



Daily QOL Report for: John S.

Date: 02/02/2026

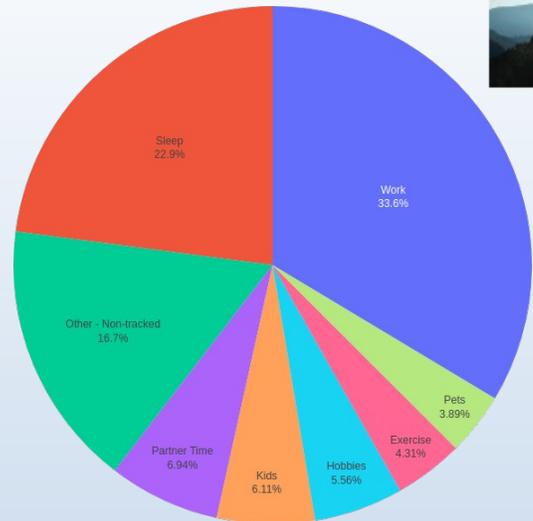
Please note: The data contained in this sample report is created based on randomly generated data. Your report would likely look a little less chaotic.



# How I Spend My Time

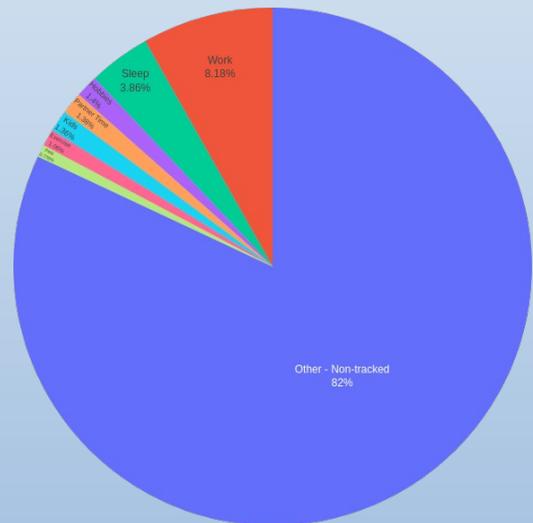
## Last 30 Days (720.0 hrs)

Work	33.6%	(242.0 hrs)
Sleep	22.9%	(165.0 hrs)
Partner Time	6.9%	(50.0 hrs)
Kids	6.1%	(44.0 hrs)
Hobbies	5.6%	(40.0 hrs)
Exercise	4.3%	(31.0 hrs)
Pets	3.9%	(28.0 hrs)
Other - Non-tracked	16.7%	(120.0 hrs)



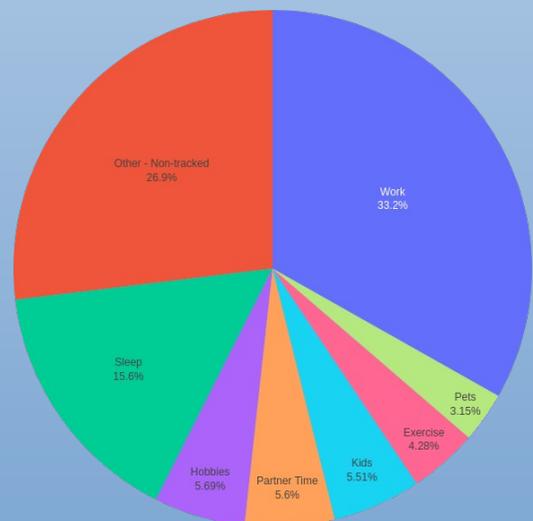
## Last 12 Months (8760.0 hrs)

Work	8.2%	(717.0 hrs)
Sleep	3.9%	(338.0 hrs)
Hobbies	1.4%	(123.0 hrs)
Partner Time	1.4%	(121.0 hrs)
Kids	1.4%	(119.0 hrs)
Exercise	1.1%	(92.5 hrs)
Pets	0.8%	(68.0 hrs)
Other - Non-tracked	82.0%	(7181.5 hrs)



## All Time (90.0 days / 2160.0 hrs)

Work	33.2%	(717.0 hrs)
Sleep	15.6%	(338.0 hrs)
Hobbies	5.7%	(123.0 hrs)
Partner Time	5.6%	(121.0 hrs)
Kids	5.5%	(119.0 hrs)
Exercise	4.3%	(92.5 hrs)
Pets	3.1%	(68.0 hrs)
Other - Non-tracked	26.9%	(581.5 hrs)

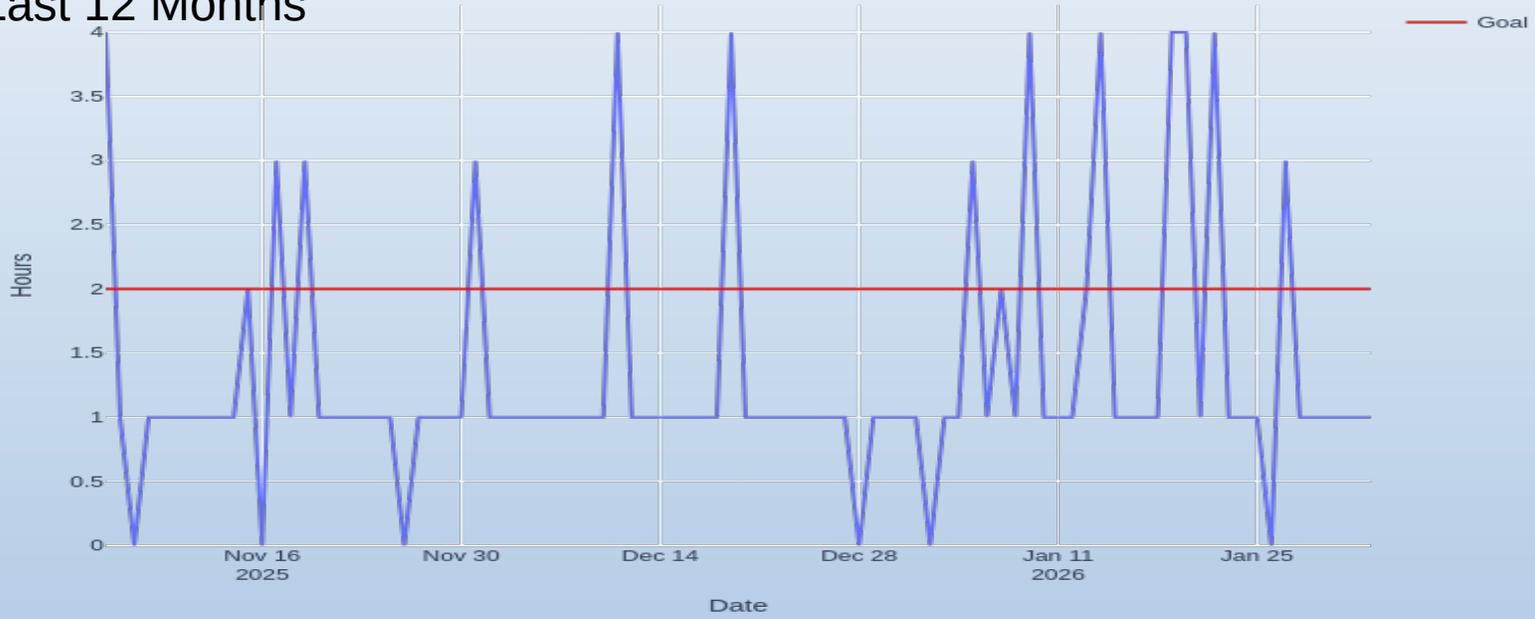




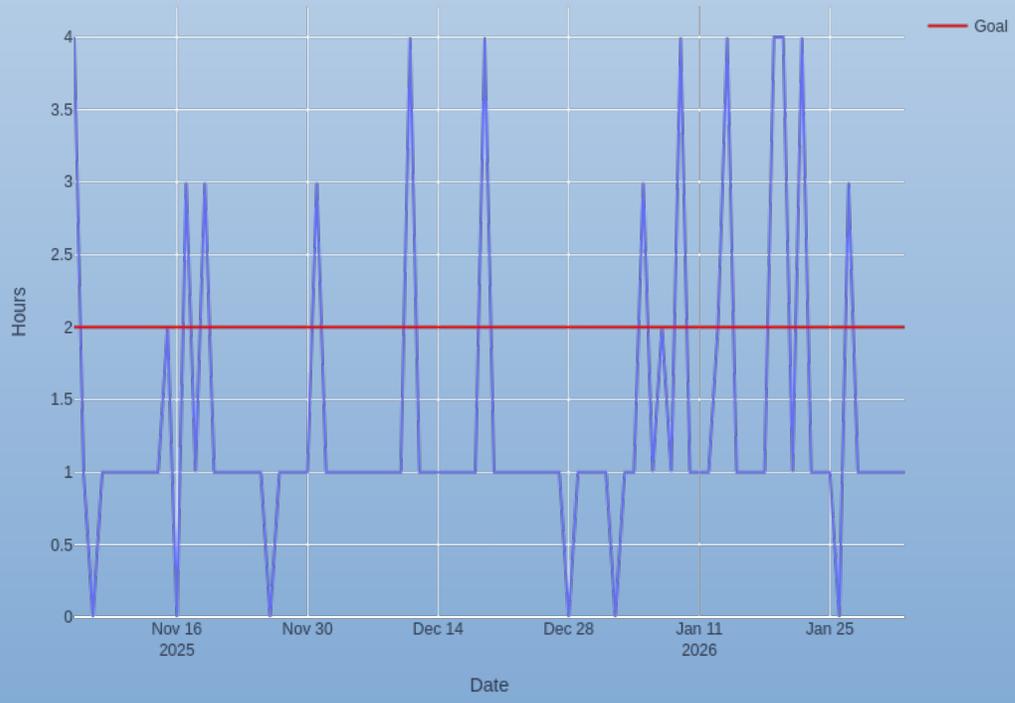
# Daily Time Spent With Significant Other Date: 02/03/2026

Monthly Average (YTD): 1.58 hours / day  
Overall Average: 1.34 hours / day  
Current Goal: 2 hours / day

## Last 12 Months



## All Years



## Annual Averages

Year	Yearly Average
2026	1.58
2025	1.21



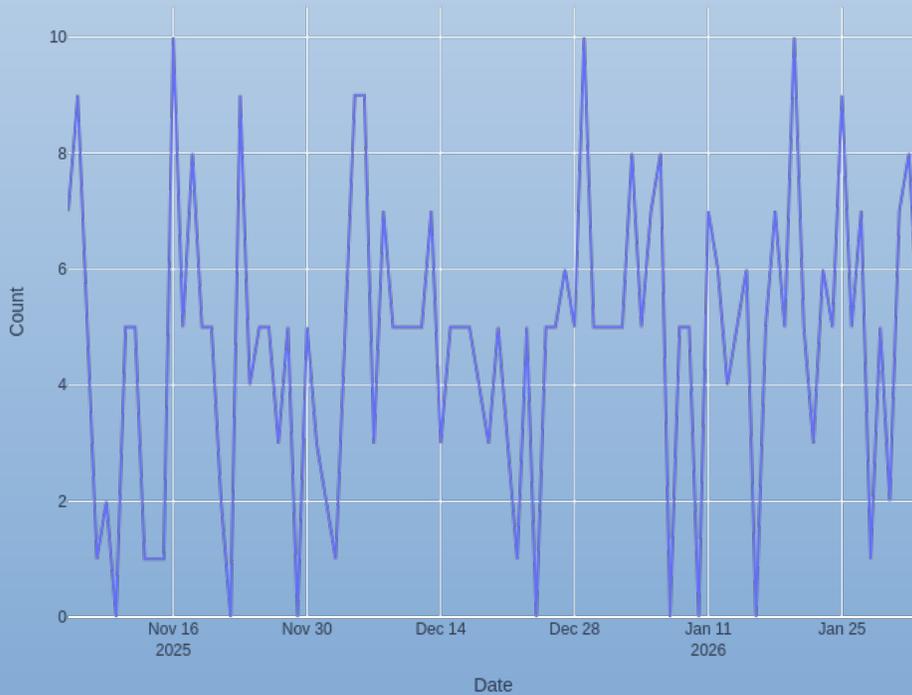
Was Today A Good Day? Date: 02/03/2026

Monthly Average (YTD): 5.18 None  
Overall Average: 4.72 None

### Last 12 Months



### All Years



### Annual Averages

Year	Yearly Average
2026	5.18
2025	4.46



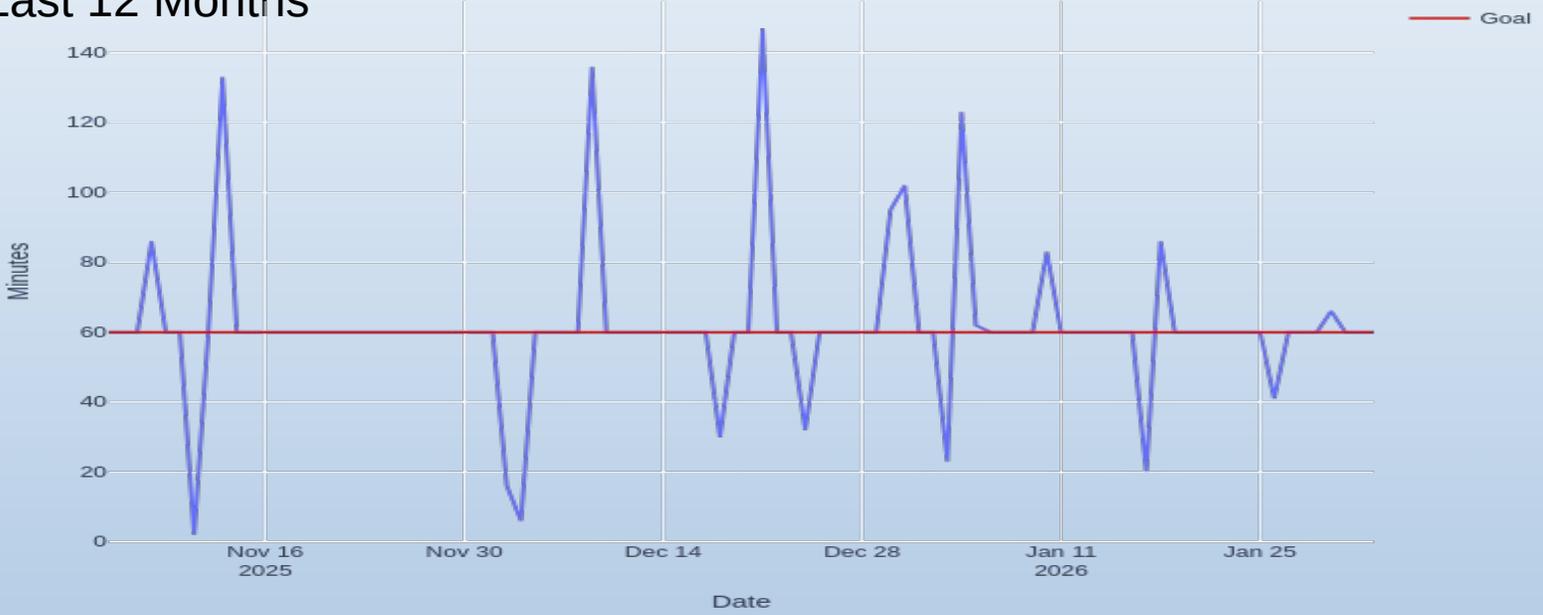
Time Spent Exercising / Working Out Date: 02/03/2026

Monthly Average (YTD): 60.73 minutes / day

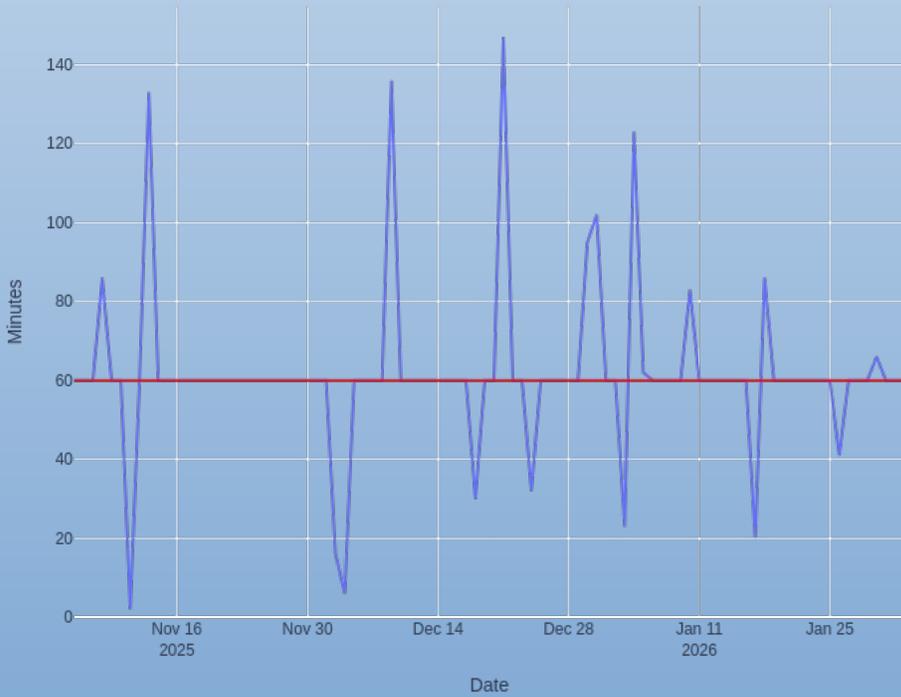
Overall Average: 61.66 minutes / day

Current Goal: 60 minutes / day

### Last 12 Months



### All Years



### Annual Averages

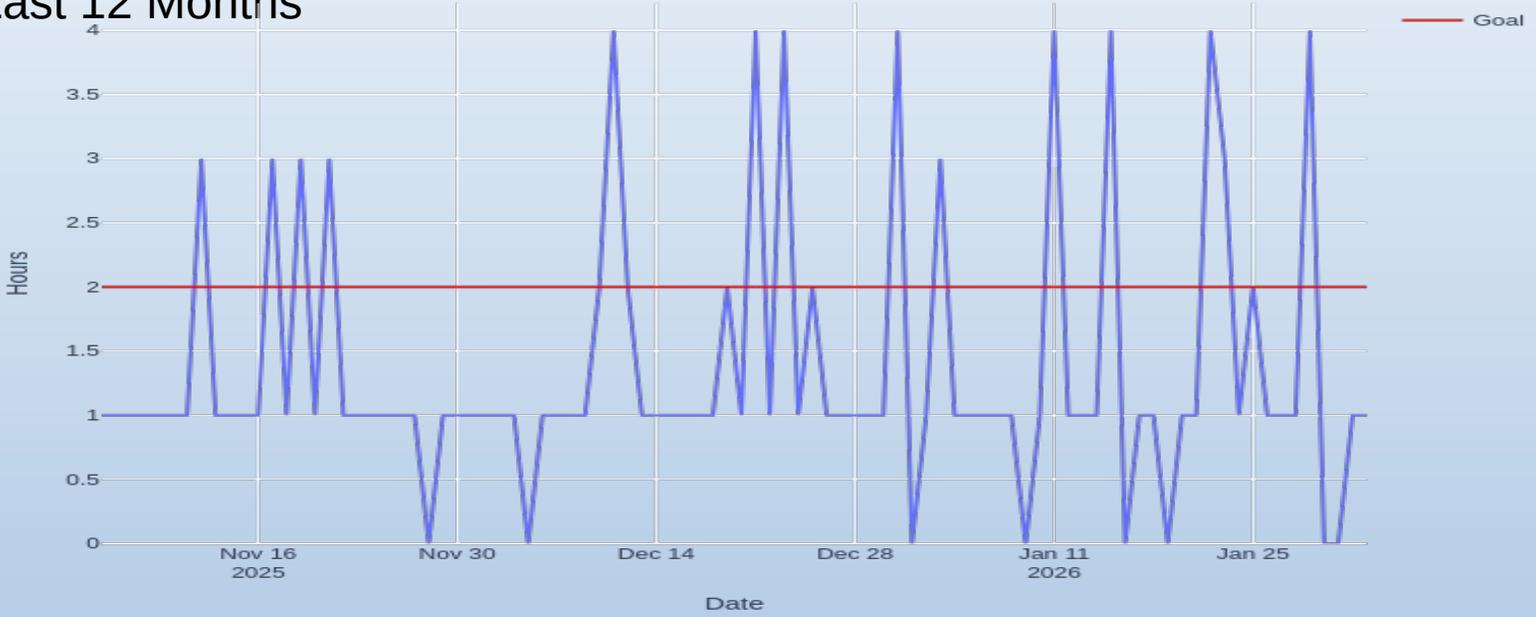
Year	Yearly Average
2026	60.73
2025	62.19



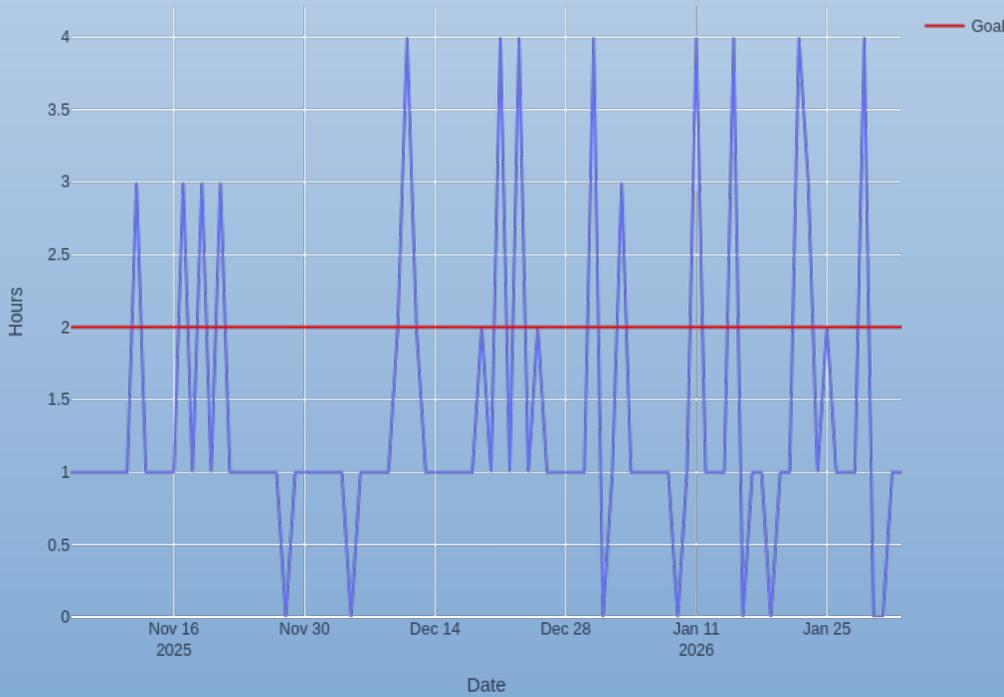
# Daily Time Spent Doing a Hobby Date: 02/03/2026

Monthly Average (YTD): 1.33 hours / day  
Overall Average: 1.37 hours / day  
Current Goal: 2 hours / day

## Last 12 Months



## All Years



## Annual Averages

Year	Yearly Average
2026	1.33
2025	1.39



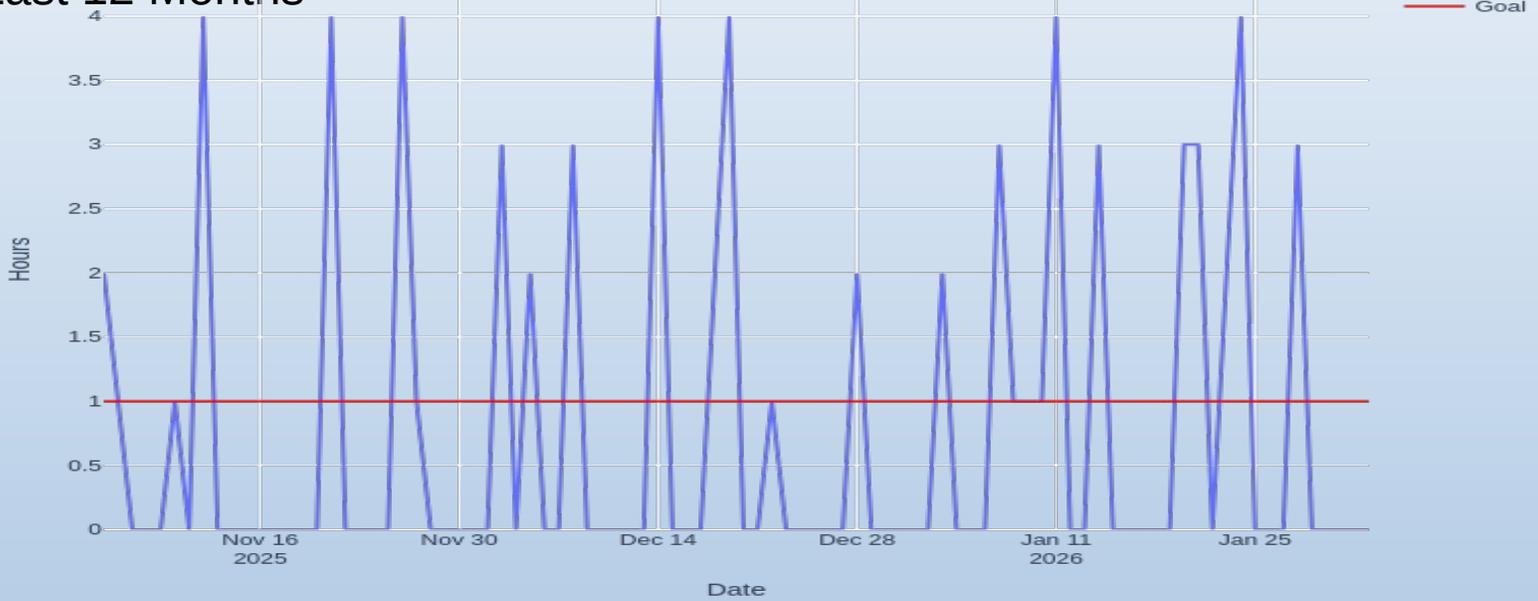
# Daily Time Spent With Pets Date: 02/03/2026

Monthly Average (YTD): 0.91 hours / day

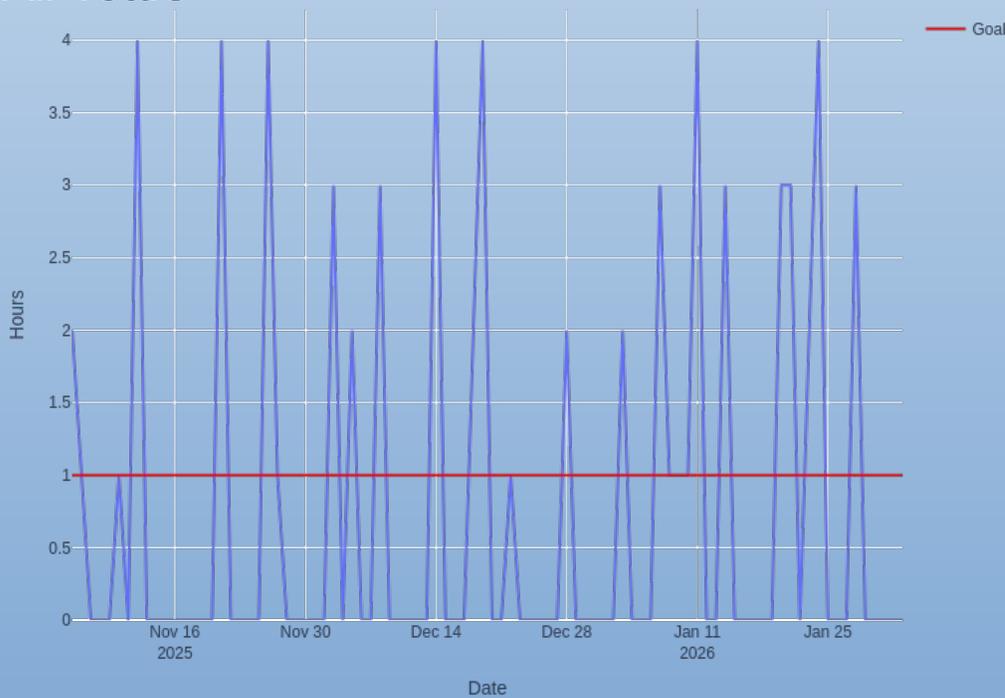
Overall Average: 0.76 hours / day

Current Goal: 1 hours / day

## Last 12 Months



## All Years



## Annual Averages

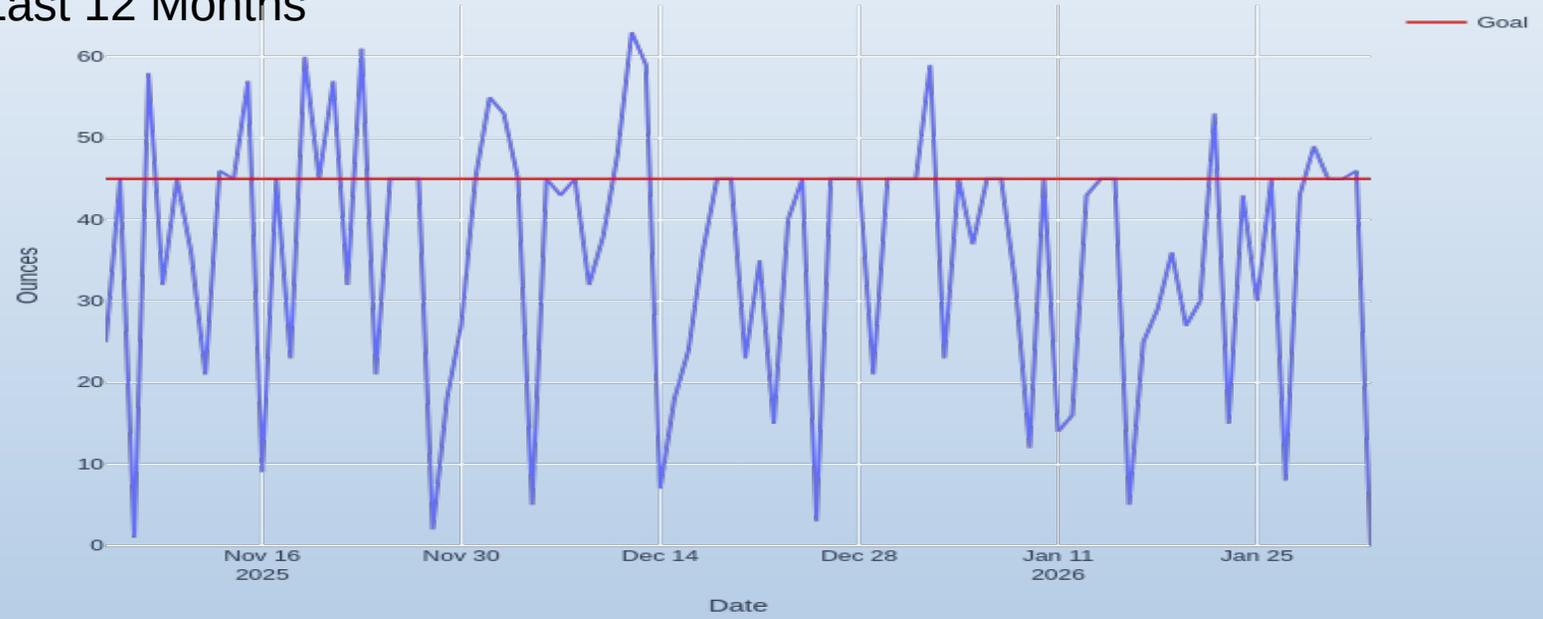
Year	Yearly Average
2026	0.91
2025	0.67



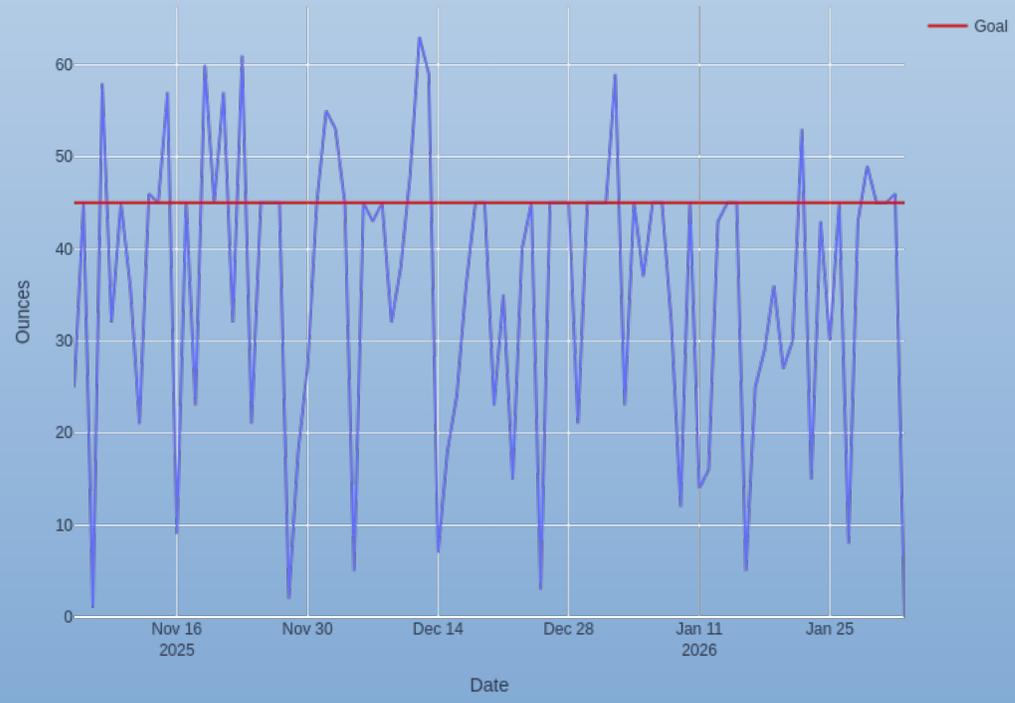
Daily Water Consumption Date: 02/03/2026

Monthly Average (YTD): 34.09 ounces / day  
Overall Average: 35.88 ounces / day  
Current Goal: 45 ounces / day

### Last 12 Months



### All Years



### Annual Averages

Year	Yearly Average
2026	34.09
2025	36.91



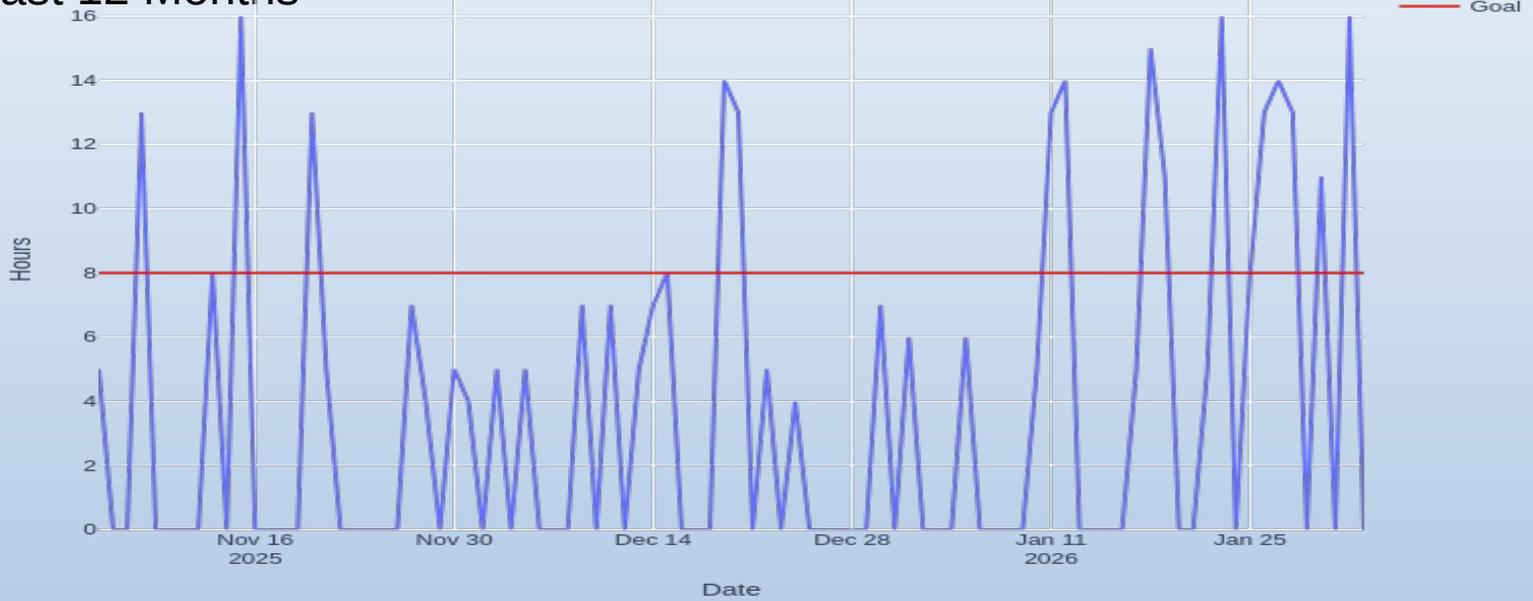
Daily Sleep Duration Date: 02/03/2026

Monthly Average (YTD): 5.18 hours / day

Overall Average: 3.76 hours / day

Current Goal: 8 hours / day

### Last 12 Months



### All Years



### Annual Averages

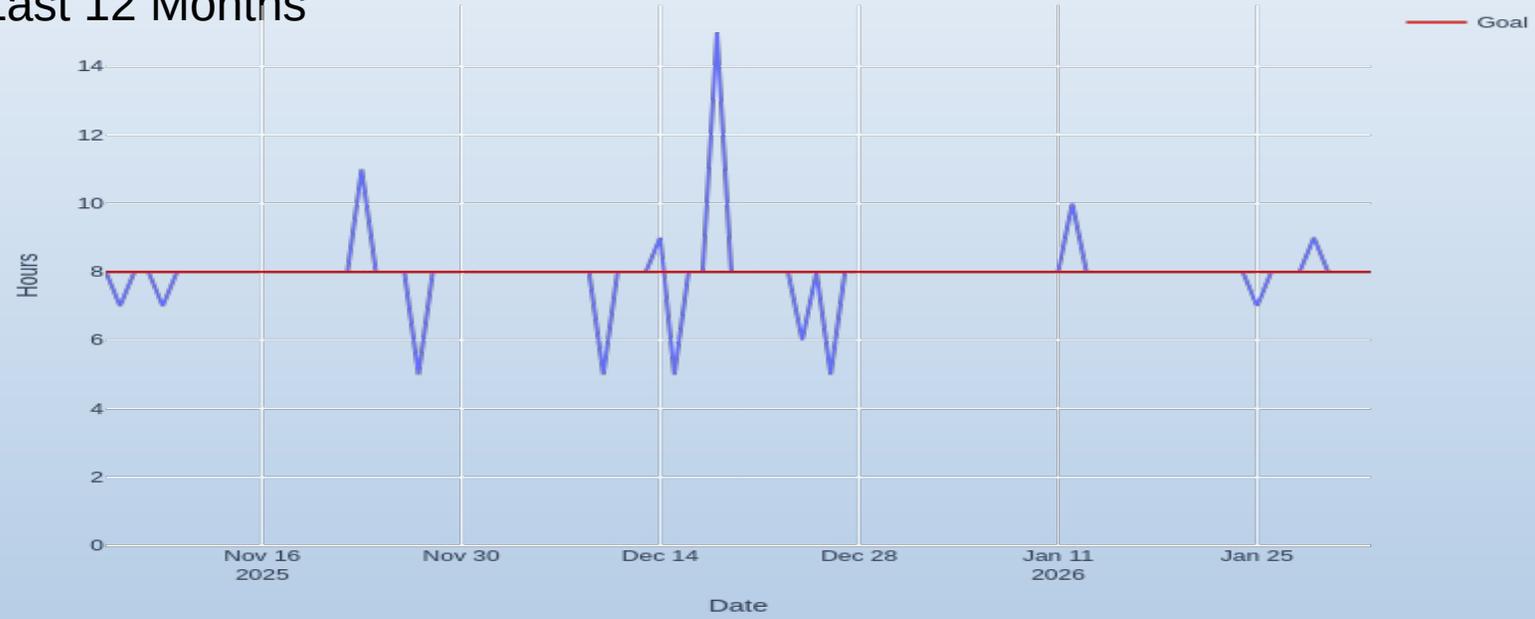
Year	Yearly Average
2026	5.18
2025	2.93



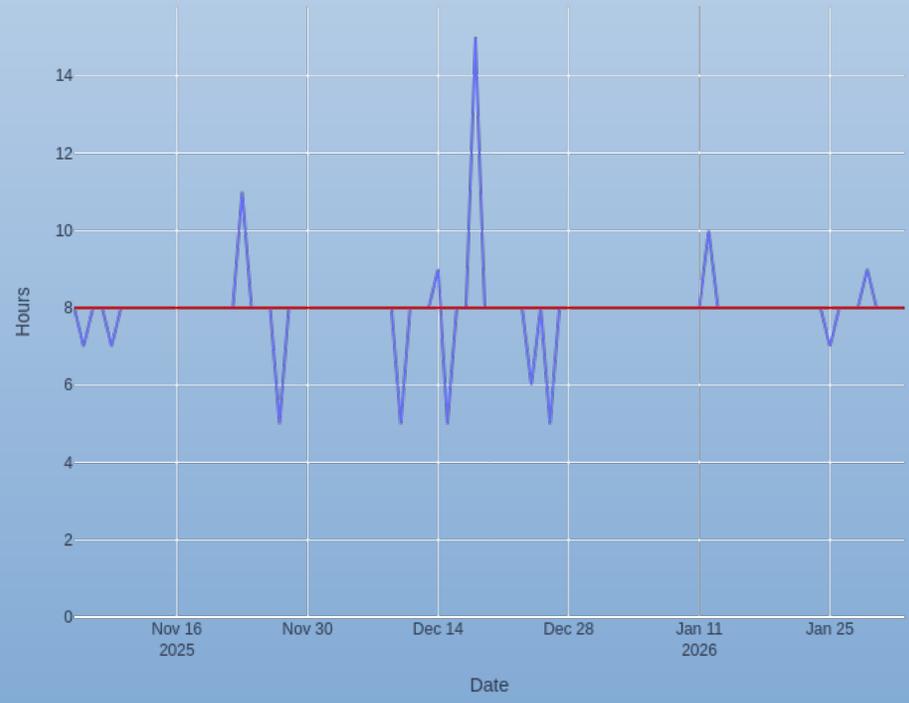
Daily Work Time Date: 02/03/2026

Monthly Average (YTD): 8.06 hours / day  
Overall Average: 7.97 hours / day  
Current Goal: 8 hours / day

### Last 12 Months



### All Years



### Annual Averages

Year	Yearly Average
2026	8.06
2025	7.91



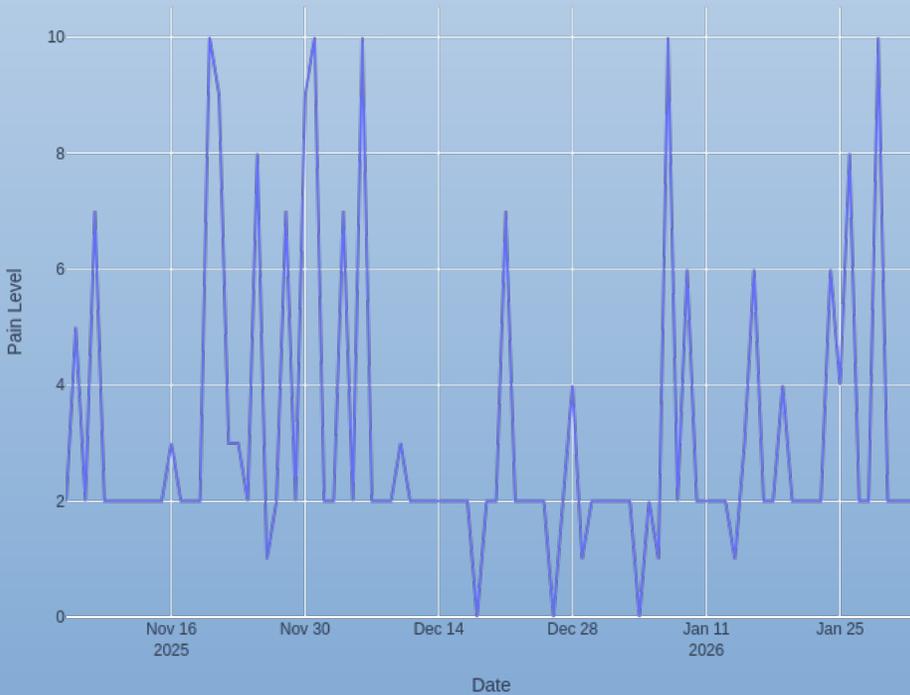
Daily Pain Level Date: 02/03/2026

Monthly Average (YTD): 3.06 None  
Overall Average: 3.13 None

### Last 12 Months



### All Years



### Annual Averages

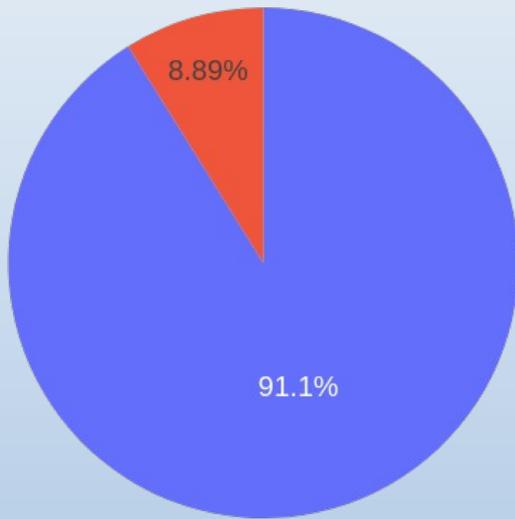
Year	Yearly Average
2026	3.06
2025	3.18



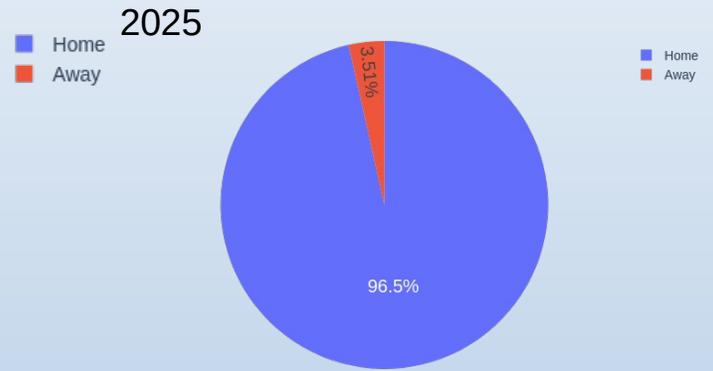
Away From Home Due To Work Date: 02/03/2026

YTD Average: 18.18 %  
Overall Average: 8.89 %

### Last 12 Months

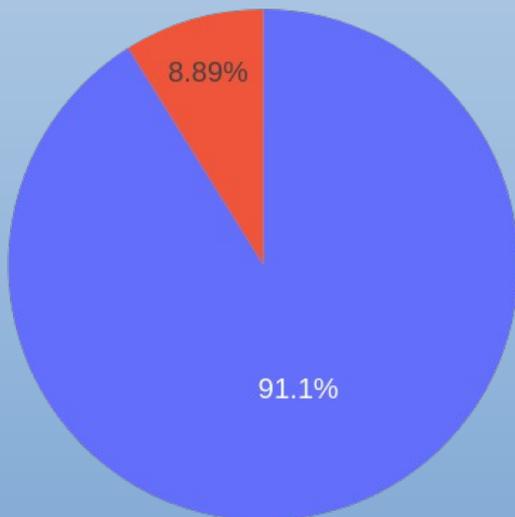


### Previous Years



2024

### All Years



2023



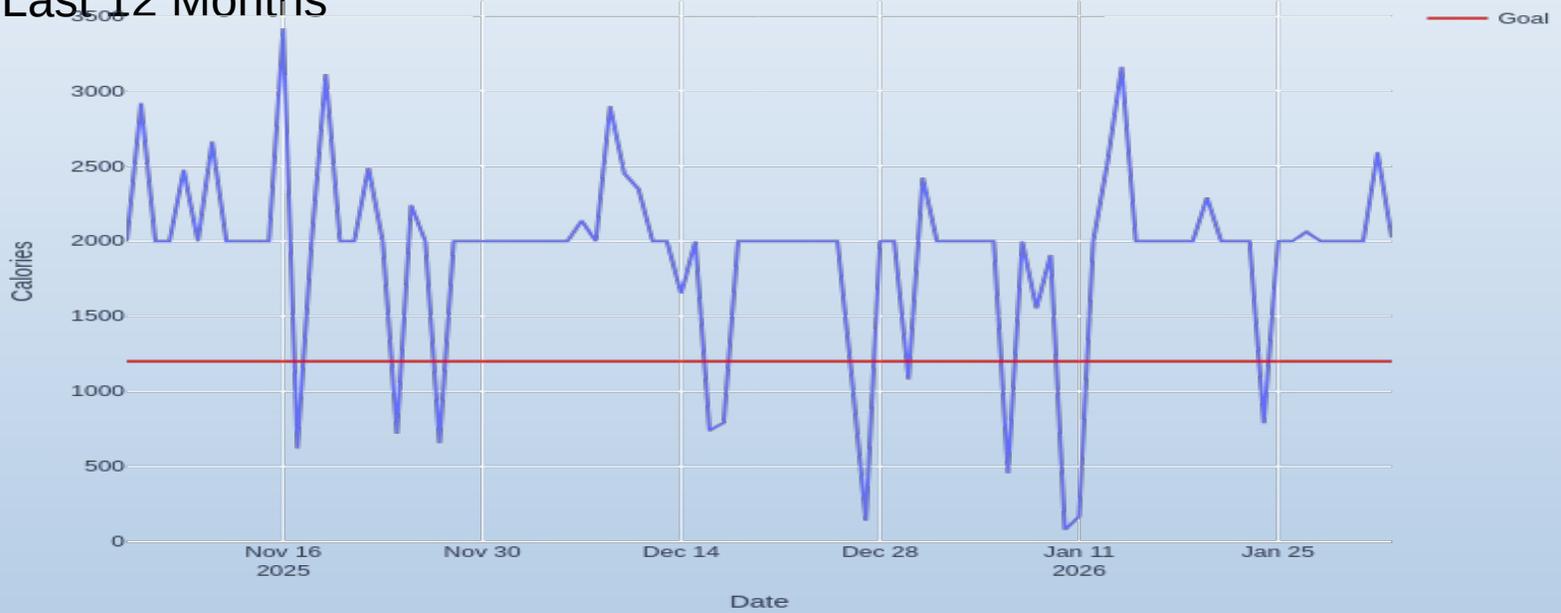
Daily Calorie Intake Date: 02/03/2026

Monthly Average (YTD): 1866.97 calories / day

Overall Average: 1918.79 calories / day

Current Goal: 1200 calories / day

### Last 12 Months



### All Years



### Annual Averages

Year	Yearly Average
2026	1866.97
2025	1948.79



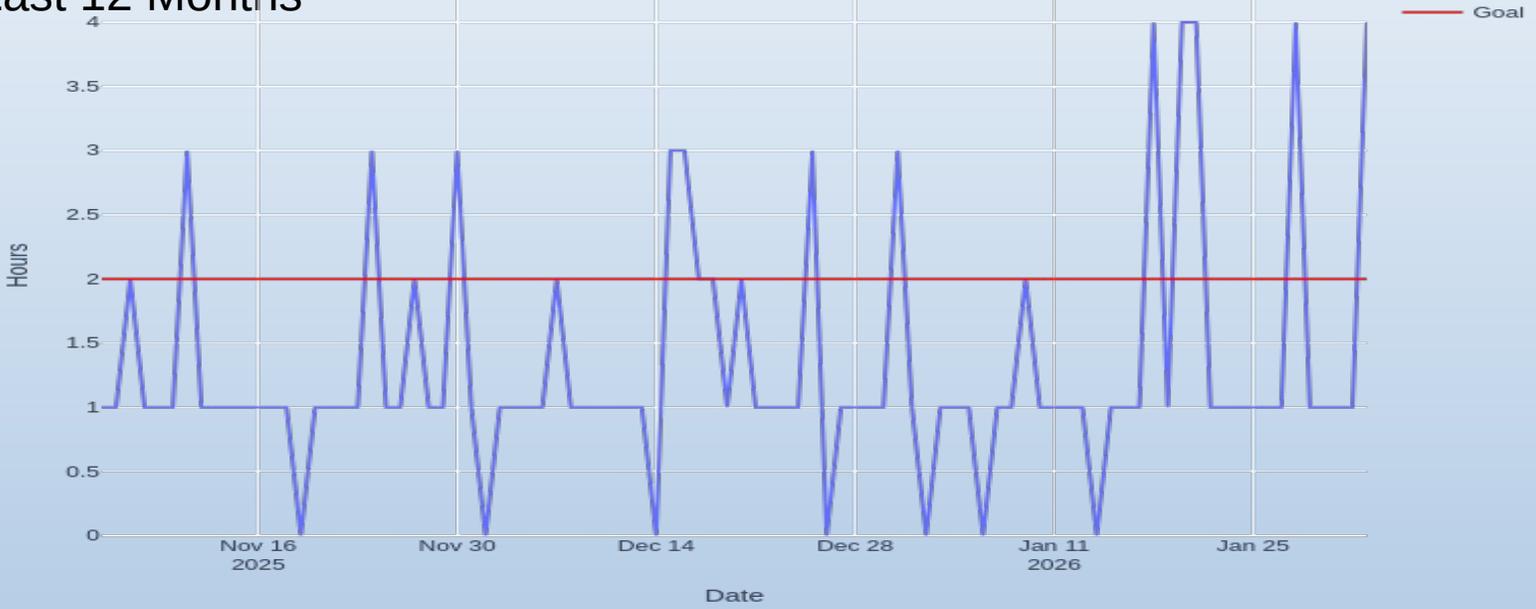
# Daily Average Hours Spent With Kids Date: 02/03/2026

Monthly Average (YTD): 1.39 hours / day

Overall Average: 1.32 hours / day

Current Goal: 2 hours / day

## Last 12 Months



## All Years



## Annual Averages

Year	Yearly Average
2026	1.39
2025	1.28