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.
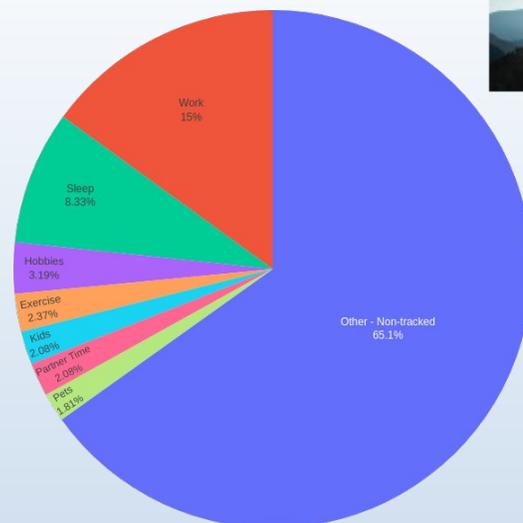
How I Spend My Time

Last 30 Days (720.0 hrs)

Work	15.0%	(108.0 hrs)
Sleep	8.3%	(60.0 hrs)
Hobbies	3.2%	(23.0 hrs)
Exercise	2.4%	(17.0 hrs)
Kids	2.1%	(15.0 hrs)
Partner Time	2.1%	(15.0 hrs)
Pets	1.8%	(13.0 hrs)
Other - Non-tracked	65.1%	(469.0 hrs)

Last 12 Months (8760.0 hrs)

Work	31.2%	(2736.0 hrs)
Sleep	18.2%	(1593.0 hrs)
Kids	5.4%	(471.0 hrs)
Hobbies	5.1%	(449.0 hrs)
Partner Time	4.9%	(433.0 hrs)
Exercise	4.6%	(406.4 hrs)
Pets	3.4%	(300.0 hrs)
Other - Non-tracked	27.1%	(2371.6 hrs)
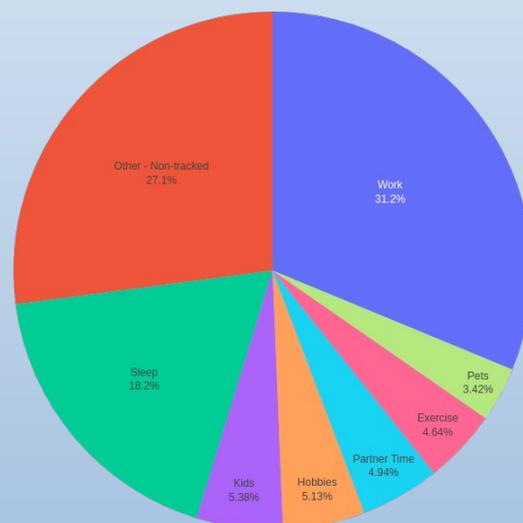
All Time (820.0 days / 19680.0 hrs)

Work	32.8%	(6462.0 hrs)
Sleep	17.5%	(3448.0 hrs)
Kids	5.4%	(1068.0 hrs)
Hobbies	5.4%	(1058.0 hrs)
Partner Time	5.3%	(1047.0 hrs)
Exercise	4.6%	(913.3 hrs)
Pets	3.4%	(661.0 hrs)
Other - Non-tracked	25.5%	(5022.7 hrs)

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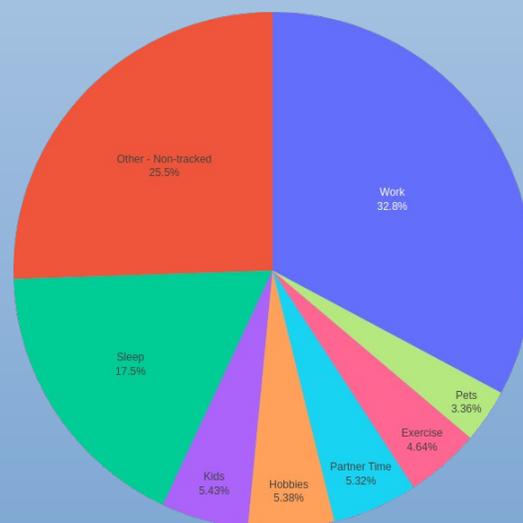
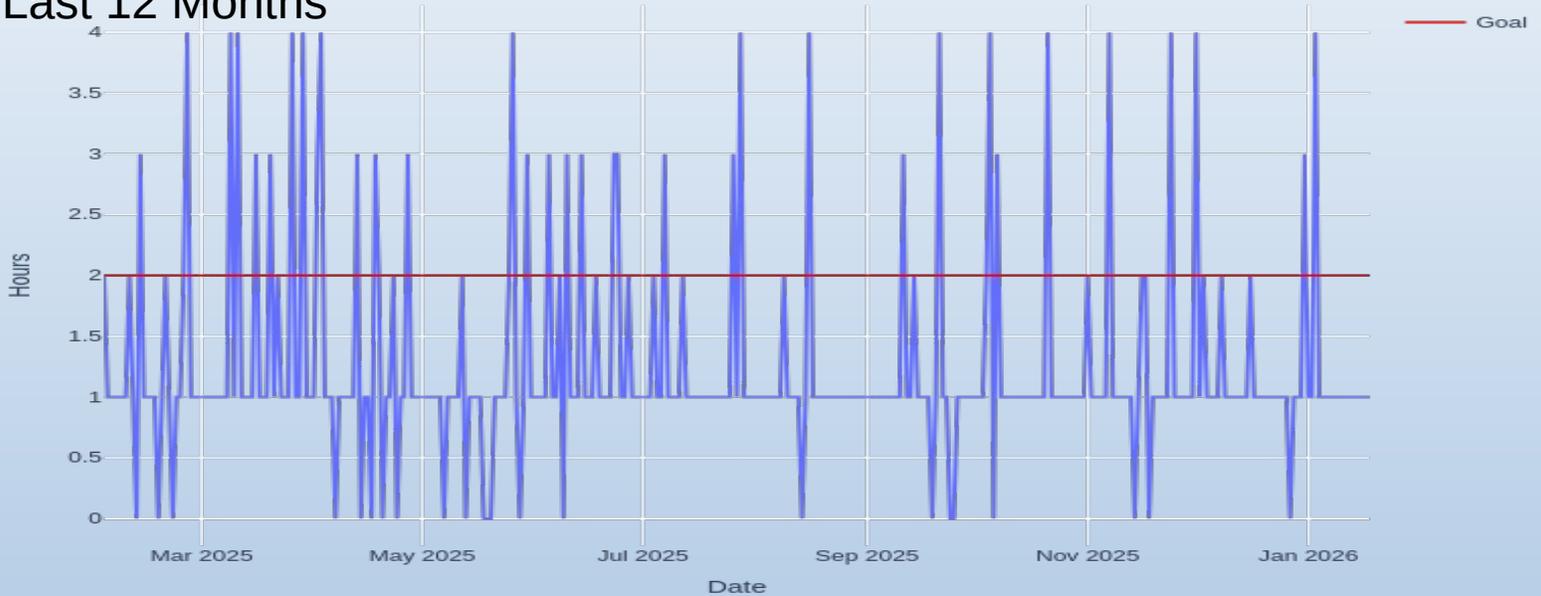# Daily Time Spent With Significant Other   Date: 02/03/2026
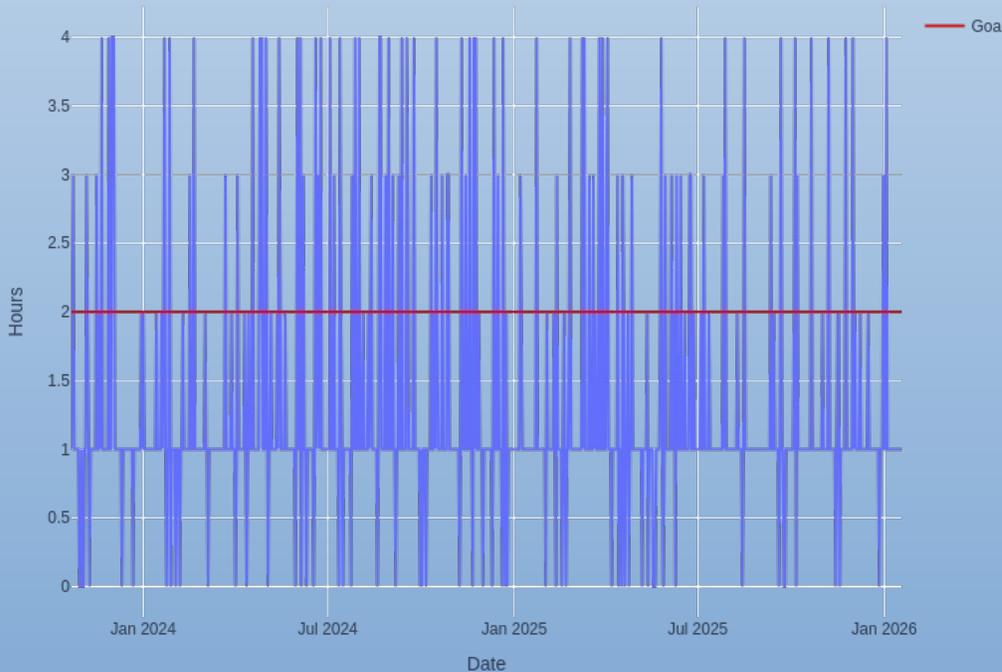
Monthly Average (YTD): 1.17 hours / day
Overall Average: 1.28 hours / day
Current Goal: 2 hours / day

Last 12 Months

All Years

Annual Averages

Year	Yearly Average
2026	1.17
2025	1.24
2024	1.33
2023	1.25

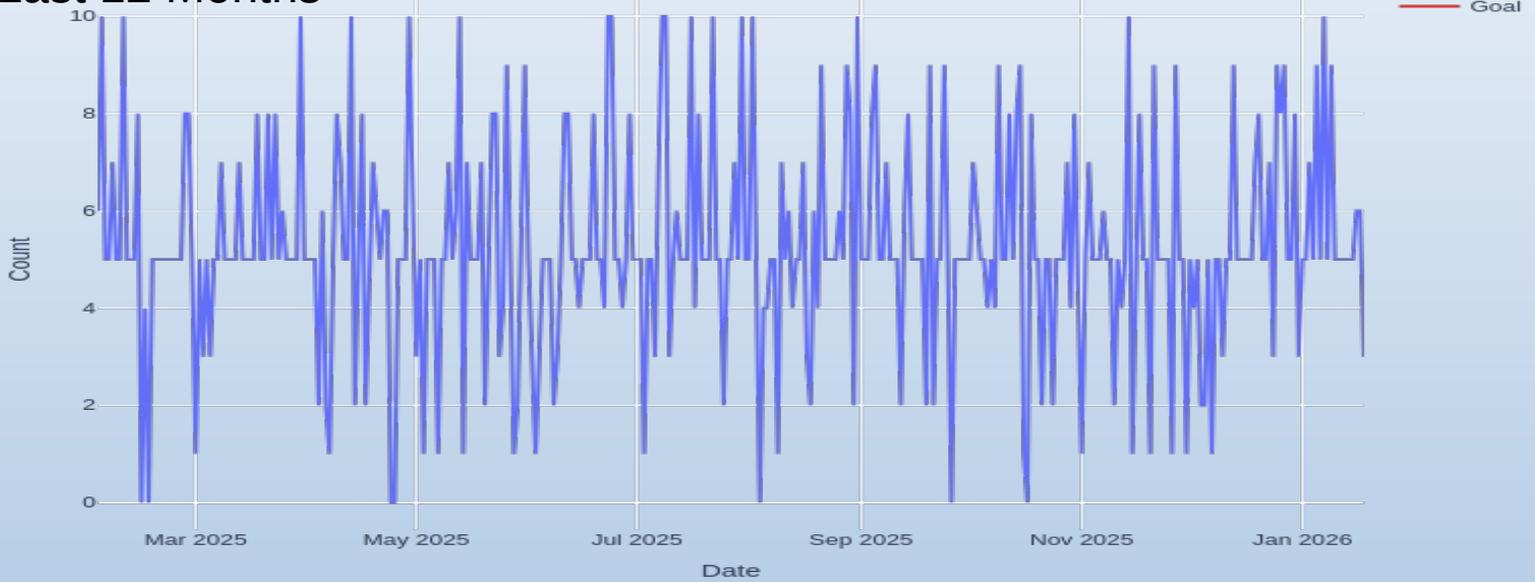# Was Today A Good Day?   Date: 02/03/2026
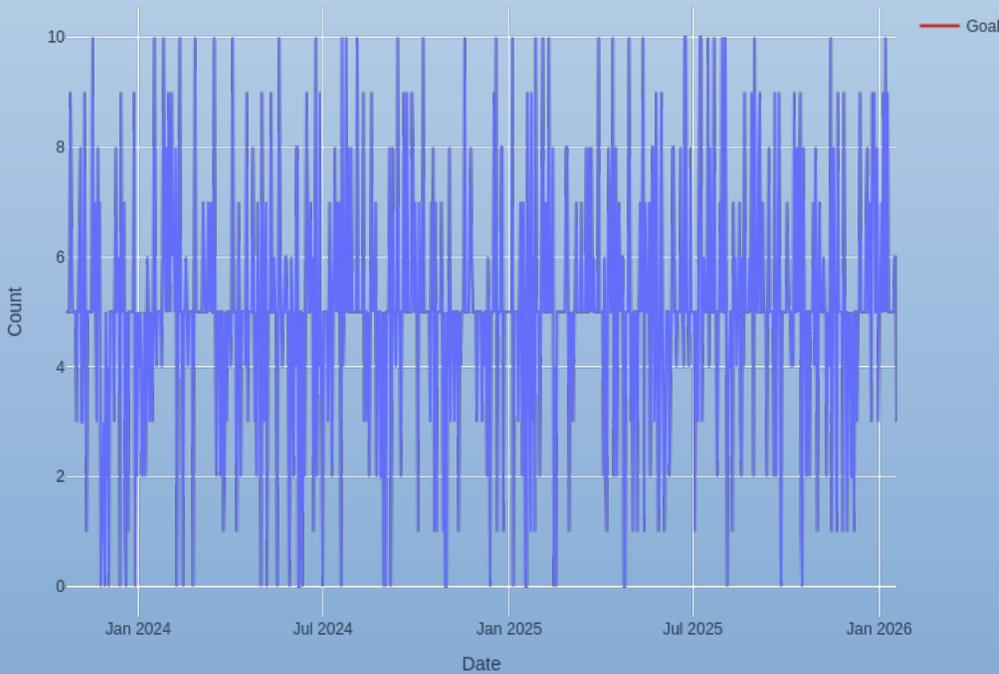
Monthly Average (YTD): 5.83 None
Overall Average: 5.07 None

Last 12 Months

All Years

Annual Averages

Year	Yearly Average
2026	5.83
2025	5.18
2024	5.01
2023	4.61

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Time Spent Exercising / Working Out   Date: 02/03/2026
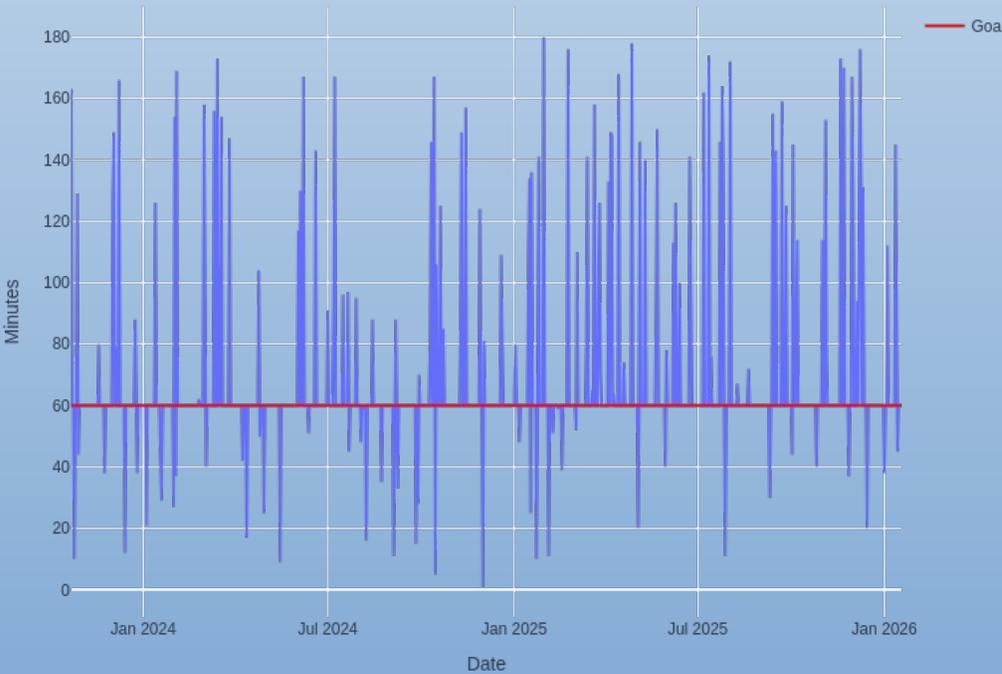
Monthly Average (YTD): 65.56 minutes / day
Overall Average: 66.83 minutes / day
Current Goal: 60 minutes / day

Last 12 Months

All Years

Annual Averages

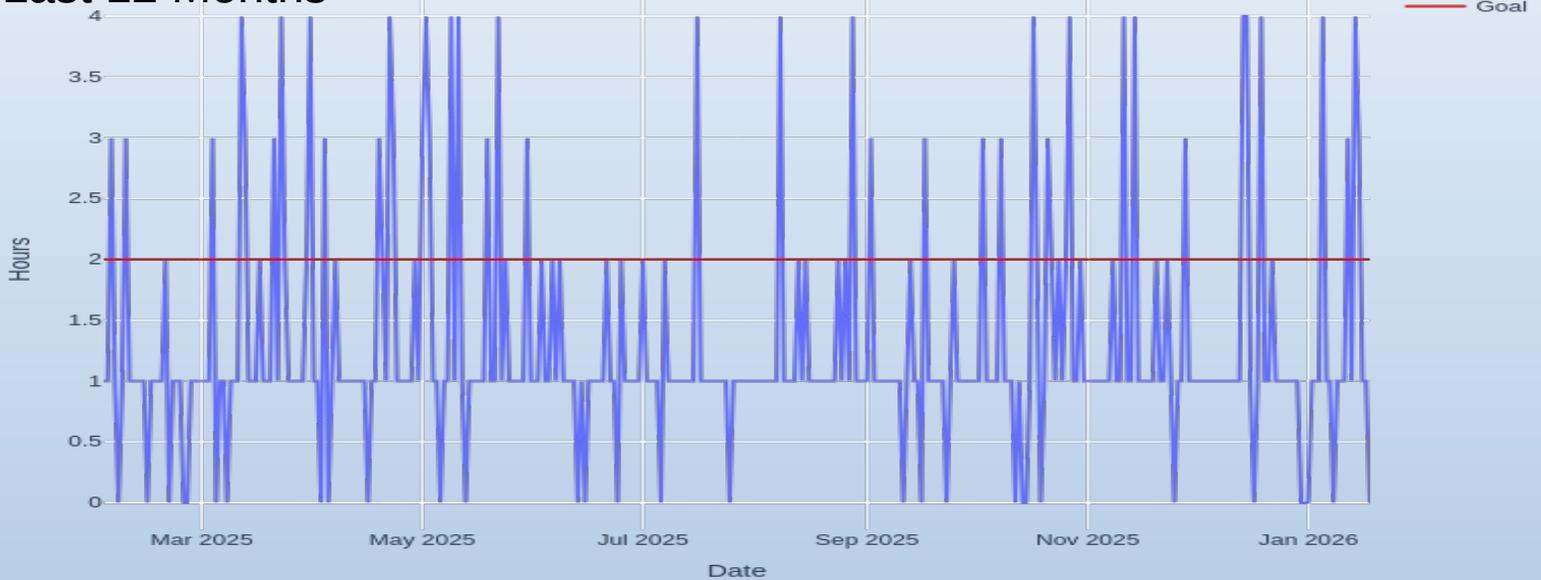| Year	Yearly Average
2026	65.56
2025	69.89
2024	64.22
2023	64.83

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

Monthly Average (YTD): 1.39 hours / day
Overall Average: 1.29 hours / day
Current Goal: 2 hours / day

QOL

Last 12 Months
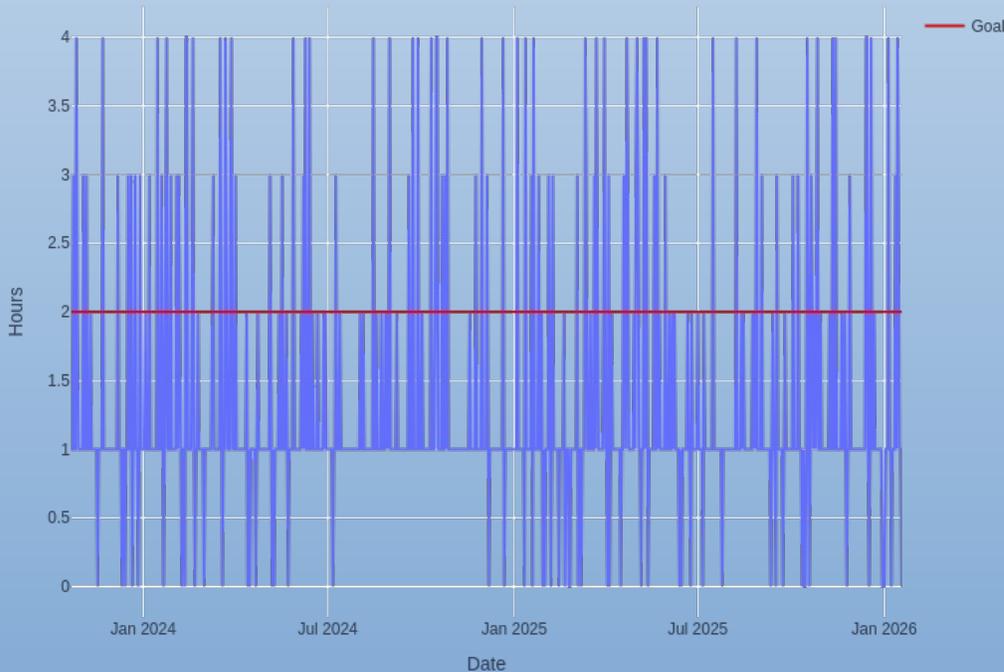
All Years

Annual Averages

Year	Yearly Average
2026	1.39
2025	1.28
2024	1.30
2023	1.27

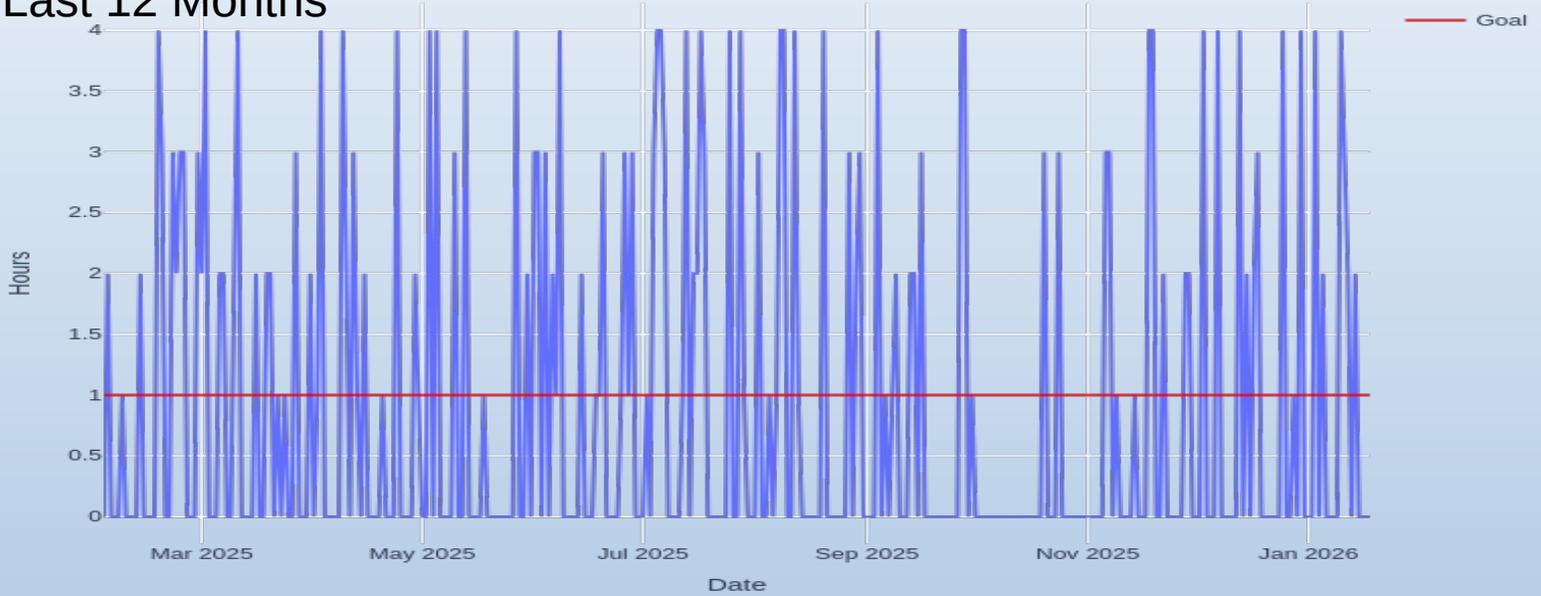# Daily Time Spent With Pets   Date: 02/03/2026
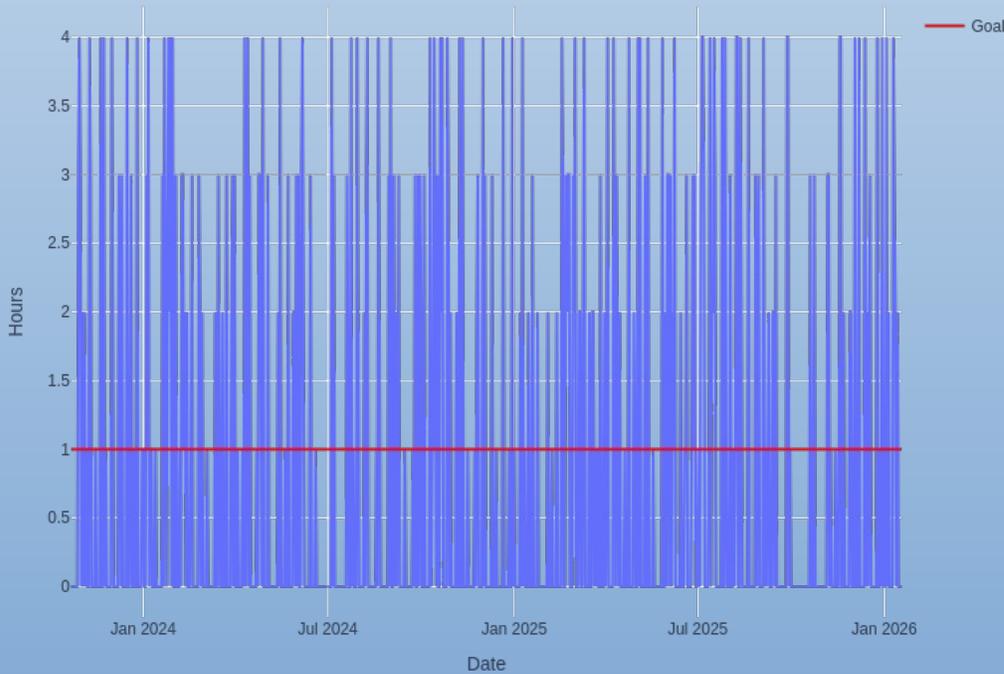
Monthly Average (YTD): 0.94 hours / day
Overall Average: 0.81 hours / day
Current Goal: 1 hours / day

Last 12 Months

All Years

Annual Averages

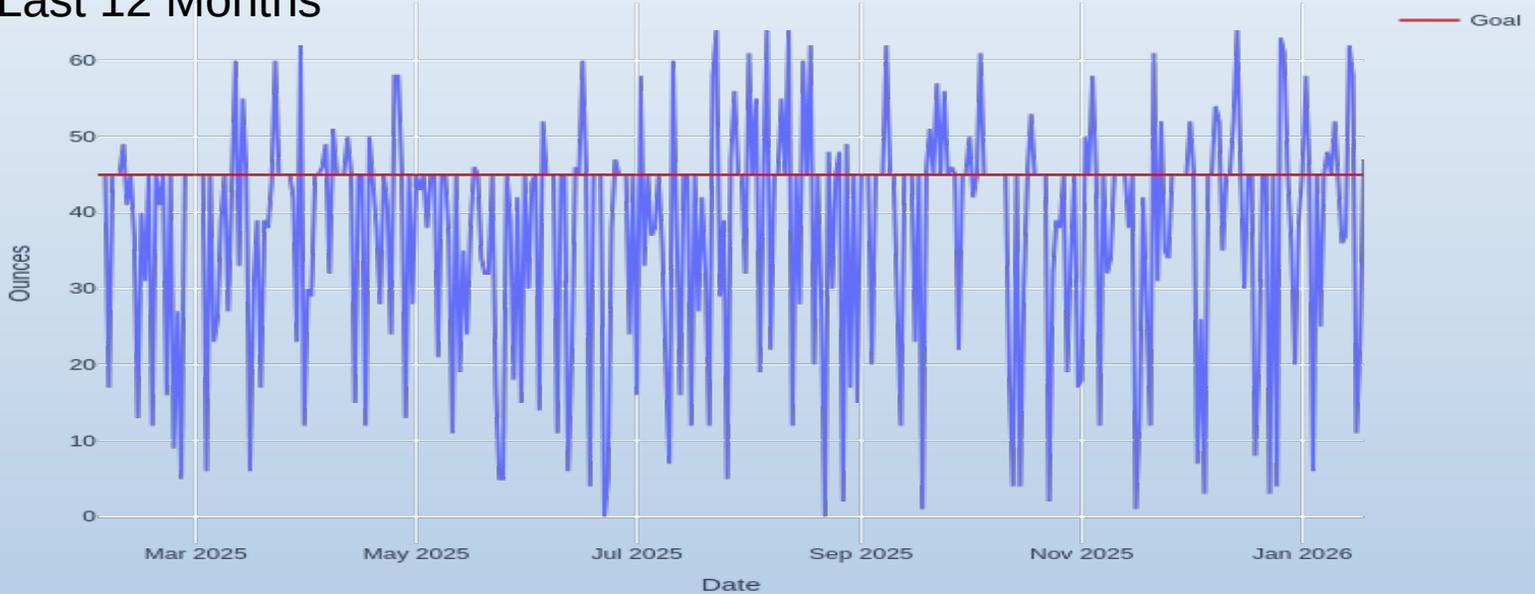| Year	Yearly Average
2026	0.94
2025	0.82
2024	0.78
2023	0.83

Daily Water Consumption   Date: 02/03/2026
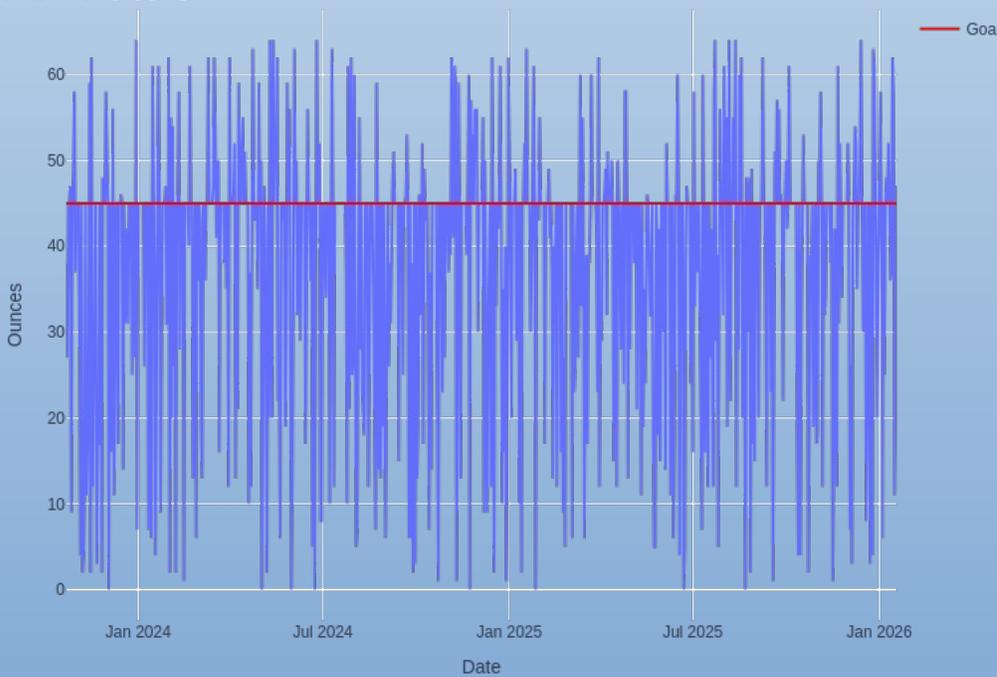
Monthly Average (YTD): 40.72 ounces / day
Overall Average: 37.67 ounces / day
Current Goal: 45 ounces / day

Last 12 Months

All Years

Annual Averages

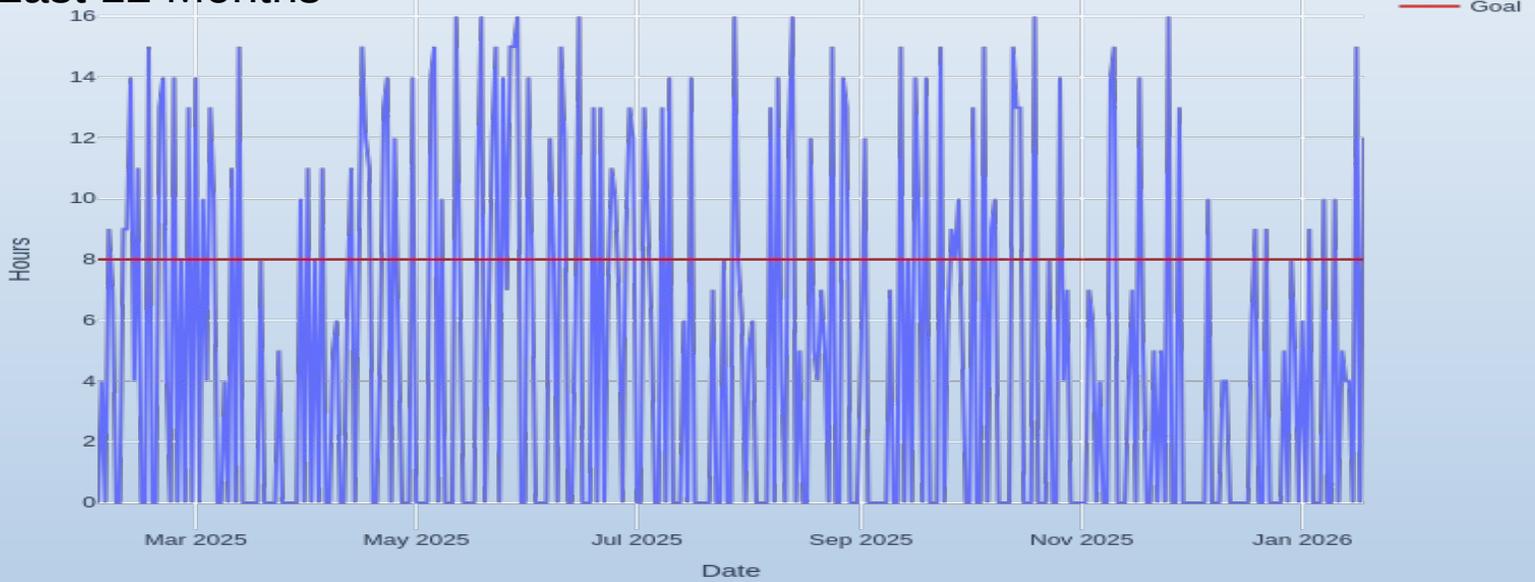| Year	Yearly Average
2026	40.72
2025	37.86
2024	38.14
2023	33.55

Daily Sleep Duration   Date: 02/03/2026
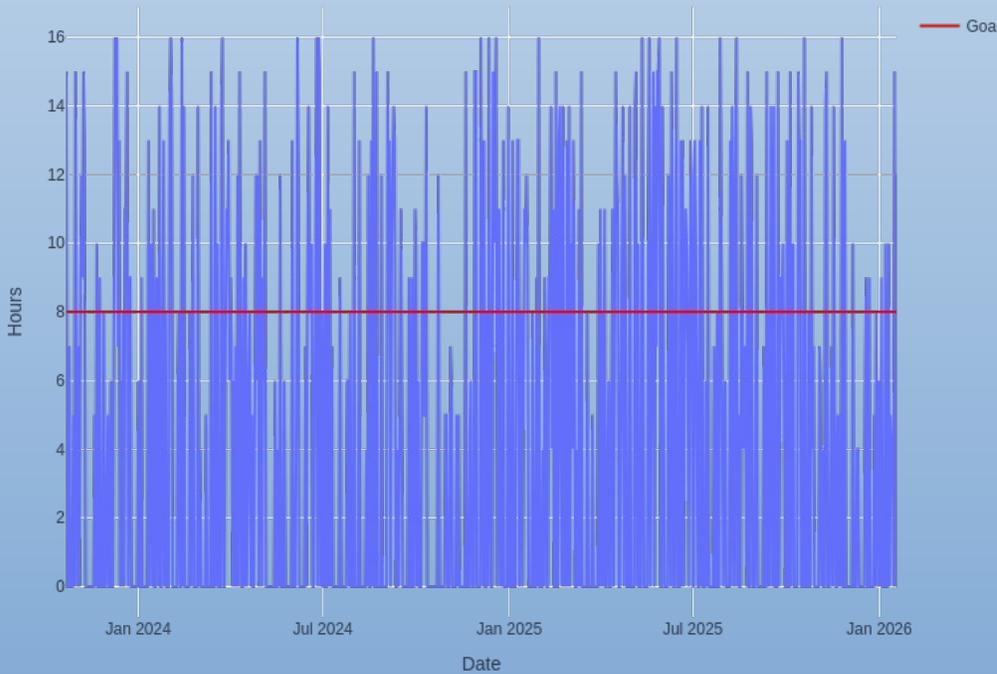
Monthly Average (YTD): 4.17 hours / day
Overall Average: 4.20 hours / day
Current Goal: 8 hours / day

Last 12 Months

All Years

Annual Averages

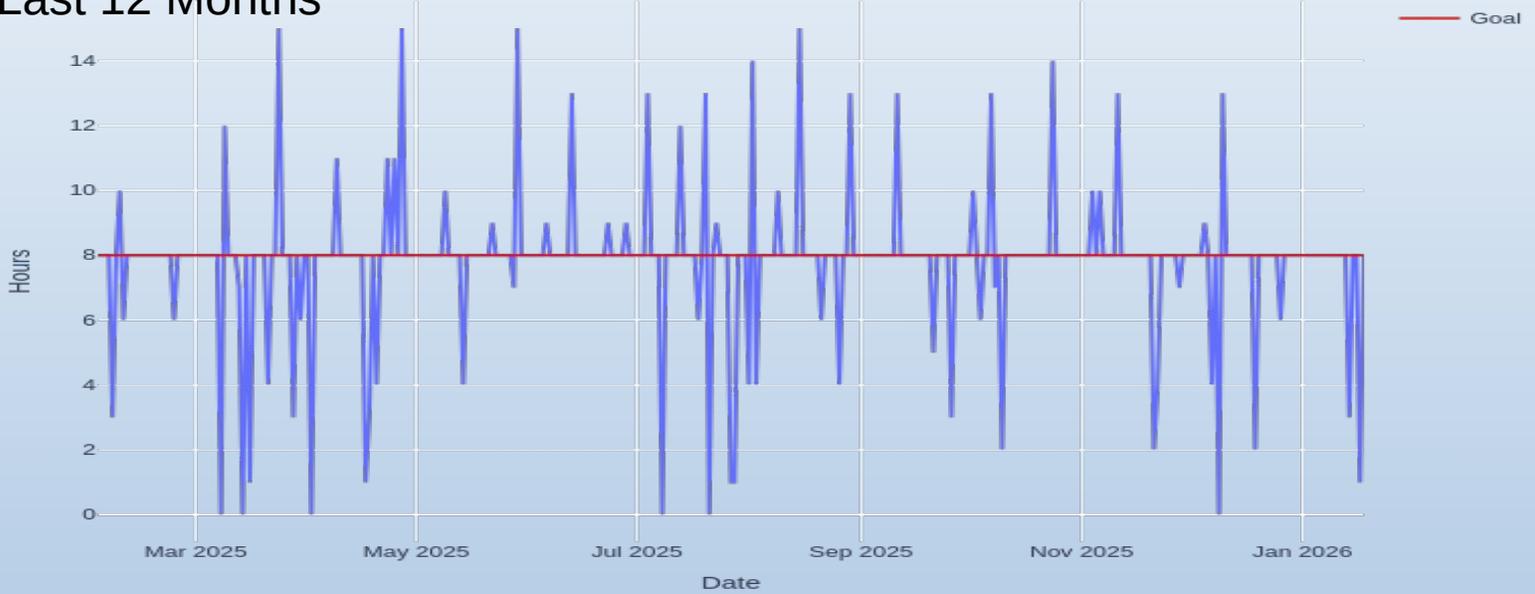| Year	Yearly Average
2026	4.17
2025	4.56
2024	3.84
2023	4.30

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Daily Work Time   Date: 02/03/2026
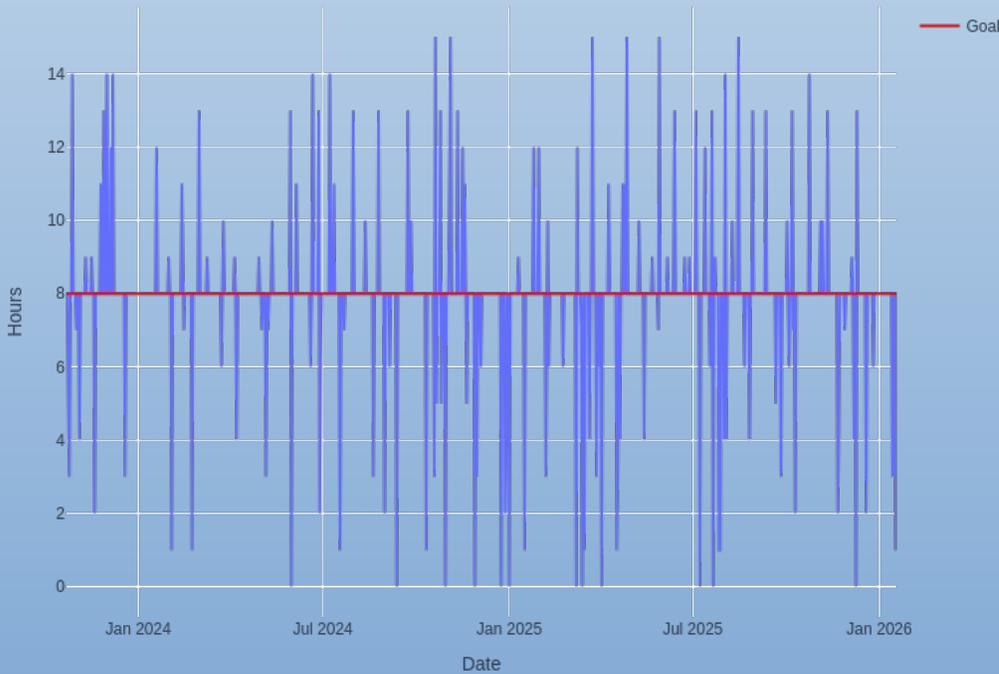
Monthly Average (YTD): 7.33 hours / day
Overall Average: 7.88 hours / day
Current Goal: 8 hours / day
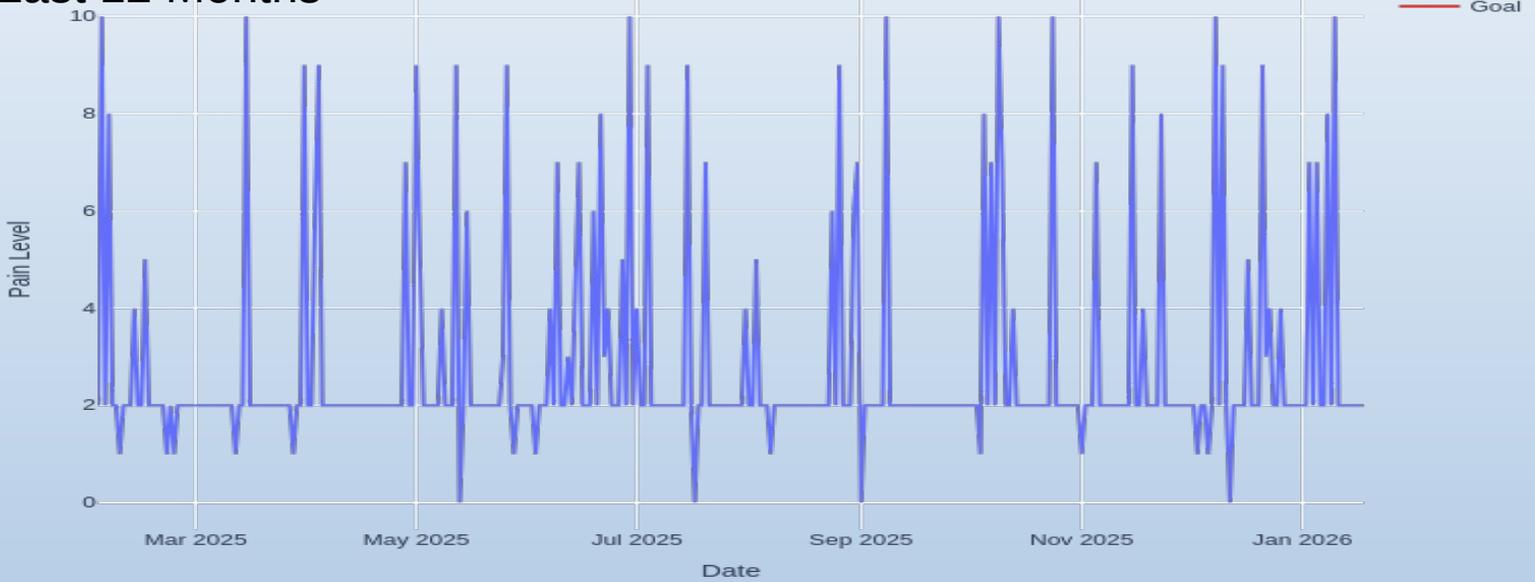
Last 12 Months

All Years

Annual Averages

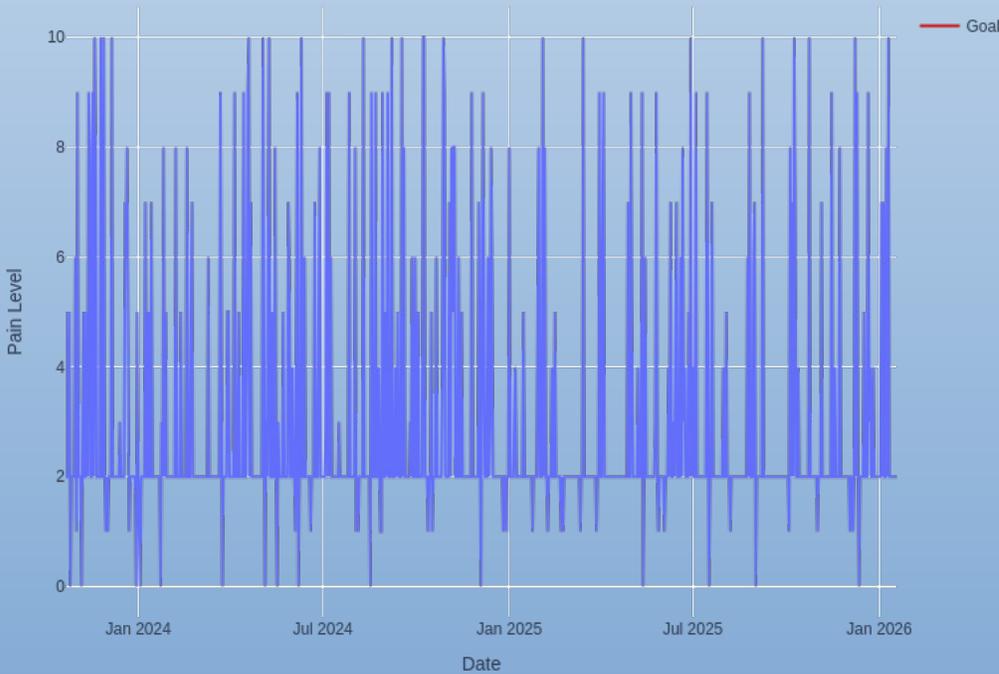| Year	Yearly Average
2026	7.33
2025	7.84
2024	7.90
2023	8.11

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Daily Pain Level   Date: 02/03/2026

Monthly Average (YTD): 3.33 None
Overall Average: 2.92 None
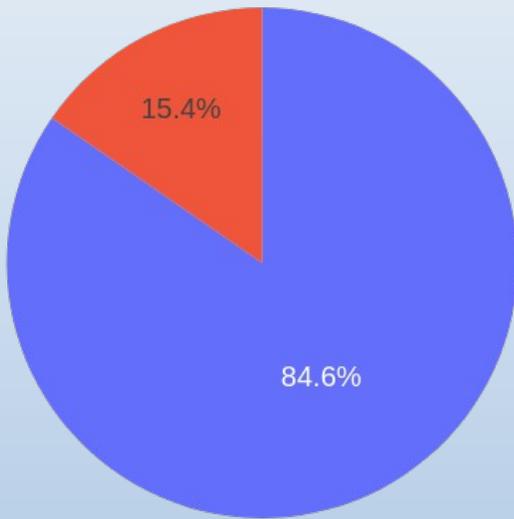
Last 12 Months

All Years

Annual Averages

Year	Yearly Average
2026	3.33
2025	2.71
2024	3.04
2023	3.27

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

YTD Average: 0.00 %
Overall Average: 16.10 %

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Last 12 Months

- Home
- Away

15.4%

84.6%

Previous Years

2025

- Home
- Away

15.9%

84.1%

2024

- Home
- Away

17.8%

82.2%

All Years

16.1%

83.9%

- Home
- Away

2023

- Home
- Away

12.7%
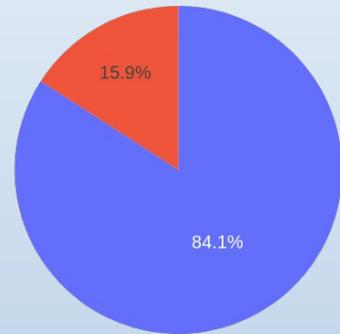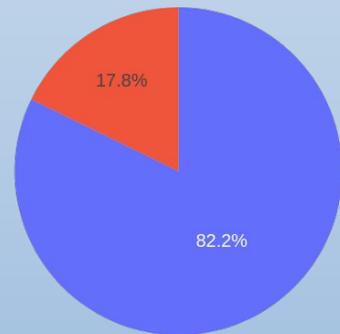
87.3%
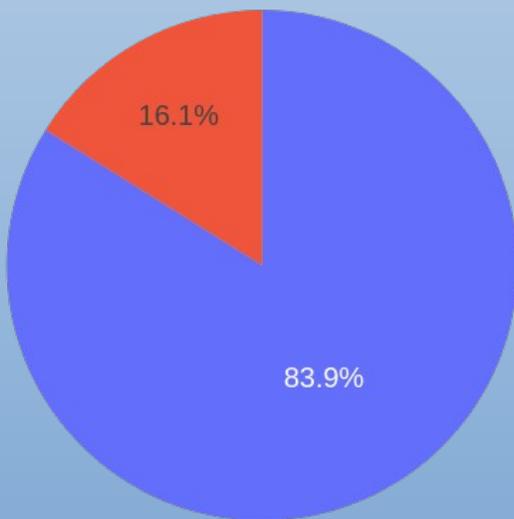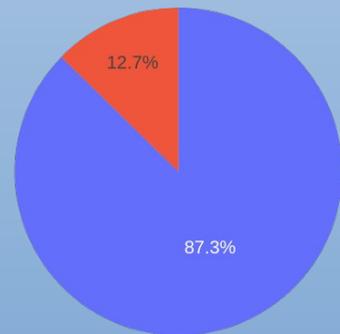
Daily Calorie Intake   Date: 02/03/2026

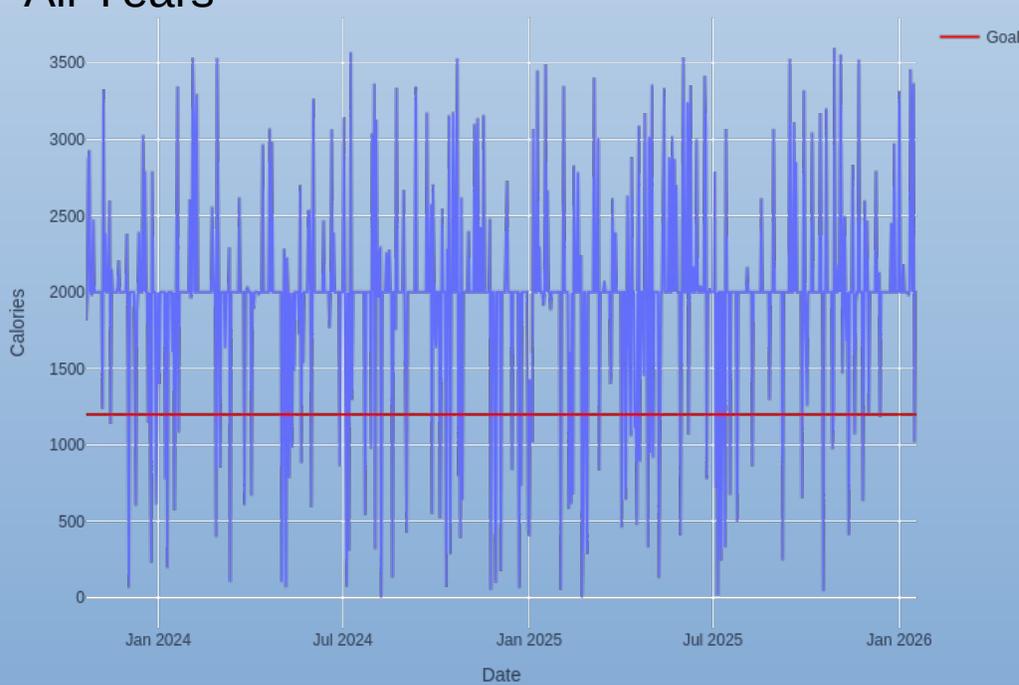Monthly Average (YTD): 2194.72 calories / day
Overall Average: 1952.97 calories / day
Current Goal: 1200 calories / day

Last 12 Months

All Years

Annual Averages

Year	Yearly Average
2026	2194.72
2025	1960.84
2024	1935.77
2023	1939.87

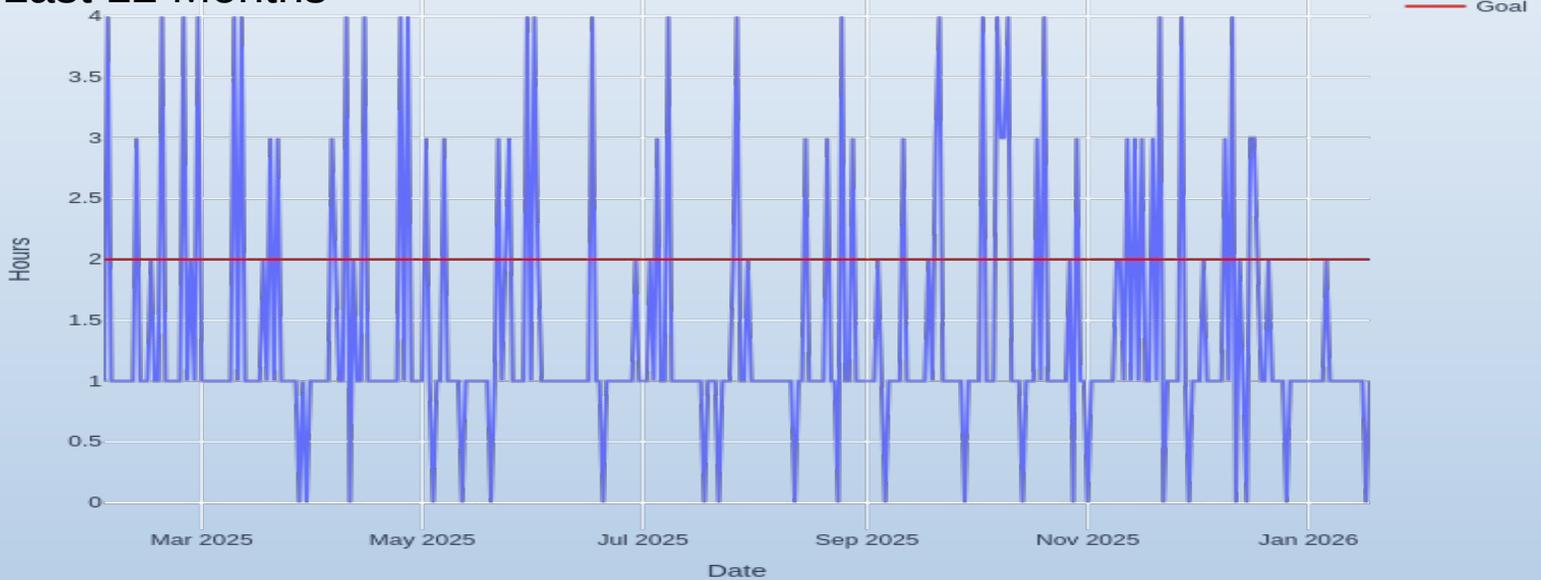# Daily Average Hours Spent With Kids   Date: 02/03/2026
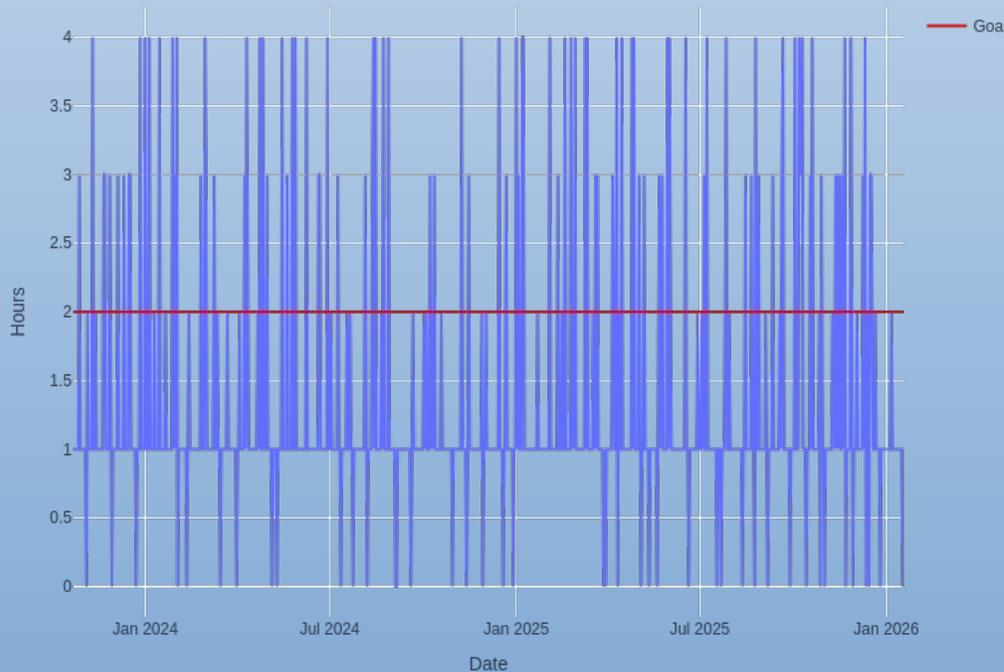
Monthly Average (YTD): 1.00 hours / day
Overall Average: 1.30 hours / day
Current Goal: 2 hours / day

Last 12 Months

All Years

Annual Averages

Year	Yearly Average
2026	1.00
2025	1.36
2024	1.26
2023	1.30

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