date	location	morning	afternoon	evening	alcohol?	0:00	0:15	0:30	0:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45
1/1/20	PL, Waw	6	4	5	lots	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F
2/1/20	PL, Pos	6	6	6	no	P-sm	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
3/1/20	PL, Pos	5	6	6	no	Ch_F	Ch_F	WL-a	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
4/1/20	PL, Pos	5	5	5	no	P-sm	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
5/1/20	PL, Krk	5	5	6	no	C-f_F	C-f_F	C-f_F	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
6/1/20	PL, Krk	6	7	7	no	Ch_F	Ch_F	Ch_F	Ch_F	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
7/1/20	PL, Krk	6	5	6	no	Q_Fr	Q_Fr	Q_Fr	Q_Fr	Q_Fr	Q_Fr	Q_Fr	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
8/1/20	UK, Cbg	5	4	3	no	WL-a	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	WL-a	T_Fa	T_Fa	T_Fa	T	T
9/1/20	UK, Cbg	5	3	6	no	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	H
10/1/20	UK, Cbg	5	6	4	no	Ch_F	Ch_F	Ch_F	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
11/1/20	UK, Cbg	6	5	6	yes	P-sm	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
12/1/20	UK, Cbg	5	6	5	no	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	Ch_F	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
13/1/20	UK, Cbg	6	6	4	no	P-sm	P-sm	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
14/1/20	UK, Cbg	5	5	5	no	C	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
15/1/20	UK, Cbg	4	4	5	no	Q	Q	H	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S

date	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
1/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
2/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	WL-a	WL-a	WL-a	P-sm	P-sm	P-sm	P-sm
3/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	WL-a	WL-a	Wl-u	Ch_Fa	Ch_Fa
4/1/20	S	S	S	S	S	S	S	S	S	H	WL-a	Ch_F	Ch_F	T_Fa	T_Fa	T_Fa	Ch_Fa	Ch_Fa	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F
5/1/20	S	S	S	S	S	S	S	H	H	Ch_F	Ch_F	Ch_F	Ch_F	Q_Fa	Q_Fa	Exl_F	Exl_Fa	Exl_Fa	Q_Fam	Q_Fam	Ch_Fa	Ch_Fa	Ch_Fa	WL-o
6/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa
7/1/20	S	S	S	S	S	S	S	S	S	H	WL-a	T_Fr_	T_Fr_	Ch_F	Ch_F	Ch_F	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F
8/1/20	T	T	T	T	T S	T S	T S	T S	T S	T	T	T	T	T	T	T	ExL	ExL	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i
9/1/20	WL-a	ExL	T	T	T S	T S	T S	T S	T	T WL	T WL	T WL	T WL	T WL	T WL	T WL	T WL-i	T	T	T	T	T	Ch_R	Ch_R
10/1/20	S	S	S	S	S	S	S	S	S	H	H	ExL	Wl-u_	Wl-u_	Wl-u_	Wl-u_	Wl-u_F	Wl-u_F	Wl-u_F	Wl-u_F	Wl-u_F	Wl-u_F	Ch_Fr	Ch_Fr
11/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	H	H	H	WL-a	Wl-i	P-sm	Wl-i	WL-i
12/1/20	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	Q	Q	Q	H	WL-a	WL-a	Ch_Fa	Ch_Fa	Wl-i
13/1/20	S	S	S	S	S	S	H	H	ExL	Wl-i_	Wl-i_	Wl-i_	Wl-i_	Wl-i_	Wl-i_	Wl-i_	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R
14/1/20	S	S	S	S	S	S	S	S	S	H	H	H	Wl-u	Wl-u	Wl-u	Wl-u	WL-u_	WL-u_	WL-u_	P_Fr1	WL-u_	WL-u_	WL-u_	WL-u_
15/1/20	S	S	S	S	S	S	S	S	S	H	H	ExL	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u_F	Wl-u_F	I	WL-u_	WL-u_	WL-u_	WL-u_	WL-u_

date	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45
1/1/20	S	S	S	S	H	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr
2/1/20	P-sm	P-sm	P-sm	Ch_Fa	Ch_Fa	Ch_Fa	Wl-u	Wl-u	Wl-u	P-sm	P-sm	Wl-u	Wl-u	Wl-u	P-sm	P-sm	P-sm	P-sm	Wl-u	Wl-u	Wl-u	Ch_Fa	Ch_Fa	Ch_Fa
3/1/20	Ch_Fa	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	P-sm	P-sm	Wl-u	Wl-u	Wl-u	Wl-u	WL-o	WL-o	WL-o	Ch_Fa	Ch_Fa	C	WL-o-	WL-o-	WL-o-	WL-o-
4/1/20	T_Fr_	T_Fr_	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	ExL_F	ExL_F	ExL_F	ExL_F	ExL_F	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa
5/1/20	WL-o	Wl-u_F	Wl-u_F	Wl-u_F	Q_Fr_	Wl-u_	Wl-u_	Wl-u_	Wl-u_	ExL_F	ExL_F	ExL_F	ExL_F	Ch_Fa	Ch_Fa	Q-yt_F	C-f_Fa	C-f_Fa	C-f_Fa	C-f_Fa	C-f_Fa	C-f_Fa	C-f_Fa	Ch_Fa
6/1/20	Q_Fr_	WL-i	WL-i	WL-i	WL-i	WL-i	WL-i	P-sm	WL-i	WL-i	WL-i	WL-i	WL-i	WL-i	WL-i	WL-i	ExL_F	Ch_Fa	Ch_Fa	ExL_F	ExL_F	ExL_F	ExL_F	Ch_Fa
7/1/20	ExL_F	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	T_Fr_	T_Fr_	T	T	ExL_F	ExL_F	ExL_F	ExL_F	P-sm	ExL_F
8/1/20	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	I	I	P-sm	P-sm	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	P-sm
9/1/20	Ch_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R
10/1/20	Wl-i	Wl-i	Wl-i	P-sm	Wl-u_F	Wl-u_	Wl-u_	Wl-u_F	Ch_Fr	Ch_Fr	WL-o	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	P-sm	Wl-u	Wl-u	Wl-u	P-sm	Q	Q	H
11/1/20	WL-i	WL-i	H	P-sm	Wl-i	Wl-i	Wl-i	Wl-i	Q	Q	Wl-i	Wl-i	Wl-i	Wl-i	H	Q	Wl-i	Wl-i	Wl-i	Wl-i	WL-a	WL-a	Wl-i	Wl-i
12/1/20	Wl-i	Wl-i	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	P-sm	P-sm	Q	Wl-u	Wl-u	Wl-u	P-sm	WL-u	WL-u	WL-o	WL-o	WL-o	WL-o-	WL-o-	WL-o-	H	WL-o-	Wl-i
13/1/20	Wl-i_R	Wl-i_R	Wl-i_R	Wl-i_R	WL-i_F	WL-i_F	WL-i_F	WL-i_F	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	ExL	WL-a	Ch_Fr	Ch_Fr
14/1/20	WL-a	Wl-u	Wl-u	Wl-u	I_Fr_3	WL-u_	WL-u_	WL-u_	ExL	WL-o	Wl-u	Wl-u	Wl-u	WL-o	Wl-u	Wl-u	Wl-u	Ch_Fr	Ch_Fr	Ch_Fr	P-sm	WL-u	WL-u	WL-u
15/1/20	WL-u_	WL-u_	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	Wl-u	P-sm	Wl-u	Wl-u	Wl-u	Ch_Fr	Ch_Fr	Wl-u	Wl-u	Wl-u	Wl-u	H	H

date	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30	22:45	23:00	23:15	23:30	23:45	notes
1/1/20	T_Fr_	T_Fr_	T_Fr_	T	T	T	T	T	T	T	T	T	T	T	T	T_Fam	T_Fam	T_Fam	T_Fam	P-sm	P-sm	P-sm	P-sm	P-sm	
2/1/20	Wl-u	Wl-u	Wl-u	Wl-u	P-sm	P-sm	P-sm	P-sm	Wl-u	Wl-u	Wl-u	Q	Q	Q	Q	C-b	C-b	C-b	C-b	C-b	C-b	C-b	C-b	Ch-e_Fr_1	
3/1/20	WL-o-	P-sm	P-sm	H	Wl-u	Wl-u	Wl-u	Wl-u	P-sm	H	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	WL-o	P-sm	P-sm	C	
4/1/20	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Q_Fam	Q_Fam	WL-a_	C-f_Fr	H	H	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr_1	
5/1/20	ExL_F	ExL_F	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	H	WL-a_	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr_1	
6/1/20	Ch_Fa	Ch_Fa	Ch_Fa	WL-a_	Ch_Fa	Ch_Fa	Ch_Fa	P_Fr_	C-f_Fr	C-f_Fr	H	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	C-f_Fr	Q_Fr_	Q_Fr_	Q_Fr_1	
7/1/20	ExL_F	Ch_Fa	Ch_Fa	Ch_Fa	Ch_Fa	P-sm	P-sm	P-sm	WL-a	P-sm	Wl-i	Wl-i	H	Ch_Fa	Ch_Fa	Ch_Fa	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	Wl-i	Wl-i	Wl-i	
8/1/20	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-u	Wl-u	Wl-u	H	S	S	S	S	S	S	S	S	
9/1/20	Wl-i_R	T_R_3	T_R_3	T_R_3	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	T C-b	ExL	H	Ch_Fr_3	
10/1/20	H	H	P-sm	Wl-i	Q	Q	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	P-sm	Wl-i	Wl-i	Wl-i	Wl-i	Q	Q	Q	Q	Q	Q	
11/1/20	Wl-i	Wl-i	P-sm	P-sm	I	I	I	WL-i	WL-i	H	T_Fr_	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr_6	
12/1/20	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	H	H	Wl-i	Wl-i	Wl-i	Wl-i	Wl-i	P-sm	C-b	C-b	C-b	C-b	C-b	C-b	C-b	C-b	C-b	C-b	
13/1/20	Ch_Fr	Ch_Fr	WL-a_	WL-a_	P-sm	P-sm	P-sm	I	I	I	WL-u	WL-a	WL-u	WL-u	WL-u	WL-u	H	WL-u	WL-u	P-sm	C-b	C-b	C-b	C-b	
14/1/20	H	H	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	P-sm	P-sm	WL-u	WL-u	P-sm	WL-u	WL-u	WL-u	C-b	WL-u	Wl-u	Q	
15/1/20	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	Ch_Fr	P-sm	P-sm	WL-o	WL-o	WL-o	WL-o	P-sm	WL-o	Ch_Fr	P-sm	C-b	C-b	C-b	C-b	C-b	C-b	

Action:		Explanation	Subcategories		People modifier			Example	
Sleep	S		**work**		Acquaintance	R		WI-u	High intensity work - uni
Travel	T		Uni	-u	Friends	Fr		Exl_Fr_2	Sport with 2 friends
Human functions - staying ali	H	boring stuff I need to do to stay alive - food, laundry, showers, g	Self-improvement	-i	Family	Fam		Exl Q-p	High intensity exercise while listening to a podcast
Procrastination/Social media	P	time which I unwillingly spend on useless stuff	Organising things	-o	online	-e		T C-b	Travelling and reading a book
Culture - books/movies	C		Admin	-a				Ch_Fam_2	Socialising with two family members
Exercise - intense	Exl		German	-ger					
Exercise - low intensity	ExL								
Work - high intensity	WI	work demanding full focus - difficult lectures, writing essays, sol	**culture**						
Work - low intensity	WL	brainless work - answering emails, scheduling stuff, meetings et	books	-b					
Socialising	Ch		films	-f					
Other quality time	Q	time I spend on useless stuff which make me happy	tv show	-tv					
Idle	I	waiting?	Documentary	-d					
Other	O		youtube						
			other quaity time						
			news	n					
			blogs	bl					
			games	g					
			podcast	p					
			YouTube	yt					
			chilling	ch					

	av mood	Sleep	igh intensity wo	ow intensity wor	Human function	Procrastination	Culture	gh Intensity Exerc	Low intensity Exercise	Socialising	ther quality time	Travelling	Idle	Other
1/1/20	5.0	7	0	0	0.25	1.25	3.75	0	0	7	0	4.75	0	0
2/1/20	6.0	9.75	4	0.75	0.25	4.5	2	0	0	1.75	1	0	0	0
3/1/20	5.7	9.75	4	5.5	0.75	1.75	0	0	0	1.75	0	0	0	0
4/1/20	5.0	8	0	0.5	0.75	0.25	2.25	0	2.75	7.75	0.5	1.25	0	0
5/1/20	5.3	7	1.75	0.75	0.75	0	4.75	0.75	1.5	5.25	1.5	0	0	0
6/1/20	6.7	9.5	0	3.75	0.5	0.5	3	0	1.25	4.5	1	0	0	0
7/1/20	5.7	6.5	2.25	0.5	0.5	1.5	0	0	3.75	5.75	1.75	1.5	0	0
8/1/20	4.0	6	8.5	0.5	0.5	1.25	0	0	0.5	1	0	5.25	0.5	0
9/1/20	4.7	5.5	6	0.25	0.75	0	0	0	0.5	1	0	10	0	0
10/1/20	5.0	7.5	9	0.25	1.25	1.5	0	0	0.25	1.75	2.5	0	0	0
11/1/20	5.7	9.75	4.5	2	1.5	1.25	0	0	0	3.25	0.75	0.25	0.75	0
12/1/20	5.3	7.75	4.25	2.75	1	1.25	2.5	0	0	3.5	1	0	0	0
13/1/20	5.3	7	7.75	3.75	0.75	1.5	1	0	0.5	1	0	0	0.75	0
14/1/20	5.0	8	3.5	5.5	1.25	1.25	0.25	0	0.25	3.25	0.25	0	0.25	0
15/1/20	4.3	7.5	4.75	3	1.25	1.25	1.5	0	0.25	3.75	0.5	0	0.25	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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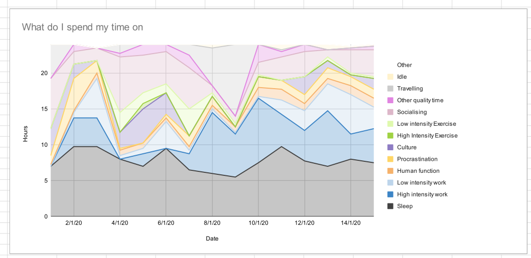
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
	#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0



av mood	Sleep	igh intensity wo	ow intensity wor	Human function	Procrastination	Culture	gh Intensity Exerci	Low intensity Exercise	Socialising	ther quality time	Travelling	Idle	Other
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
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#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0

av mood	Sleep	igh intensity wo	ow intensity wor	Human function	Procrastination	Culture	gh Intensity Exerc	ow Intensity Exercise	Socialising	ther quality time	Travelling	Idle	Other
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0
#DIV/0!	0	0	0	0	0	0	0	0	0	0	0	0	0

	hours total	av. percentage	av. hours/day	median			total recorded:	data-points	hours	days
sleep	116.5	32.36%	7.77	0				1440	360	15
intensive work	60.25	16.74%	4.02	0						
low intensity w	31.75	8.82%	2.12	0						
human function	12	3.33%	0.80	0						
Procrastination/Social media	19	5.28%	1.27	0						
Culture - books/movies	25.25	7.01%	1.68	0						
Sport	0.75	0.21%	0.05	0						
Low intensity exercise	11.5	3.19%	0.77	0						
Socialising	52	14.44%	3.47	0						
Other quality time - wloczenie/tra	10.75	2.99%	0.72	0						
Travelling	23	6.39%	1.53	0						
Waiting	2.5	0.69%	0.17	0						
Other										
time with people										
alone	245.25	68.13%	4.09							
with random poeple	15	4.17%	0.25							
with friends	68.5	19.03%	1.14							
with family	31.25	8.68%	0.52							
work total	90									
	intense		low intensity							
	hours	percentage	hours	percentage						
hours	60.25	66.94%	29.75	33.06%						
							intense	less intense		
uni	25	41.49%	8.75	29.41%		uni	27.78%	9.72%		
self-improvement	35.25	58.51%	5.75	19.33%		self-improvement	39.17%	6.39%		
admin	0	0.00%	6.25	21.01%		admin	0.00%	6.94%		
organising things	0	0.00%	9	30.25%		organising things	0.00%	10.00%		
			% intense	% low intensity						
uni	33.75	37.50%	74.07%	25.93%						
admin	6.25	6.94%	0.00%	100.00%						
organising	9	10.00%	0.00%	100.00%						
self-improvement	43	47.78%	81.98%	13.37%						