



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.

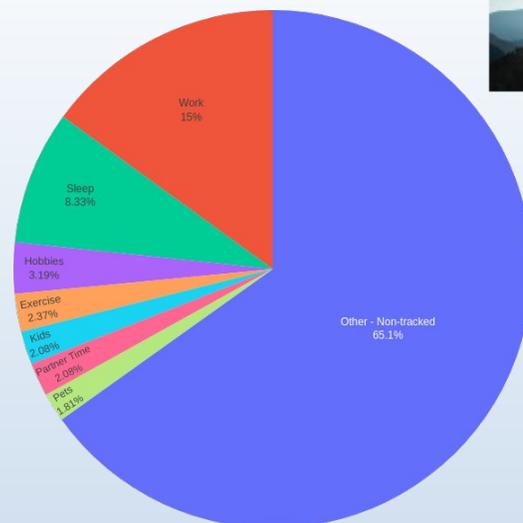
Disclaimer: The Quality of Life (QOL) platform is a self-tracking and journaling tool designed to help users reflect on personal behaviors and trends over time. All data entered by users is self-reported and interpreted independently. QOL does not offer medical, psychological, or therapeutic advice, 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.



How I Spend My Time

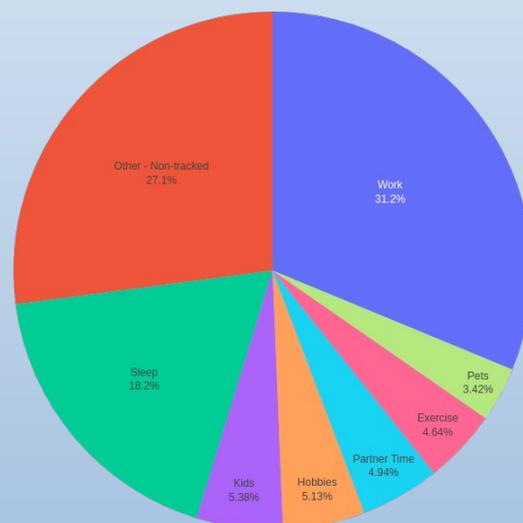
Last 30 Days (720.0 hrs)

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)



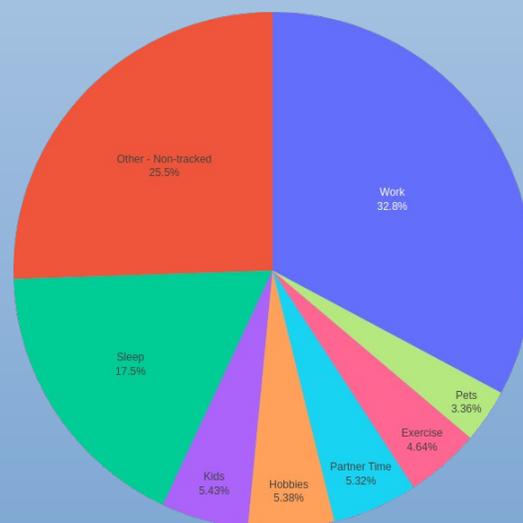
Last 12 Months (8760.0 hrs)

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)





Daily Time Spent With Significant Other

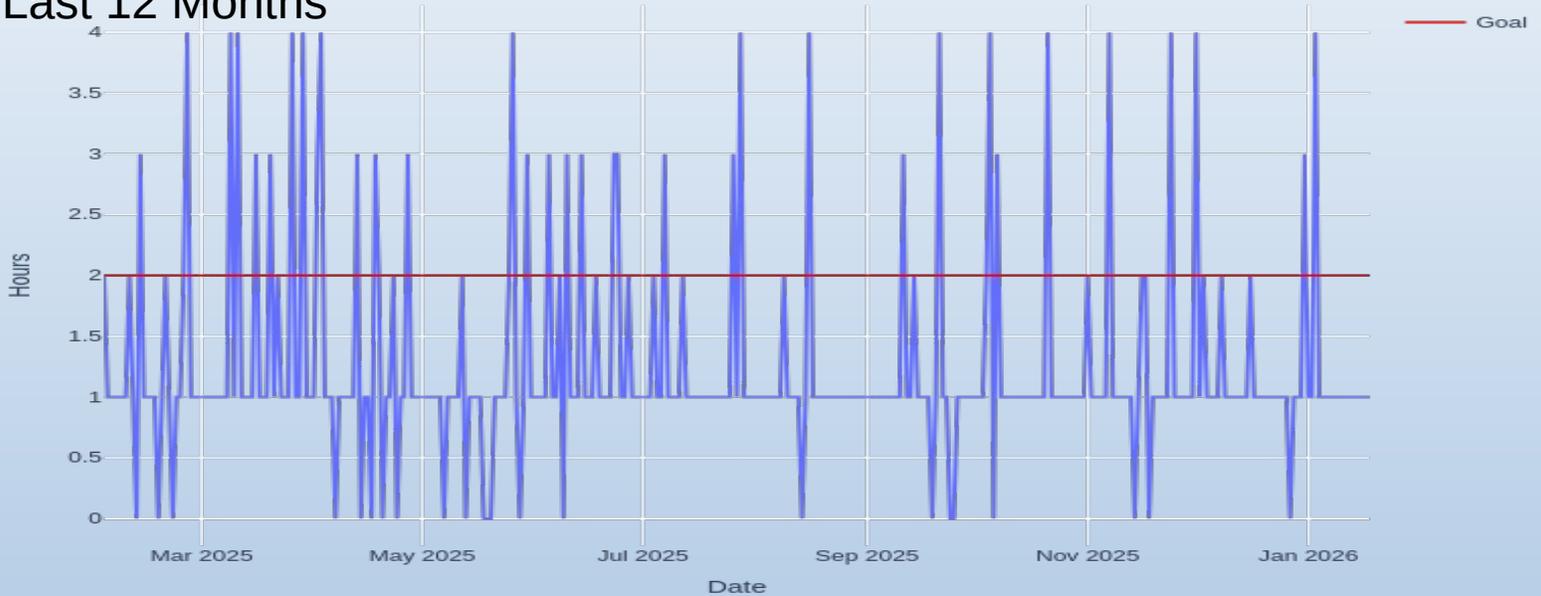
Date: 02/03/2026

Monthly Average (YTD): 1.17 hours / day

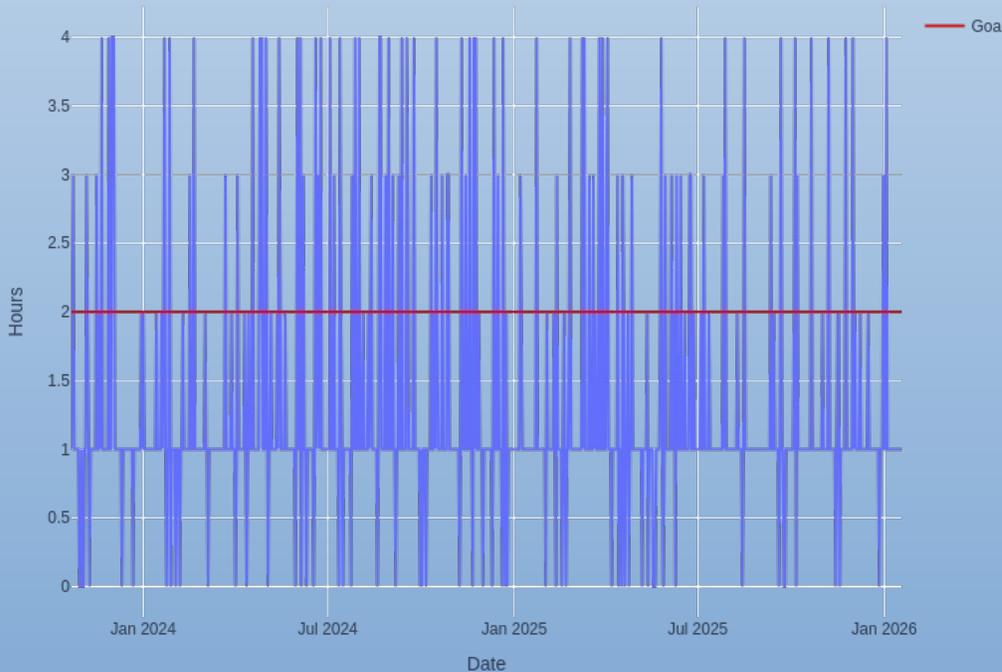
Overall Average: 1.28 hours / day

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



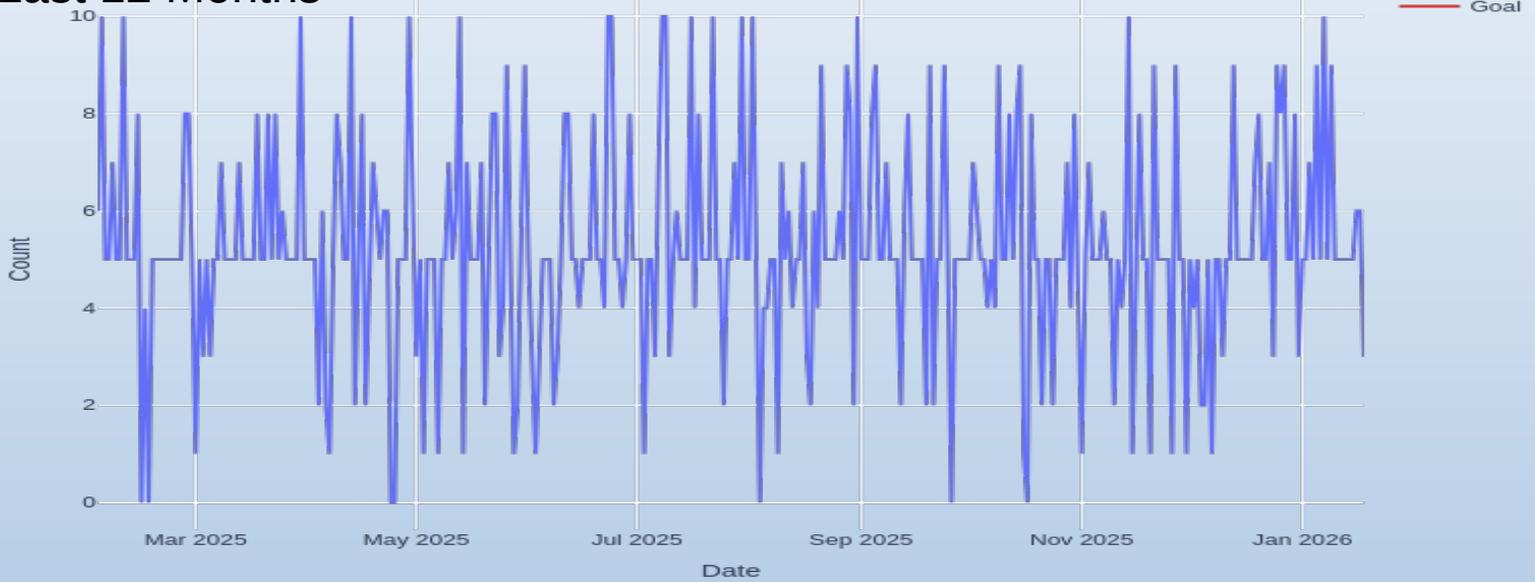
Was Today A Good Day?

Date: 02/03/2026

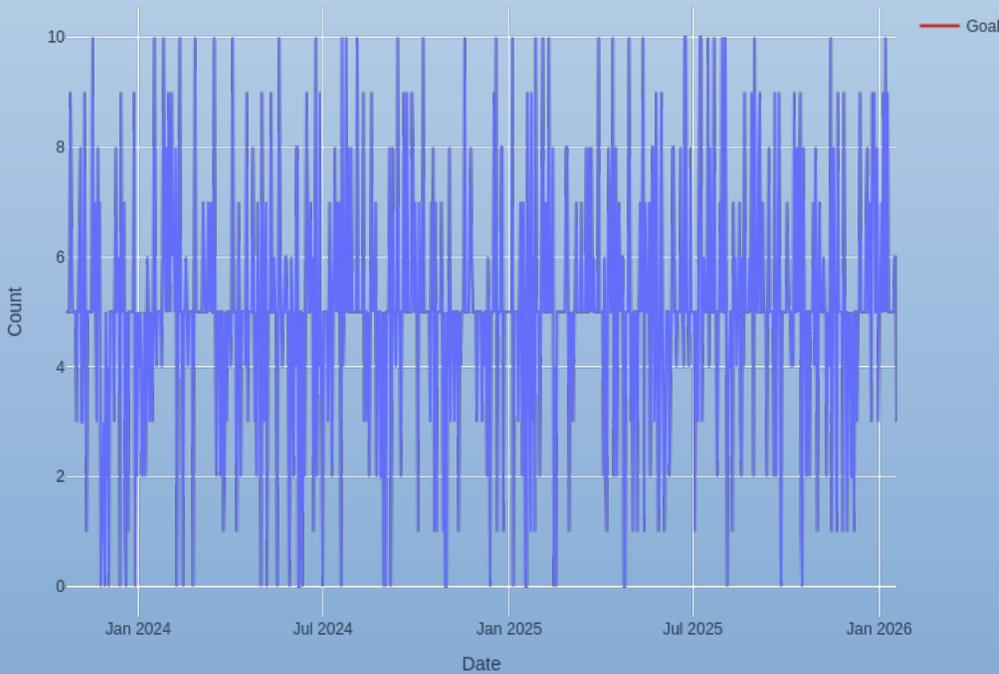
Monthly Average (YTD): 5.83 None

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



Time Spent Exercising / Working Out

Date: 02/03/2026

Monthly Average (YTD): 65.56 minutes / day

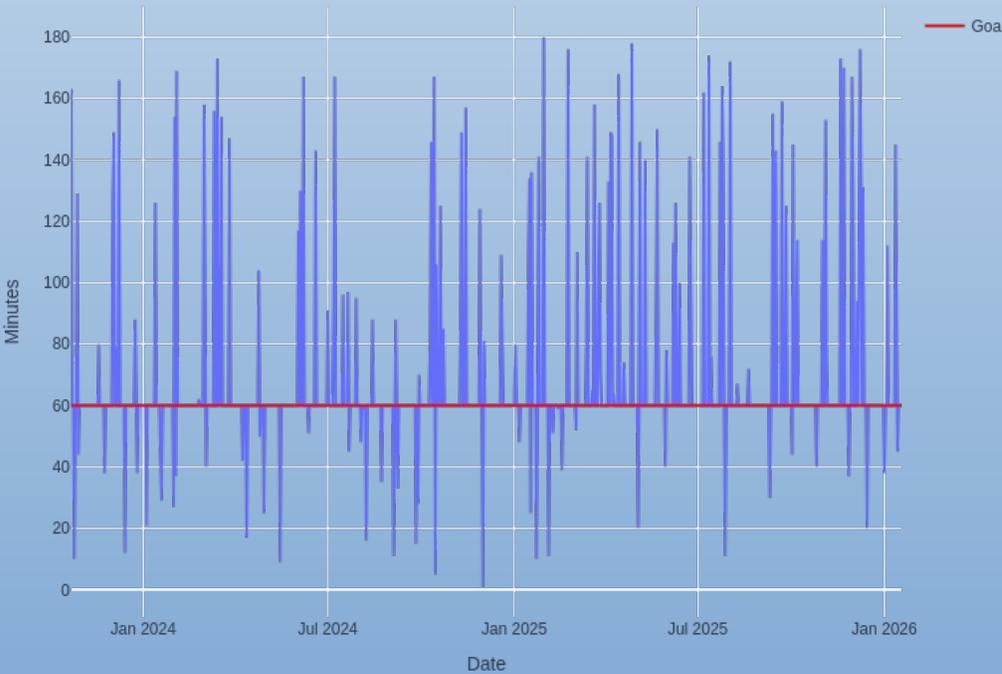
Overall Average: 66.83 minutes / day

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

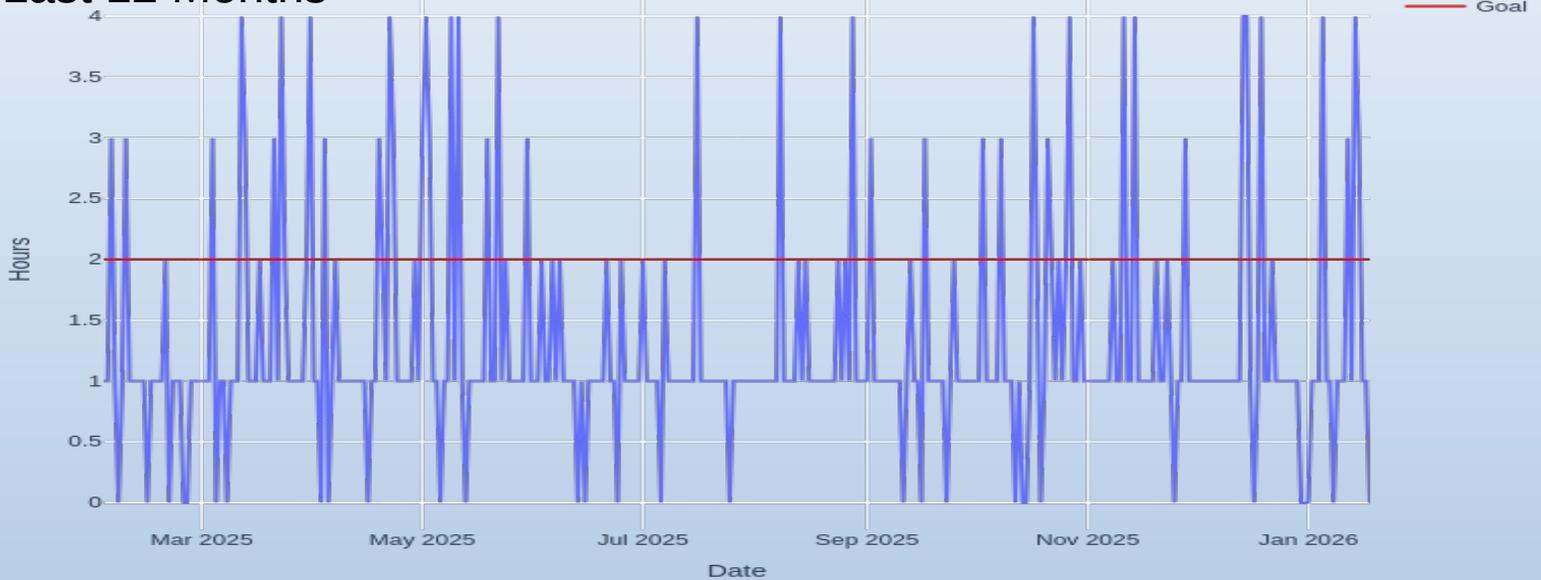
Date: 02/03/2026

Monthly Average (YTD): 1.39 hours / day

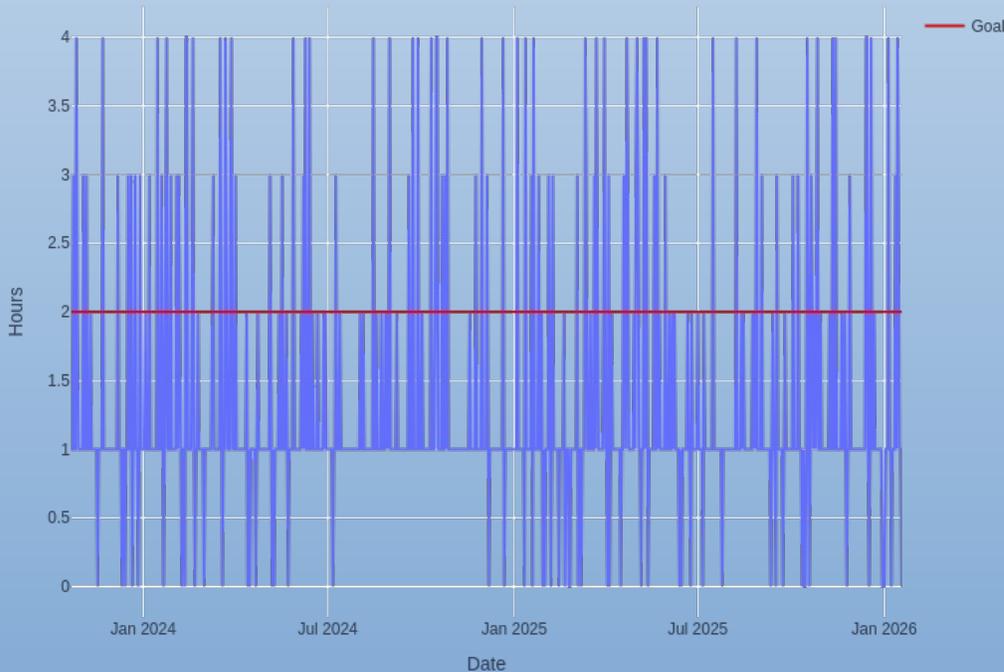
Overall Average: 1.29 hours / day

Current Goal: 2 hours / day

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

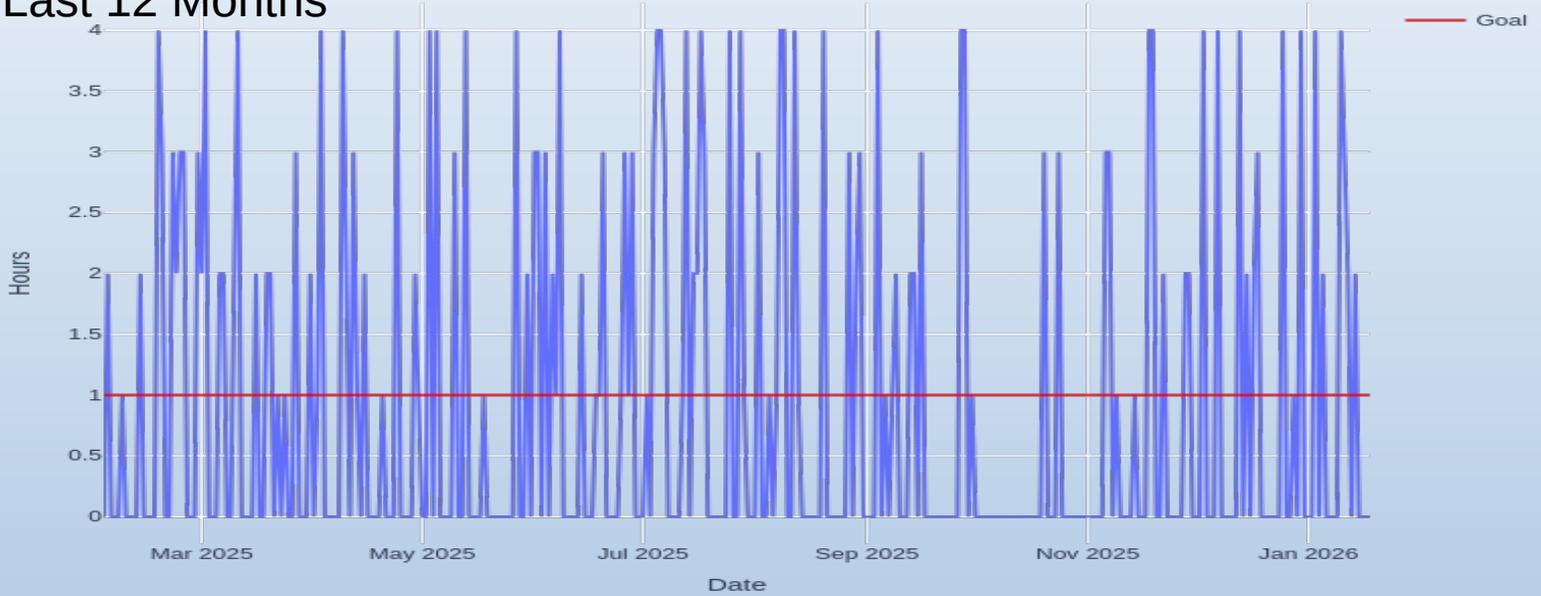
Date: 02/03/2026

Monthly Average (YTD): 0.94 hours / day

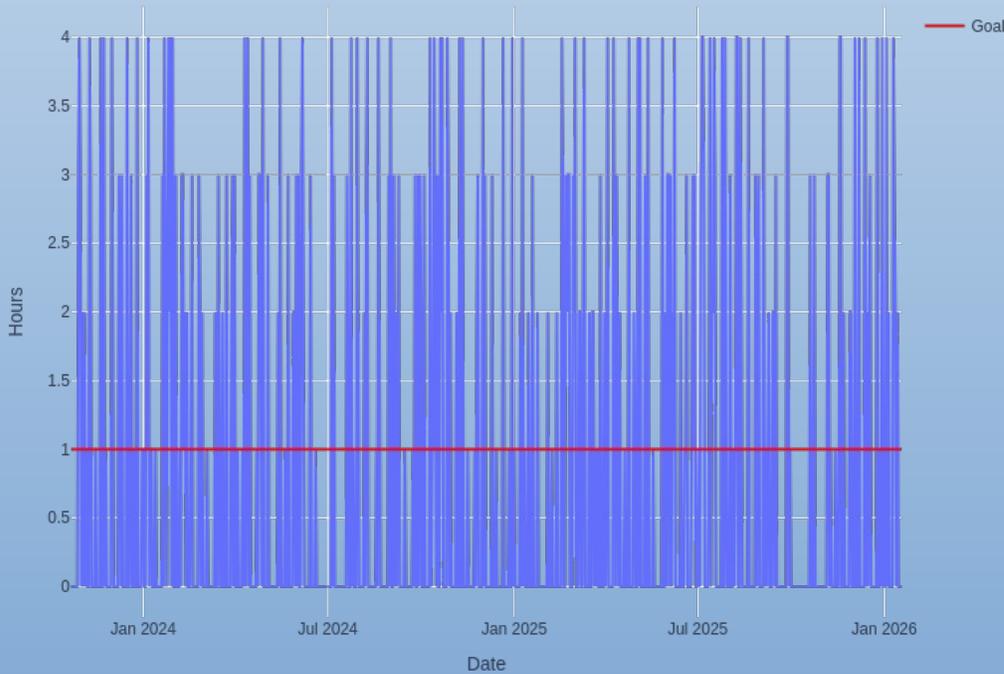
Overall Average: 0.81 hours / day

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

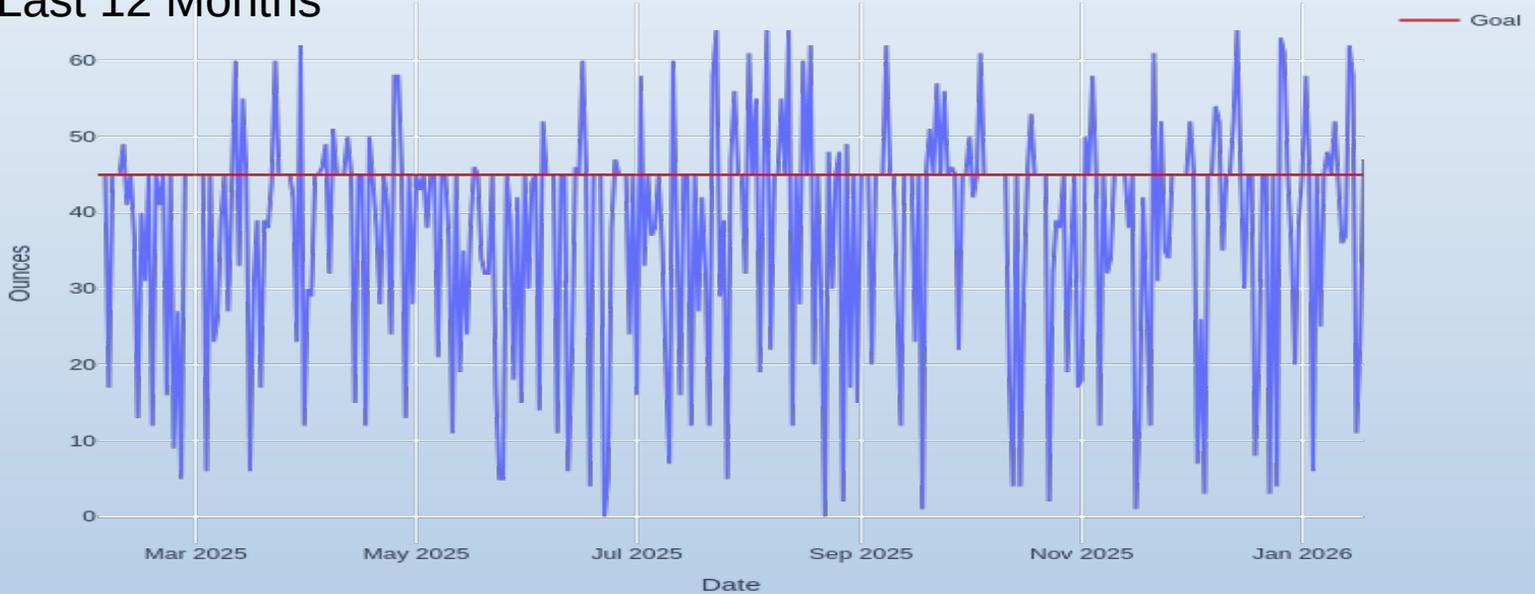
Date: 02/03/2026

Monthly Average (YTD): 40.72 ounces / day

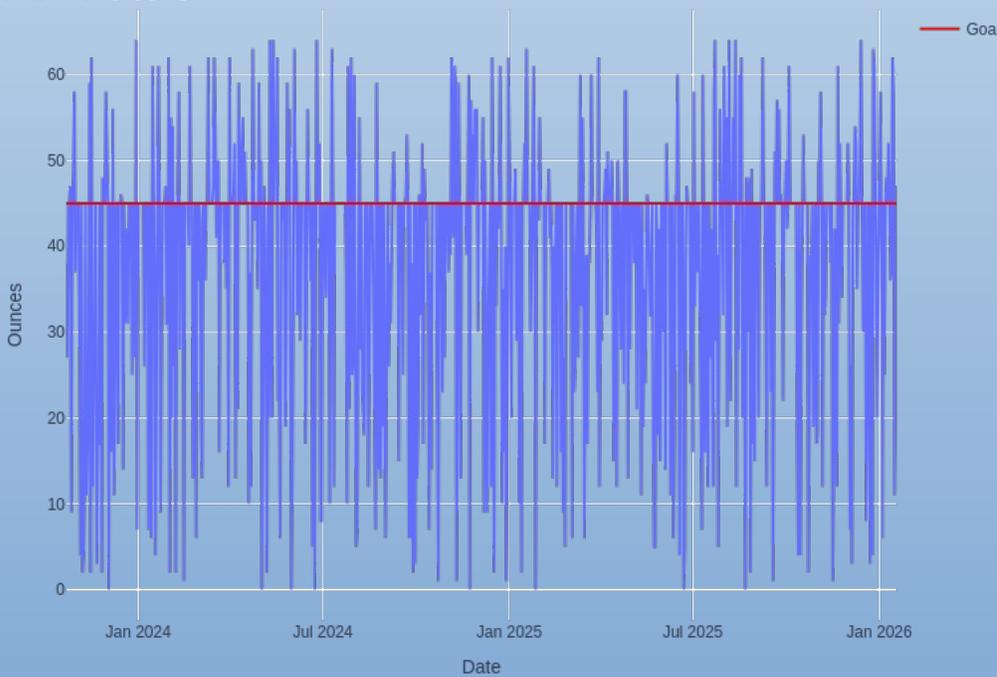
Overall Average: 37.67 ounces / day

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

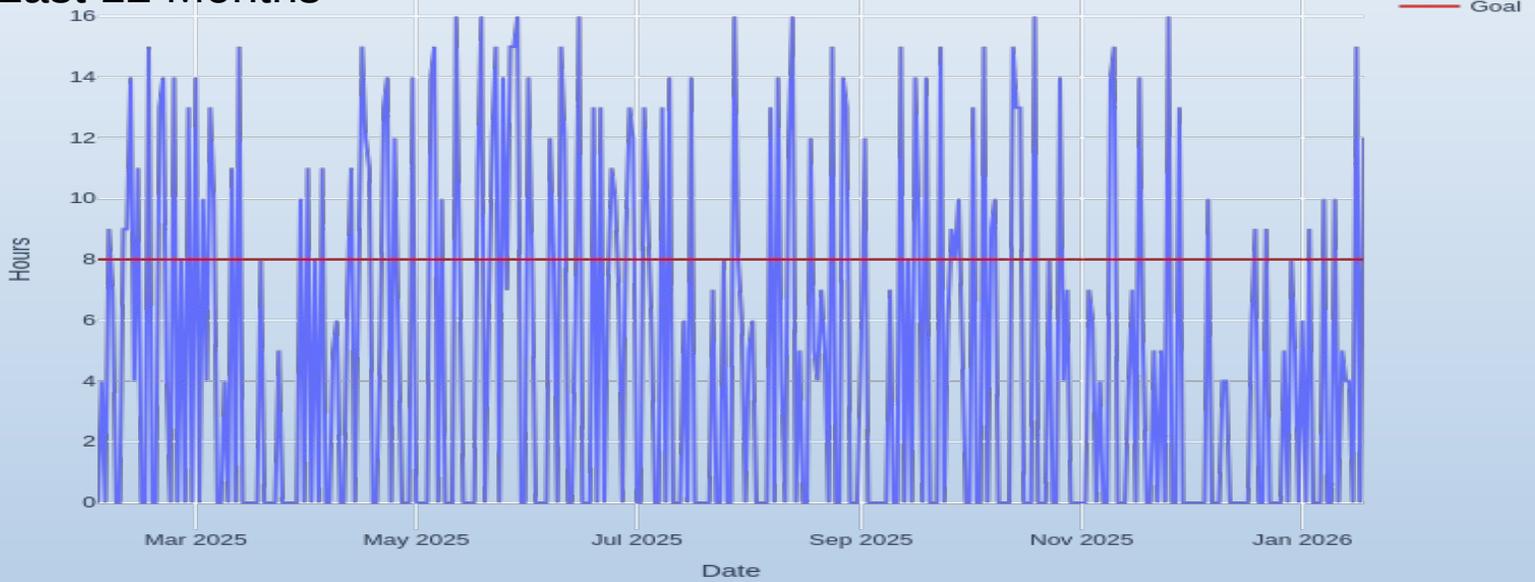
Date: 02/03/2026

Monthly Average (YTD): 4.17 hours / day

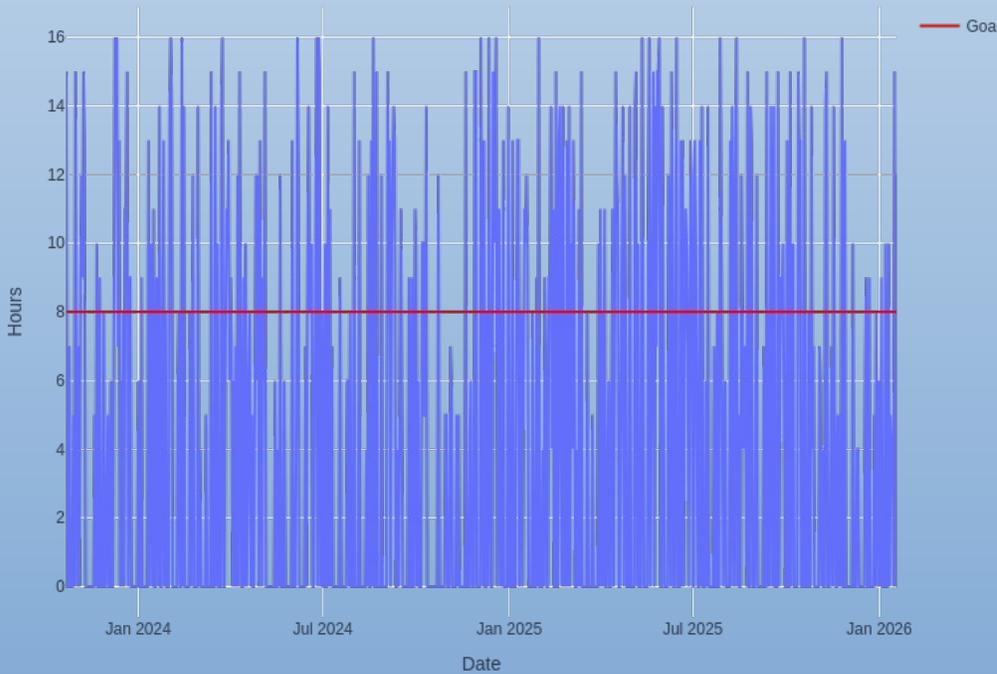
Overall Average: 4.20 hours / day

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



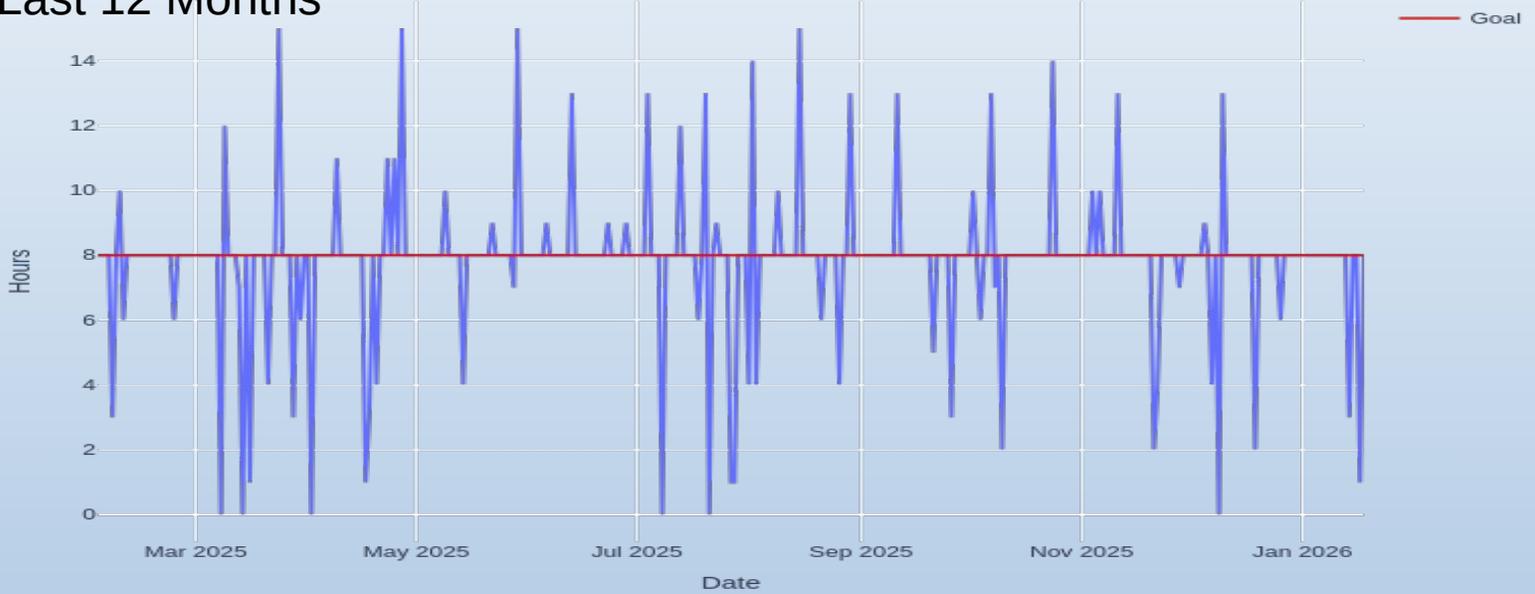
Daily Work Time Date: 02/03/2026

Monthly Average (YTD): 7.33 hours / day

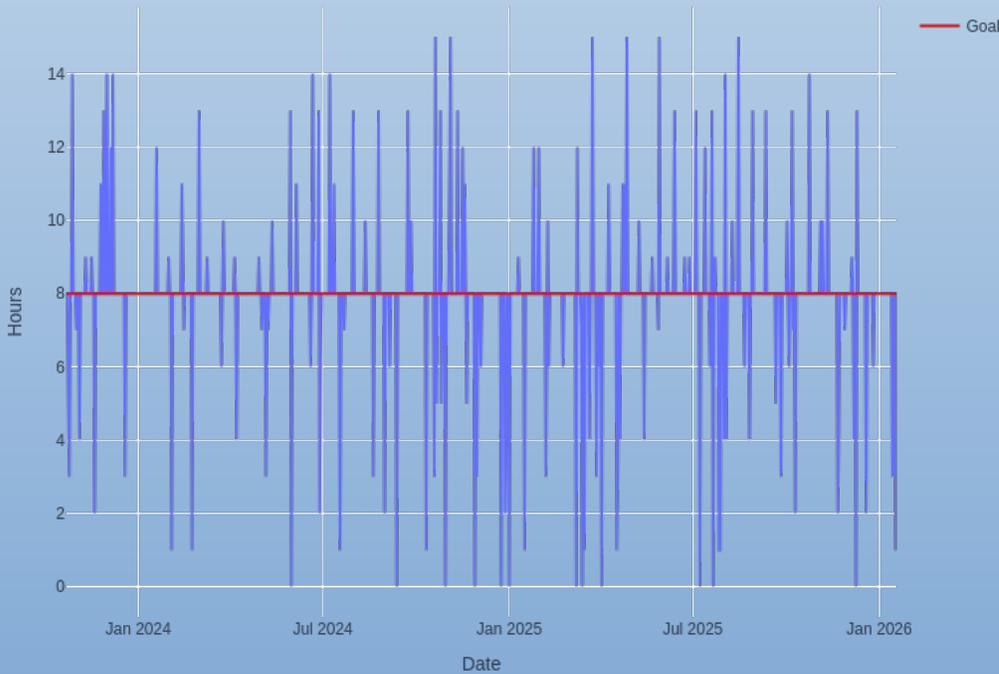
Overall Average: 7.88 hours / day

Current Goal: 8 hours / day

Last 12 Months



All Years



Annual Averages

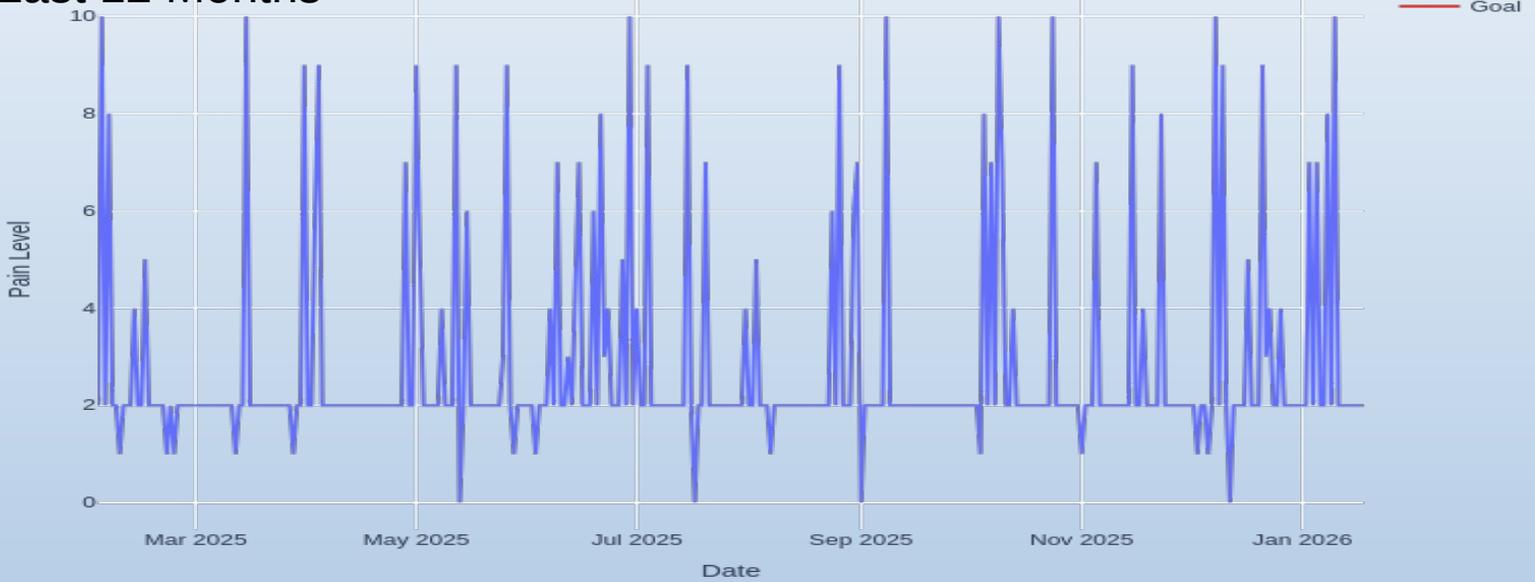
Year	Yearly Average
2026	7.33
2025	7.84
2024	7.90
2023	8.11



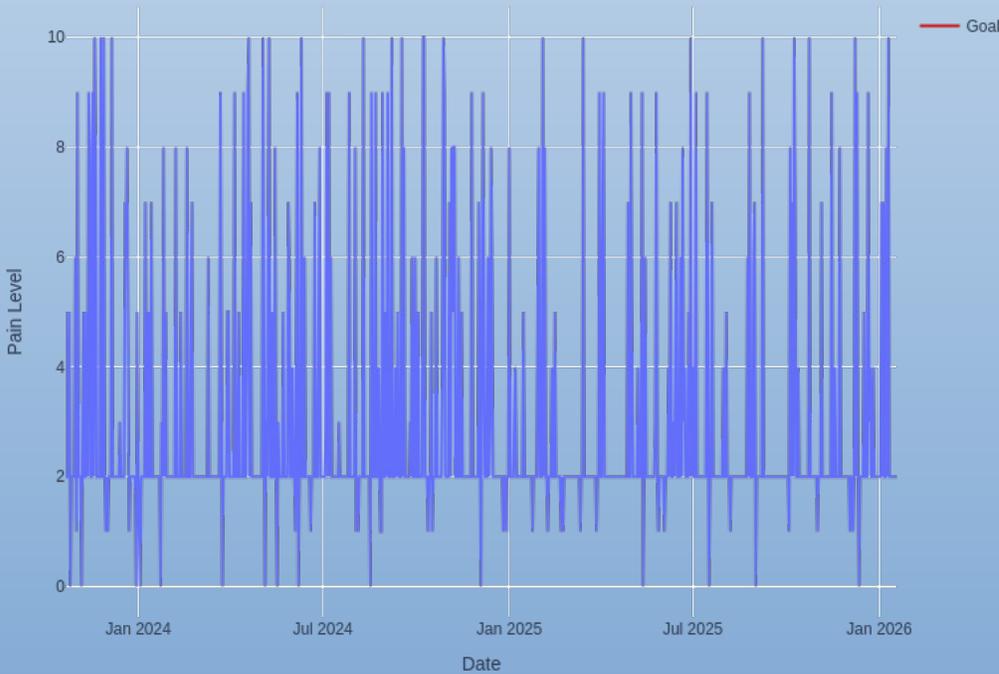
Daily Pain Level Date: 02/03/2026

Monthly Average (YTD): 3.33 None
Overall Average: 2.92 None

Last 12 Months



All Years



Annual Averages

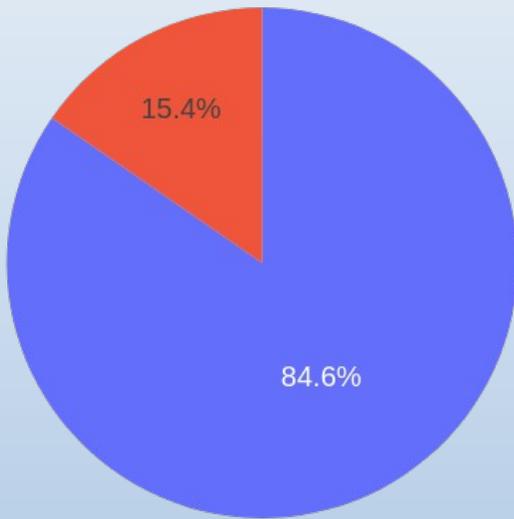
Year	Yearly Average
2026	3.33
2025	2.71
2024	3.04
2023	3.27



YTD Average: 0.00 %

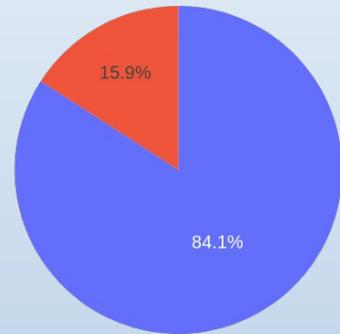
Overall Average: 16.10 %

Last 12 Months

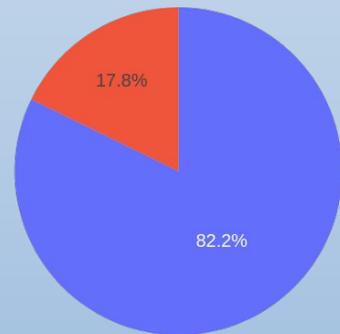


Previous Years

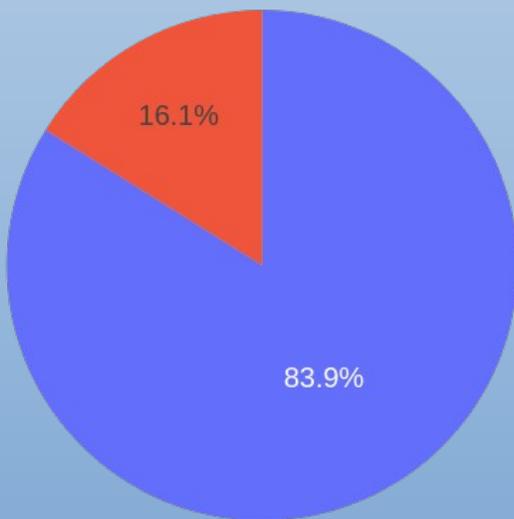
2025



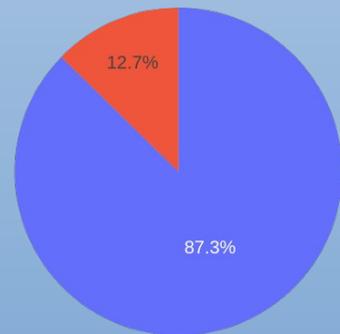
2024



All Years



2023





Daily Calorie Intake Date: 02/03/2026

Monthly Average (YTD): 2194.72 calories / day

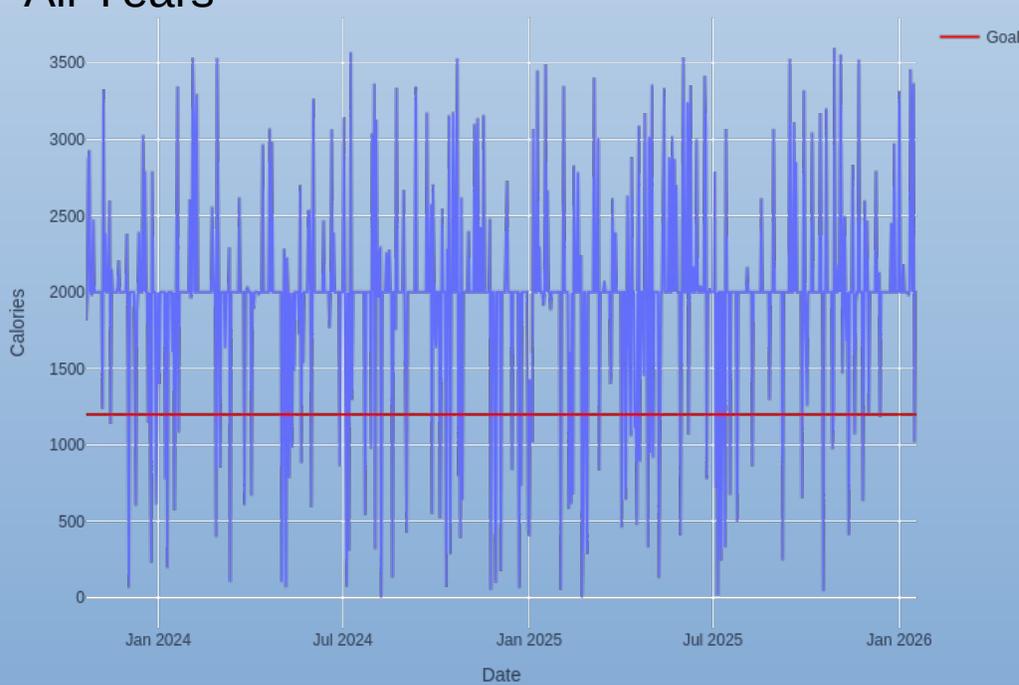
Overall Average: 1952.97 calories / day

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

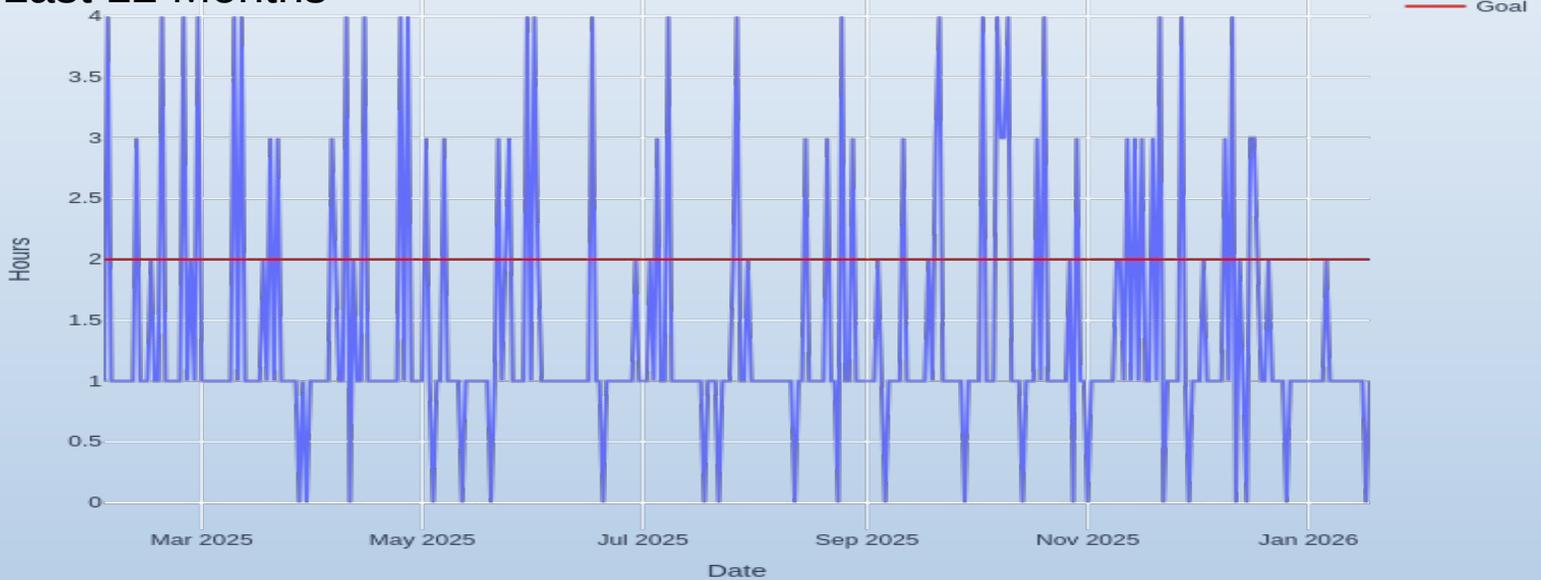
Date: 02/03/2026

Monthly Average (YTD): 1.00 hours / day

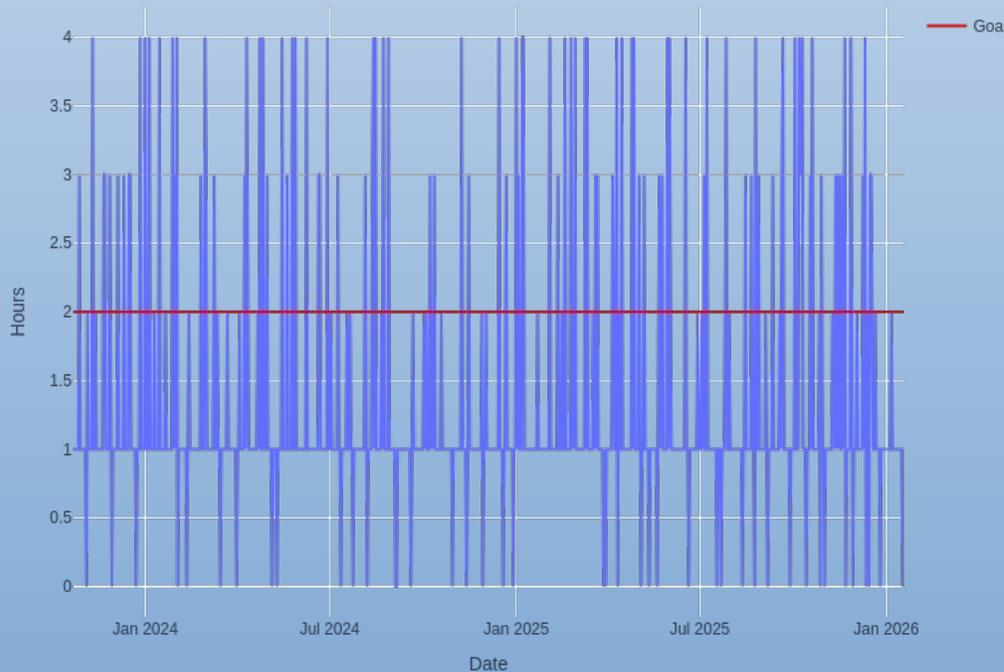
Overall Average: 1.30 hours / day

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