

The Death of Public Life in the Age of Insatiability

A Day in the Life of Bet Z

Time	Pulse_15sec	Public	Activity_Level	Music	Singing ☼	Fast Music	Late ☼	Food	Description
7:25 AM	15	0	Rest	0	0	0	0	0	Waking up (without alarm clock). Took pulse before rolling over and going back to sleep.
8:05 AM	17	0	Rest	0	0	0	0	0	Waking up again, deciding to go back to sleep.
8:30 AM	18	0	Rest	0	0	0	0	0	Waking up from increasingly stressful dream (wherein I was unexpectedly forced to drive honeymooners through Tunisia, without my driving glasses).
9:10 AM	19	0	Sitting	0	0	0	0	0	Using the Internet, IMing.
9:40 AM	20	0	Sitting	0	0	0	0	0	Still on the Internet, checking out SFØ and random web thingies.
10:05 AM	17	0	Sitting	0	0	0	0	0	Writing up methodology for this task, plus surfing Internet.
10:30 AM	22	0	Walking around	0	0	0	1	0	Taking shower.
10:35 AM	21	0	Walking around	0	0	0	1	0	Getting dressed.
10:40 AM	23	0	Walking around	0	0	0	1	1	Eating cottage cheese and orange juice as breakfast-like snack.
10:50 AM	32	1	Heavy exertion	0	0	0	1	0	Running to reach next bus stop before the bus does.
11:10 AM	28	1	Walking around	1	1	0	1	0	Singing after arriving at church late.
11:40 AM	22	1	Sitting	1	0	0	0	0	Listening to offertory anthem.
12:15 PM	27	1	Walking around	1	1	0	0	0	Walking downstairs after the service ended, right after singing.
12:30 PM		1						1	Eating bagel and tea at coffee hour, followed by chatting with two strangers.
1:25 PM	25	1	Walking around	0	0	0	0	0	Shopping for <i>Juno</i> soundtrack at Barnes & Noble (after verifying from a neighborhood native that no real record stores exist)
1:45 PM	25	1	Walking around	0	0	0	0	0	Playing with adoptable bunnies, Queenie and Brooklyn.
2:05 PM	32	0	Heavy exertion	0	0	0	0	0	Bounding upstairs after walking home.
2:10 PM	28	0	Walking around	0	0	0	0	0	Looking in mirror, discovering my hair looked sort of scary all morning.
2:30 PM	22	0	Sitting	0	0	0	0	0	Sitting down after fixing a simple lunch, grabbing a binder of work, and playing with my phone.
2:35 PM		0						1	Eating fried egg with Swiss cheese and spinach.
2:45 PM	22	0	Sitting	0	0	0	0	0	Reading for work.
3:00 PM	21	0	Sitting	0	0	0	0	0	Reading for work.
3:30 PM	21	0	Sitting	0	0	0	0	0	Still reading for work.
4:10 PM	19	0	Sitting	0	0	0	0	0	Not done with the binder yet!
4:30 PM	20	0	Sitting	0	0	0	0	0	Butt getting sore in chair.
4:40 PM	20	0	Walking around	0	0	0	0	1	Eating ice cream that's strangely crystalline from the freezer.
4:55 PM	19	0	Sitting	0	0	0	0	0	Reading more for work.
5:30 PM	20	0	Sitting	1	0	0	0	0	Surfing Internet, while *intending* to do work on the computer.
6:10 PM	21	0	Sitting	1	0	0	0	0	Messaging, after doing a bit more work.
6:30 PM	18	0	Sitting	1	0	0	0	0	Still IMing? Oops.
7:00 PM	20	0	Sitting	1	0	0	0	0	Wow, still wasting time on the Internet! But now getting back to work.
7:35 PM	22	0	Sitting	1	0	1	0	0	Rediscovered iTunes shared libraries. Wooahoo!
8:00 PM	20	0	Sitting	1	0	1	0	0	Checking email as break from work.
8:30 PM	19	0	Sitting	1	0	1	0	0	Chugging along on work.

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8:55 PM	22	0	Sitting	1	1	1	0	0	Singing along to iTunes while working.
9:40 PM	20	0	Sitting	0	0	0	0	0	Working, with Oscars in the background.
10:05 PM	33	1	Heavy exertion	0	0	0	0	0	Standing on stoop with laundry, finally. (First time downstairs, the door was broken and I couldn't get out! Walked upstairs and called the landlord, waited for him downstairs until another tenant entered and propped the door. Found out at laundromat that I didn't have means of payment, so went back home and upstairs to grab debit card. Went back to laundromat and lugged my laundry back home.)
10:10 PM	31	0	Heavy exertion	0	0	0	0	0	Catching breath a few minutes after lugging laundry upstairs.
10:25 PM	26	0	Walking around	0	0	0	0	1	Consuming ersatz food after forgetting to eat: microwave green beans and a chocolate chip granola bar are not sexy foods.
11:10 PM	22	0	Sitting	0	0	0	0	0	Listening to the Oscars while waiting for Facebook pictures to upload.
11:55 PM	20	0	Sitting	0	0	0	0	0	Discussing Kafka with roommate, after beginning data entry for this task.
11:59 PM	20	0	Sitting	0	0	0	0	0	Deciding that this is enough of a day to document, and curious about what regression analysis may reveal!

🎵 Bet Z is singing or singing along.

🕒 Bet Z is running late.