



Daily QOL Report for: John S.

Date: 02/02/2026

Please note: The data contained in this sample report is created based on randomly generated data. Your report would likely look a little less chaotic.

Disclaimer: The Quality of Life (QOL) platform is a self-tracking and journaling tool designed to help users reflect on personal behaviors and trends over time. All data entered by users is self-reported and interpreted independently. QOL does not offer medical, psychological, or therapeutic advice, and it is not a life coaching service. No recommendations or life improvement strategies are provided or implied. Users are solely responsible for interpreting their own data and for any decisions made based on it. The QOL platform does not diagnose, treat, or advise on any health, mental health, or lifestyle condition. By using this service, you acknowledge and agree that QOL is an informational and recordkeeping tool only and does not replace professional advice from licensed health or wellness providers.

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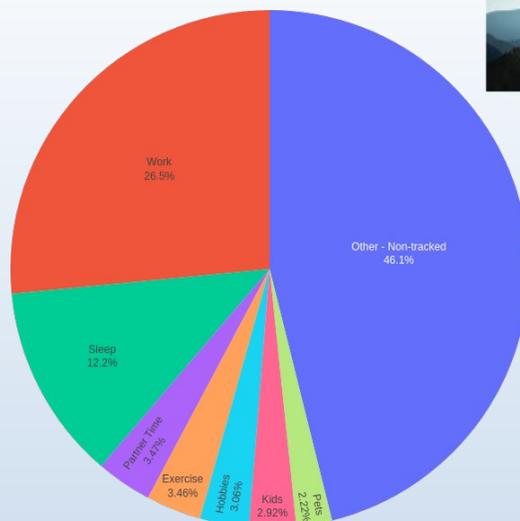
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How I Spend My Time

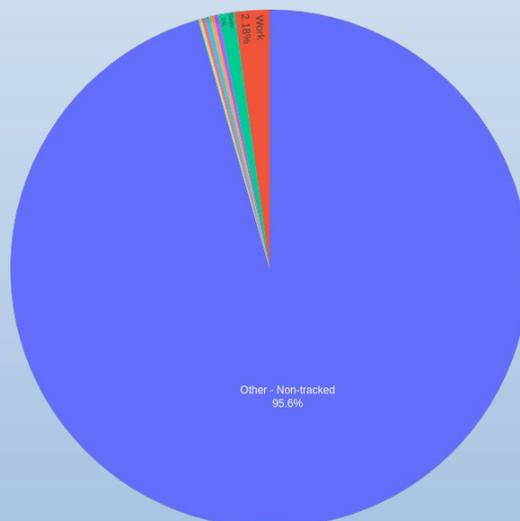
Last 30 Days (720.0 hrs)

Work	26.5%	(191.0 hrs)
Sleep	12.2%	(88.0 hrs)
Partner Time	3.5%	(25.0 hrs)
Exercise	3.5%	(24.9 hrs)
Hobbies	3.1%	(22.0 hrs)
Kids	2.9%	(21.0 hrs)
Pets	2.2%	(16.0 hrs)
Other - Non-tracked	46.1%	(332.1 hrs)



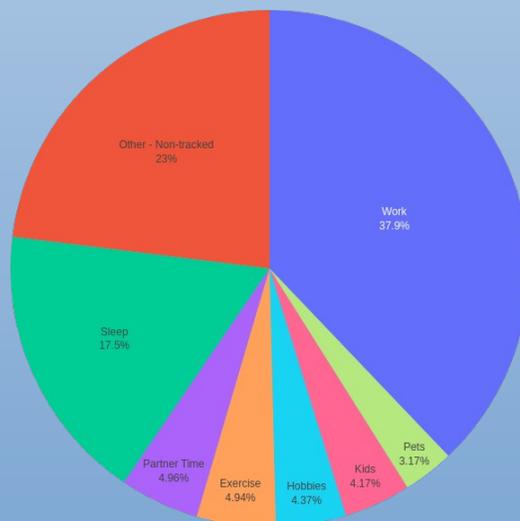
Last 12 Months (8760.0 hrs)

Work	2.2%	(191.0 hrs)
Sleep	1.0%	(88.0 hrs)
Partner Time	0.3%	(25.0 hrs)
Exercise	0.3%	(24.9 hrs)
Hobbies	0.3%	(22.0 hrs)
Kids	0.2%	(21.0 hrs)
Pets	0.2%	(16.0 hrs)
Other - Non-tracked	95.6%	(8372.1 hrs)



All Time (21.0 days / 504.0 hrs)

Work	37.9%	(191.0 hrs)
Sleep	17.5%	(88.0 hrs)
Partner Time	5.0%	(25.0 hrs)
Exercise	4.9%	(24.9 hrs)
Hobbies	4.4%	(22.0 hrs)
Kids	4.2%	(21.0 hrs)
Pets	3.2%	(16.0 hrs)
Other - Non-tracked	23.0%	(116.1 hrs)





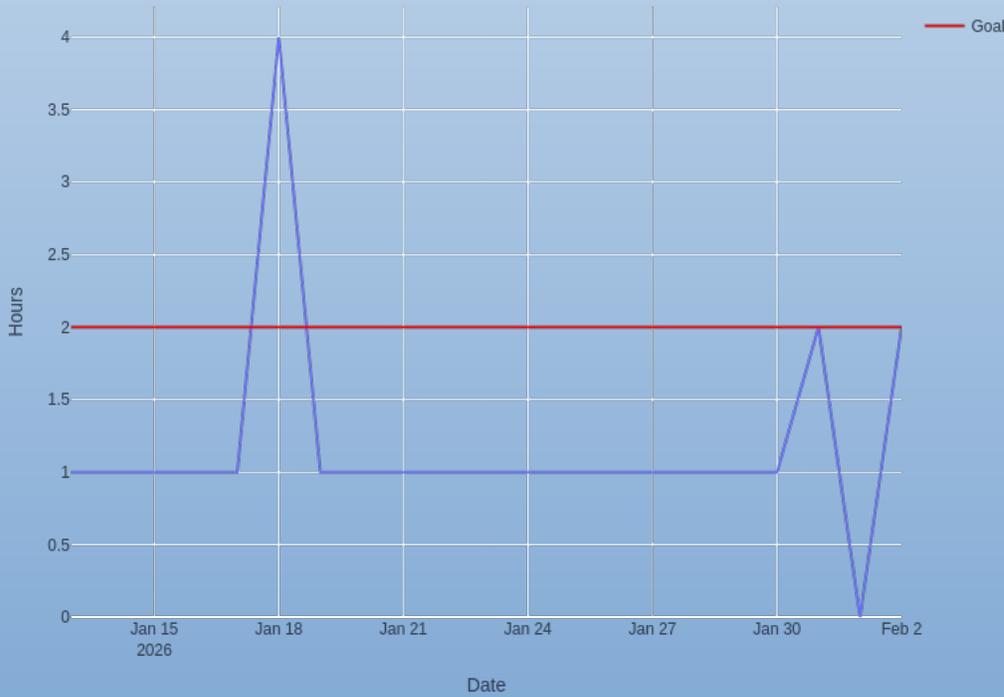
Daily Time Spent With Significant Other Date: 02/03/2026

Monthly Average (YTD): 1.19 hours / day
Overall Average: 1.19 hours / day
Current Goal: 2 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	1.19



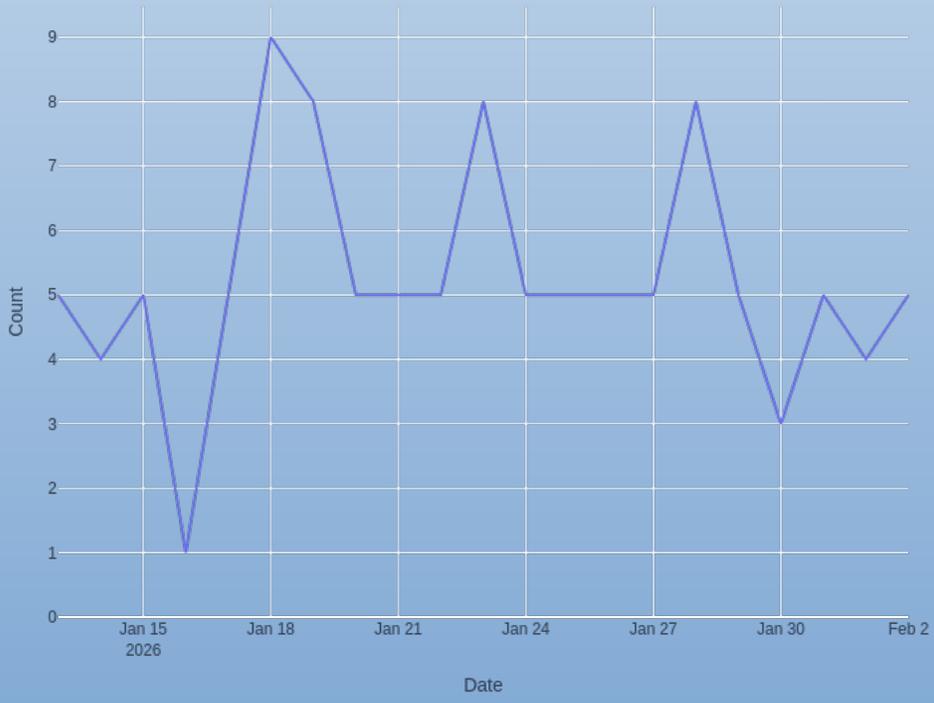
Was Today A Good Day? Date: 02/03/2026

Monthly Average (YTD): 5.24 None
Overall Average: 5.24 None

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	5.24



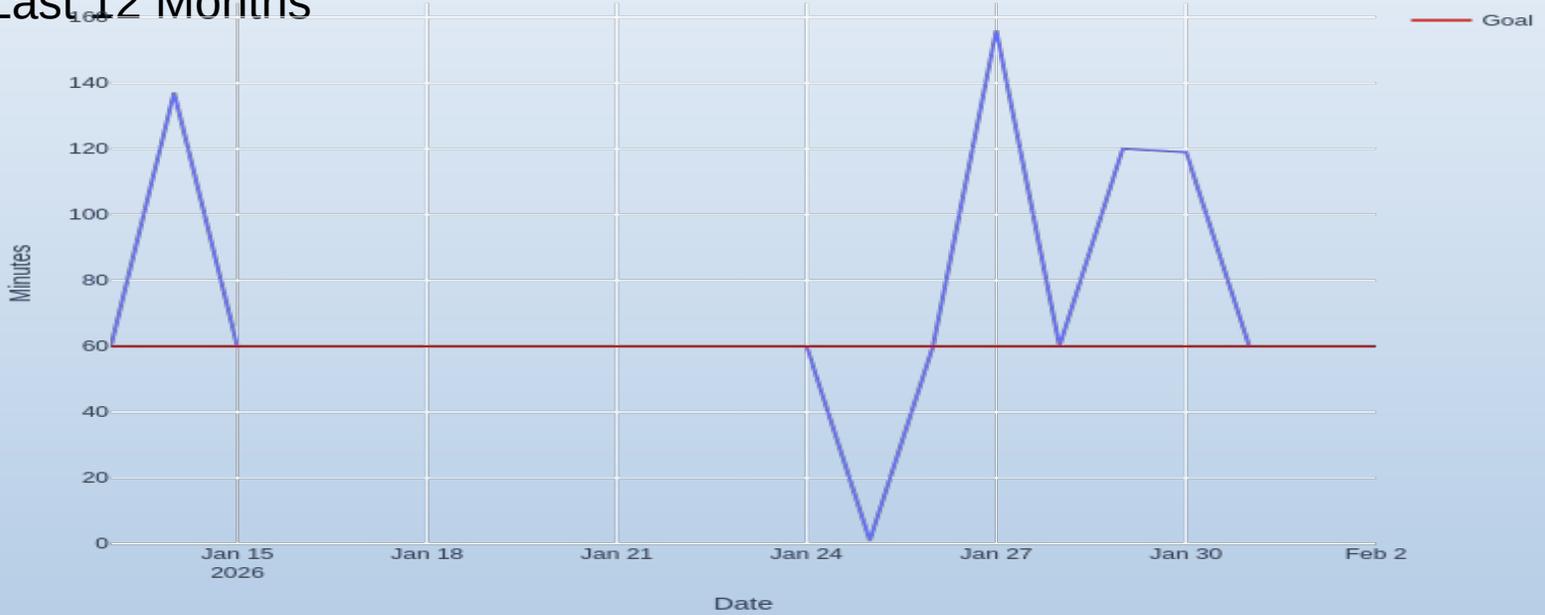
Time Spent Exercising / Working Out Date: 02/03/2026

Monthly Average (YTD): 71.10 minutes / day

Overall Average: 71.10 minutes / day

Current Goal: 60 minutes / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	71.10



Daily Time Spent Doing a Hobby Date: 02/03/2026

Monthly Average (YTD): 1.05 hours / day

Overall Average: 1.05 hours / day

Current Goal: 2 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	1.05



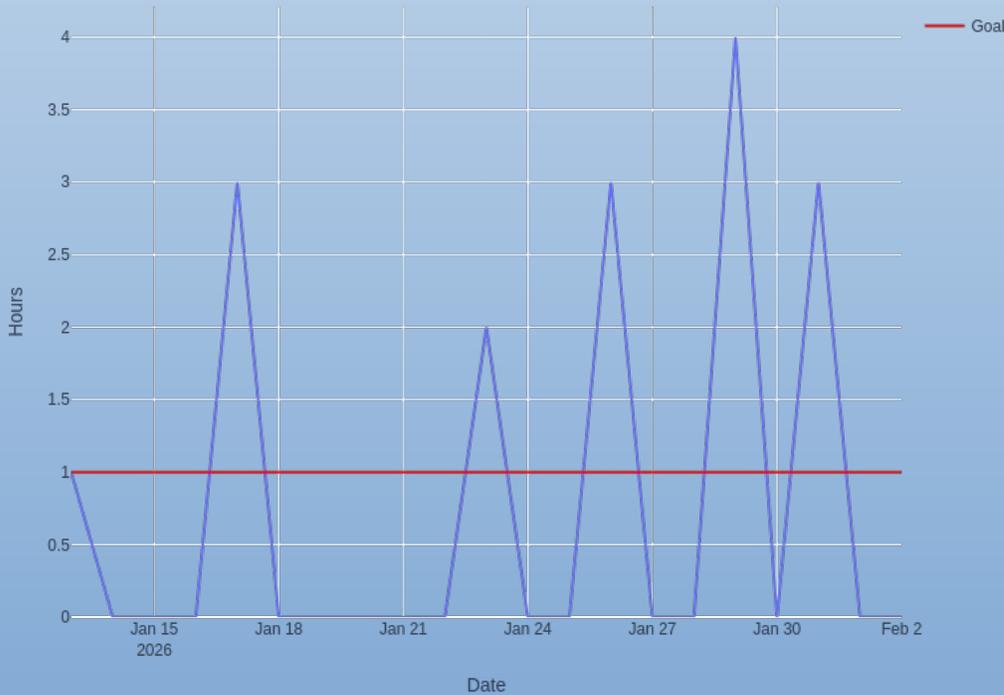
Daily Time Spent With Pets Date: 02/03/2026

Monthly Average (YTD): 0.76 hours / day
Overall Average: 0.76 hours / day
Current Goal: 1 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	0.76



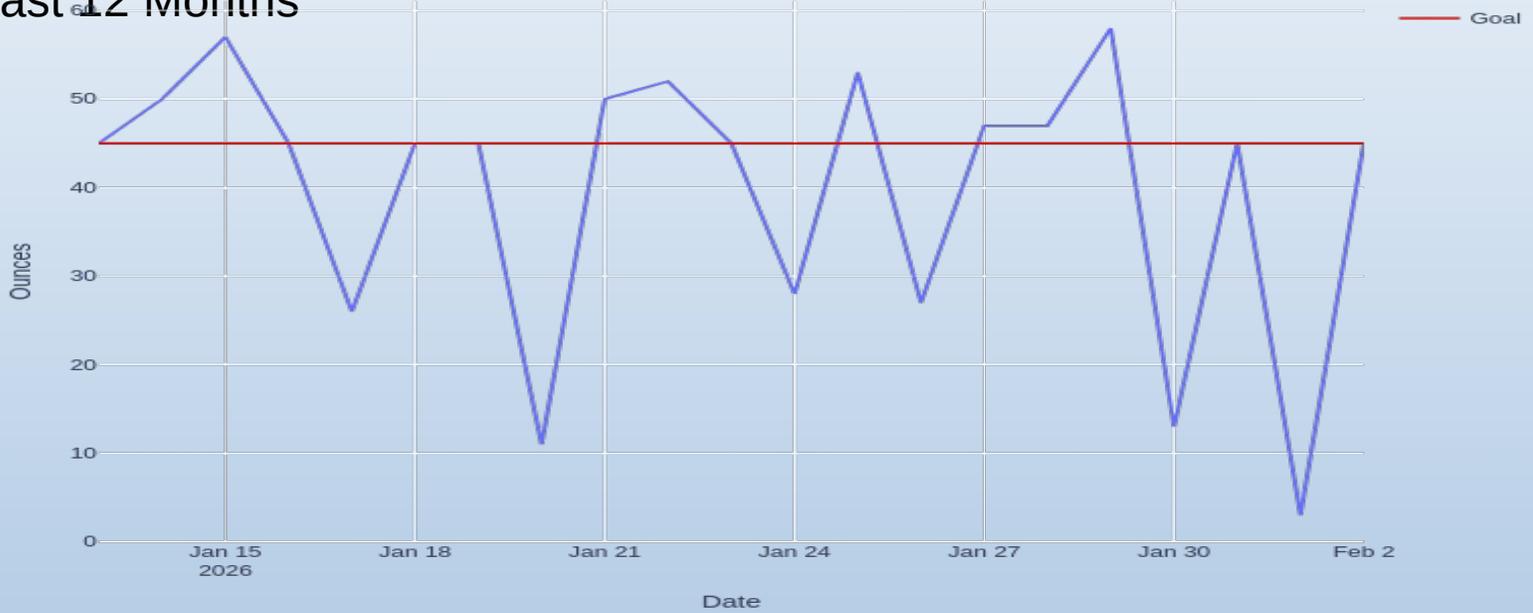
Daily Water Consumption Date: 02/03/2026

Monthly Average (YTD): 39.86 ounces / day

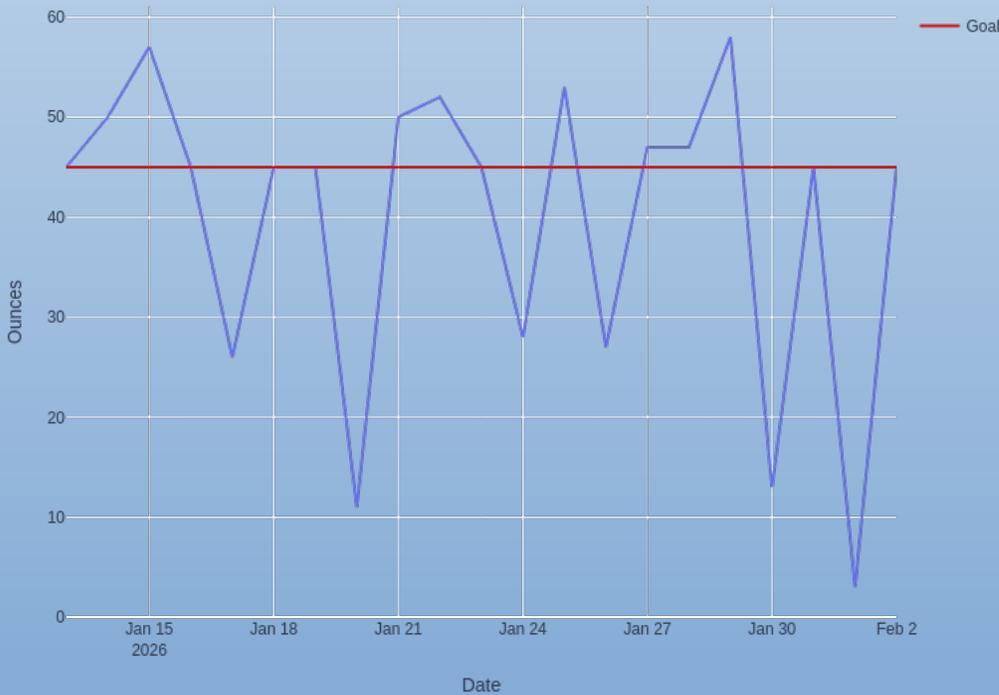
Overall Average: 39.86 ounces / day

Current Goal: 45 ounces / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	39.86



Daily Sleep Duration Date: 02/03/2026

Monthly Average (YTD): 4.19 hours / day

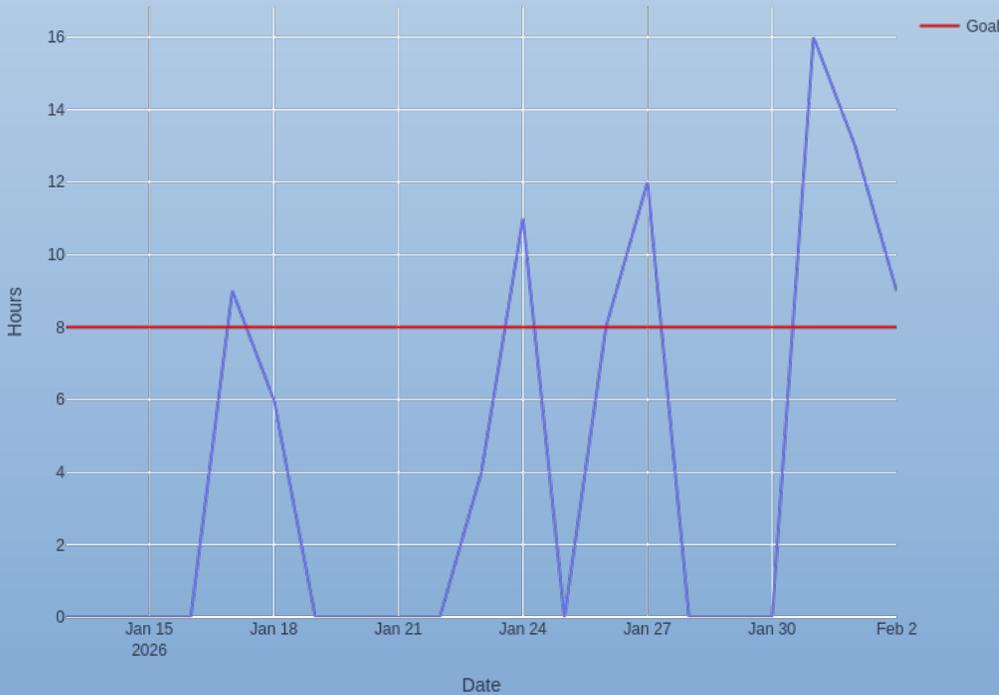
Overall Average: 4.19 hours / day

Current Goal: 8 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	4.19



Daily Work Time Date: 02/03/2026

Monthly Average (YTD): 9.10 hours / day

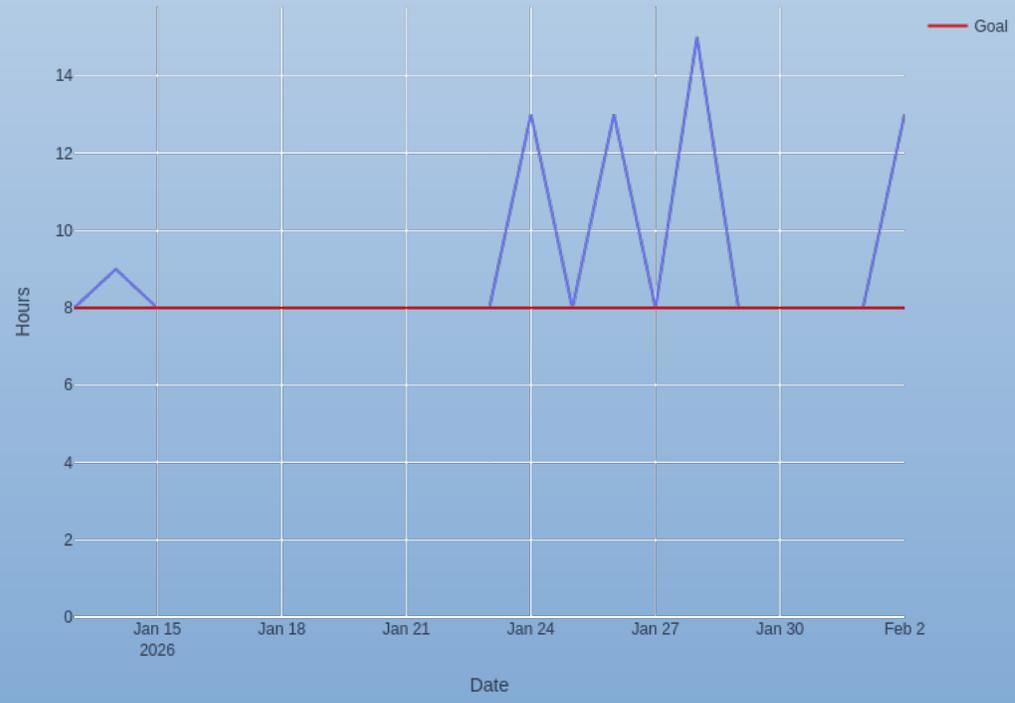
Overall Average: 9.10 hours / day

Current Goal: 8 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	9.10



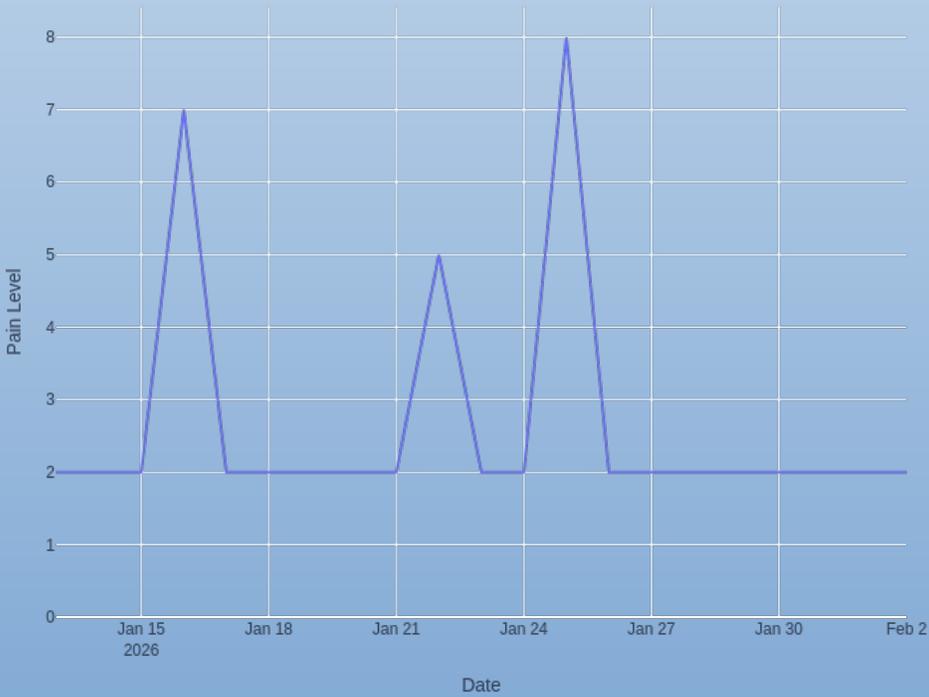
Daily Pain Level Date: 02/03/2026

Monthly Average (YTD): 2.67 None
Overall Average: 2.67 None

Last 12 Months



All Years



Annual Averages

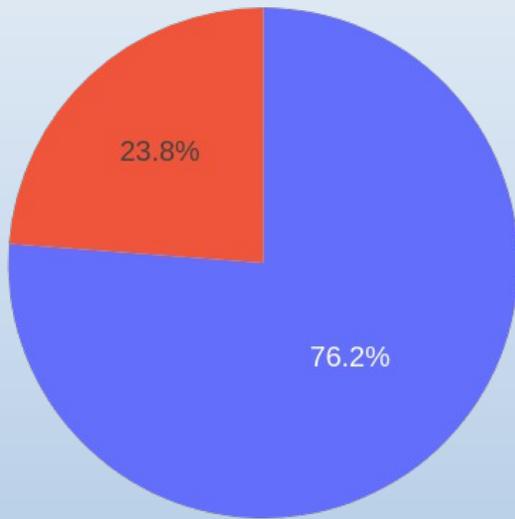
Year	Yearly Average
2026	2.67



Away From Home Due To Work Date: 02/03/2026

YTD Average: 23.81 %
Overall Average: 23.81 %

Last 12 Months

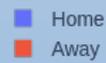
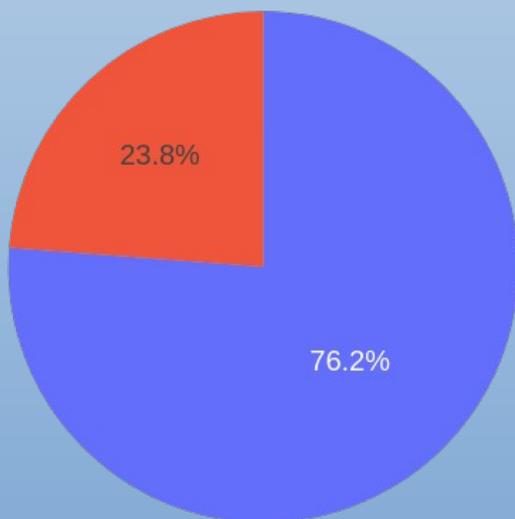


Previous Years



2024

All Years



2023



Daily Calorie Intake Date: 02/03/2026

Monthly Average (YTD): 1894.19 calories / day

Overall Average: 1894.19 calories / day

Current Goal: 1200 calories / day

Last 12 Months



All Years



Annual Averages

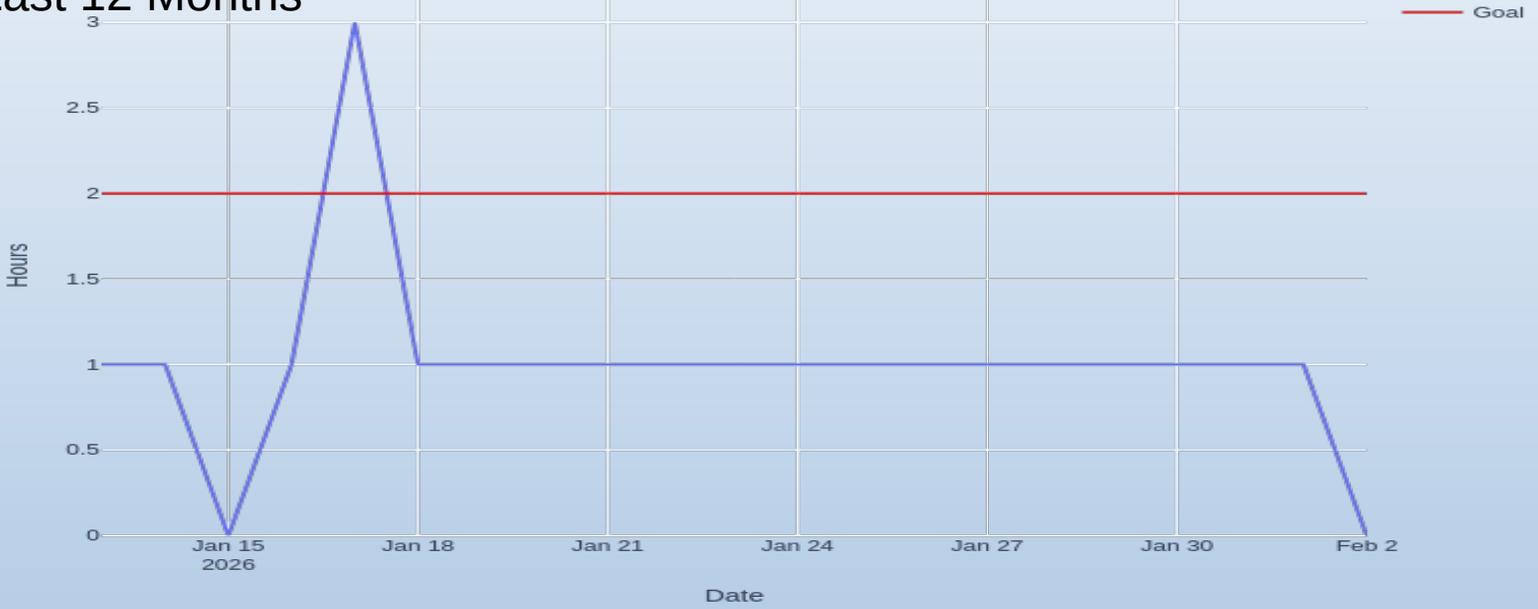
Year	Yearly Average
2026	1894.19



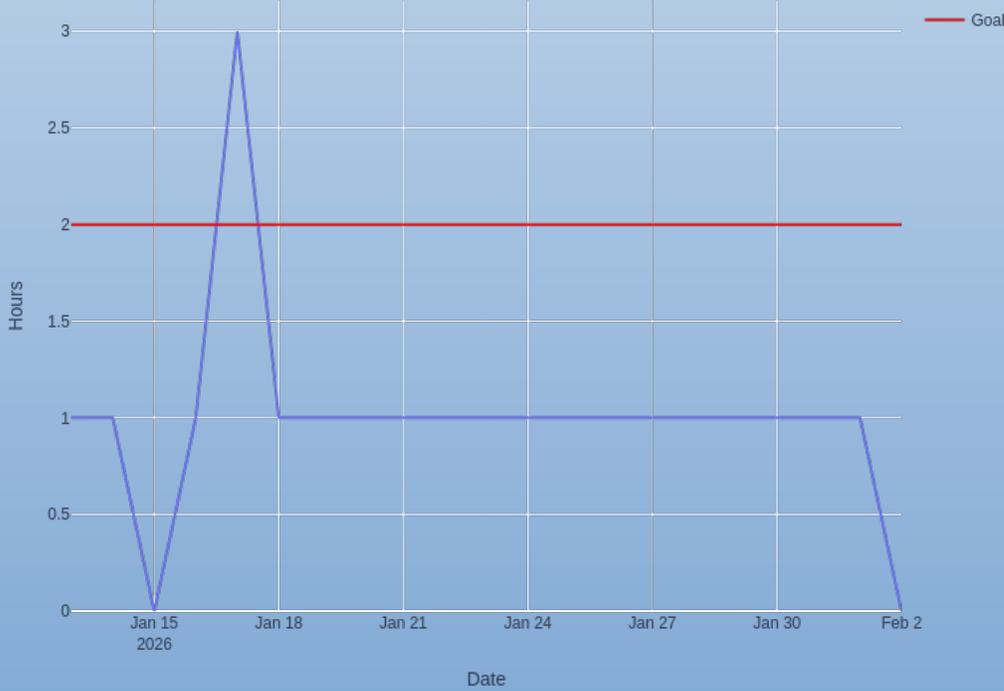
Daily Average Hours Spent With Kids Date: 02/03/2026

Monthly Average (YTD): 1.00 hours / day
Overall Average: 1.00 hours / day
Current Goal: 2 hours / day

Last 12 Months



All Years



Annual Averages

Year	Yearly Average
2026	1.00