

WEEKLY REPORT

Juan del Pueblo
April 16-22



125 MINUTES

TOTAL TIME ENGAGED

Time was spent taking coffee breaks between work shifts, alone time and a morning run.

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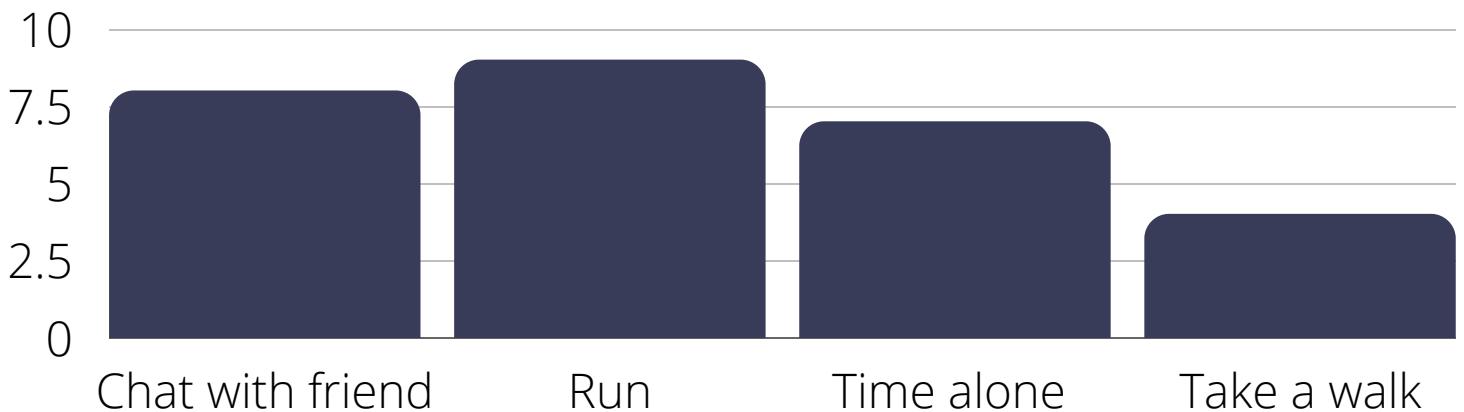
DAYS ENGAGED

Monday, Tuesday,
Thursday and Friday

HIGHLIGHT OF THE WEEK

Morning run with a great view and company.

INFLUENTIAL FACTORS SUMMARY



SUGGESTIONS FOR SUCCESS

Its great that you're trying out different activities. Seems that 30 min of just walking made you feel like you were wasting time. You felt much more satisfied when going for a run, cooking and enjoying a nice meal alone and chatting with a friend. Next week, retry come of the activities that felt good this week and if they make you feel relaxed and productive again, you can consider them as helpful habit options to include in your daily routines.