

Entry # 14**The Quantified Self**Date 30/11/2019

<i>Sleep</i>			
Time I fell asleep last night	25.75 (1:45am)		
Time I woke up this morning	07.25 (7:15am)		
Total amount of sleep	5.5		
Quality of sleep (0-3)	1.5		

<i>Activity</i>			
Phone time. (Passive Screen) [Active Screen]	3.75	1.5	0
Time spent doing physical activity (Did I sweat?)	1.5	1	
Am I happy with yesterday's overall activity? (0-3)	1.75		

<i>Academics</i>			
Time spent doing homework. (Was my phone with me?)	2.5	0	
Am I happy with yesterday's academic effort? (0-3)	2		
Do I have a test today? (Total hours I studied for it?)	Math	5	
What grade did I get?	78%		

<i>Ingestion</i>		
Breakfast? (who made it?)	1	Mom
Lunch? (who made it?)	0	
Dinner? (who made it?)	1	Bin 4
Snacks? (who made them?)	3	Me 7/11 Dad
What did I drink yesterday? (#)	Water (4) Caffeine (0) Other (2)	
Was I happy with my ingestion? (0-3)	2.25	

<i>Miscellaneous</i>		
Number of steps	8647	
Hours worked at job	4	
Amount of money made (spent)	\$52	\$5.50
Time spent practicing saxophone?	1	
Overall day rating out of 12		