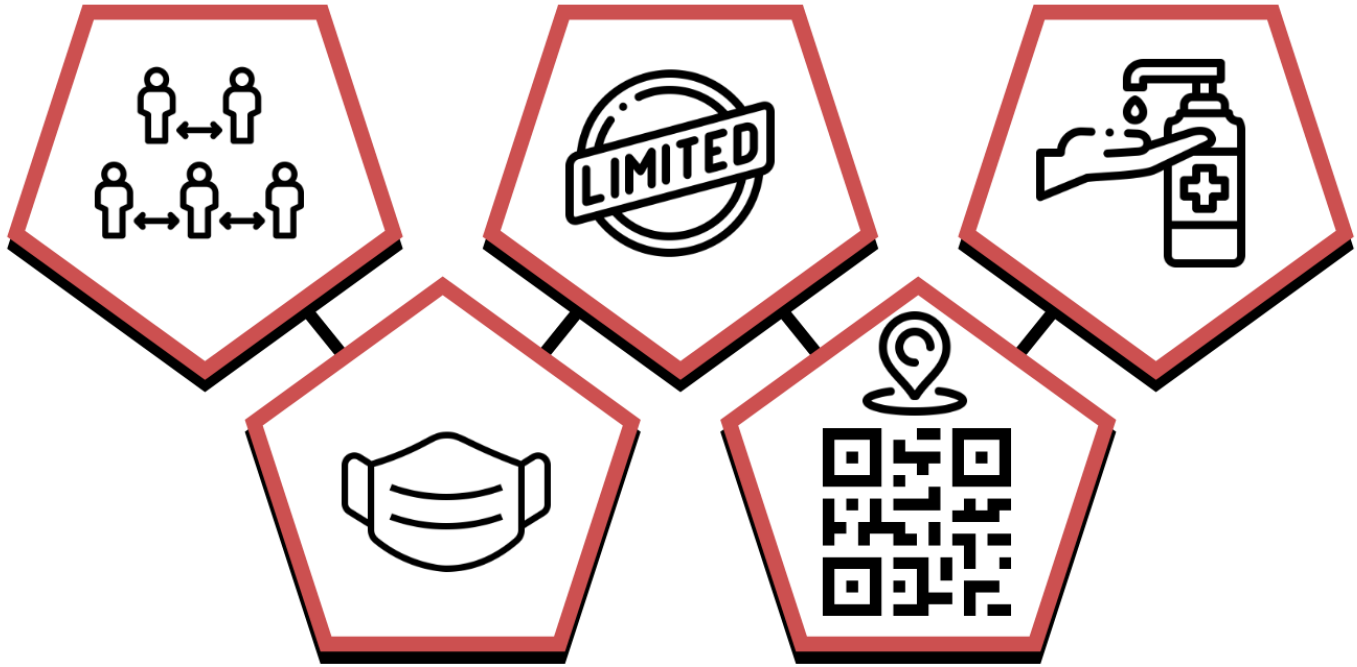
GOALS



DOG WALKING
AND
EXERCISE

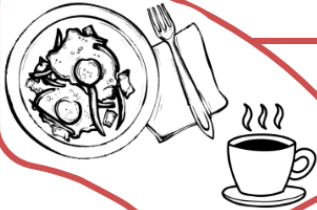
PANDEMIC NEW NORMAL

I want to emphasize some of the new normal that has occurred in our daily life after the pandemic such as wearing a mask, using hand sanitizer, practicing social distancing, limiting the number of people in public areas and checking in using the QR code.



FOOD AND BEVERAGES

My daily meals are broken down into nutritional categories such as total calories, fats, carbohydrates, proteins and fiber.



Serving: 1
Calories: 618
Fats: 37g
Saturates: 11g
Carbohydrates: 37g
Protein: 37g
Fiber: 5g
Salt: 3.05g



Serving: 1
Calories: 361
Fats: 16.7g
Carbohydrates: 32.5g
Protein: 19.3g
Fiber: 2.3g
Sugars: 5.13g

Serving: 1
Calories: 666.1
Fats: 19.9 g
Cholesterol: 79.6 mg
Sodium: 1,684.5 mg
Potassium: 1,147.0 mg
Sugars: 6.3 g
Carbohydrates: 80.9 g
Protein: 39.9 g
Fiber: 8.6 g



Reference

SparkRecipes. 2021. Calories in Traditional Roast Chicken Dinner - Calorie, Fat, Carb, Fiber, and Protein Info. [online]
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Available at: <<https://www.nutritionix.com/i/nutritionix/full-english-breakfast-1-breakfast/57aa396a532c65b37873cfe5>>
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