Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P17*  
**July 26th 2021, 6:30 am MDT**

**Q4 - Tell us about what work activities you engaged in today.**

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| Tell us about what work activities you engaged in today. |
| I worked on my presentation and some planning for the week ahead. |
| I did not engage in work activities. |
| I worked on improving, editing and writing a pitch deck. |
| Today I worked on idea generation, business admin and presentation design. |
| My work activity has been the same as the last two days. Majority of it was spent creating social media content. |
| Today I engaged in social media design and social media management for majority of the day. |
| Majority of my day was working on social media design and management. I create social content for my startup ready and scheduled to be posted for the rest of the week. As it's Monday I also write a checklist for the week. |

**Q5 - Tell us about where you engaged in work activities today.**

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| Tell us about where you engaged in work activities today. |
| At home in my office. |
| I did not engage in work activities. |
| At home in my office. |
| At home in my office. |
| At home in my office. |
| At home in my office. |
| I engaged in work activities from home today. |

**Q6 - Tell us about when you engaged in work activities today.**

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| Tell us about when you engaged in work activities today. |
| I started at 5pm to 7.30pm. |
| I did not engage in work activities. |
| I started at 9am - 6pm |
| I started at 8am to 8pm. |
| From 9am - 6pm. |
| Today I worked from 8am - 8pm with 1hrs lunch break in between. |
| My work activities started at 9am to 6pm today. |

**Q7 - Tell us about how you felt in your work activities today.**

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| Tell us about how you felt in your work activities today. |
| I felt positive in my work activities today as it was the weekend and I felt less time pressured. |
| I did not engage in work activities. |
| I had good motivation today as I was working on something different to my usually tasks and knowing the weekend was round the corner helped too. |
| I felt physically tired from the week but mentally quite energetic as I was working on something different today. |
| I felt motivated today, because I was finishing a bigger piece of design work. My concentration was quite there at the start but I got into it very soon. |
| I felt much better today, as it's Tuesday my brain was in the swing of things. My concentration was also a lot better. |
| I felt very drained today because of the heat in the house. My concentration was low, my drive was weak and my productivity was slow. Typically Monday's tend to be slow but not this slow. |

**Q8 - Tell us about with whom you engaged in your work activities today.**

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| Tell us about with whom you engaged in your work activities today. |
| Myself |
| I did not engage in work activities. |
| Myself |
| By myself. |
| Just myself. |
| Today I didn't need to be in contact with anyone so just myself. |
| I was working completely solo today. |

**Q9 - Tell us about what devices, applications, tools and platforms you used in work activities today.**

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| Tell us about what devices, applications, tools and platforms you used in work activities today. |
| iMac, Canva, Google drive, Google mail |
| I did not engage in work activities. |
| iMac, Macbook, Iphone, Canva, Gsuite, Google search, Twitter, Pinterest, Instagram, Ted Talk, Youtube. |
| Imac, macbook, google drive, google docs, twitter, instagram, Pinterest, google search, Canva |
| Imac, MacBook Pro, iPhone, Google drive, Google sheets, Pinterest, Twitter, Instagram, Tik Tok, Spotify, Youtube, Photoshop, Canva. |
| iMac, macbook pro, iPhone, Photoshop, Canva, Google Drive, Google sheets, Pinterest, Twitter, Instagram |
| I use a MacBook Pro, iMac and iPhone. The applications I used specifically today were: google drive, google docs, google search, Twitter, Pinterest, Instagram, Canva and Slack. |

**Q11 - Tell us about what free time and leisure activities you engaged in today.**

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| Tell us about what free time and leisure activities you engaged in today. |
| I had a lay in, went for a run, watched tv. |
| I spent the day out with my girlfriend. We spent the day at a park and towards the late afternoon we went to visit a gym close by to my house as we were looking to be come a member. We had a quiet dinner at home and watched tv the whole night. |
| I spent some time watching the Olympics during the day, had a workout, watched TV |
| I did some reading today, online shopping, watched a lecture online and watched tv. |
| Today I spent some time watching youtube did a home workout, watched tv and purchased a few things online. |
| In my free time I watched tv after work, did some online shopping, spent some time on social media that's not work related. |
| I took an hour for lunch, during which I watched Netflix. I will also engage in a home workout, dinner and tv. |

**Q12 - Tell us about where you engaged in free time and leisure activities today.**

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| Tell us about where you engaged in free time and leisure activities today. |
| My local area, the park and at home. |
| Hampstead Heath, NLCS sports centre, home. |
| At home. |
| At home. |
| At home and in my garden. |
| At home. |
| All of these we be based at home. |

**Q13 - Tell us about when you engaged in free time and leisure activities today.**

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| Tell us about when you engaged in free time and leisure activities today. |
| I started from 9am to 5pm and from 7.30pm onwards. |
| We left the house at 10.30am and did not return till 6pm. We had free time from 6pm onwards also. |
| I had the Olympics playing in the background whilst I was working, and after work from 6pm onwards. |
| Between 2pm - 3pm. Then from 8pm onwards. |
| During my lunch break between 2pm-3pm. My workout started at 6.30pm-8.30pm. Watched a bit of tv from 8.30pm onwards. Browsed online around 11.30pm. |
| I had an hour during lunch, of which 15mins was spent on social media another 15mins away from all screens. Majority of my free time was after 8pm where I was able to have dinner and watch tv. |
| My lunch was from 2pm - 3pm. My workout is from 6.30 - 8.30. Dinner and tv from 9-12am. |

**Q14 - Tell us about how you felt in your free time and leisure activities today.**

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| Tell us about how you felt in your free time and leisure activities today. |
| I felt relaxed in my free time, with no time constraints or any pressure to do anything. |
| Very relaxed, healthy to be out and about, energetic, active nut also drained from the week. |
| I felt slightly distracted today with the Olympics on whilst I was working and more relaxed knowing that it was a Friday. |
| It was nice to get away from the screen for a bit today. I love to learn so watching a lecture was satisfying. |
| I felt good, it was healthy to get some air today, get the body moving and get a sweat on. I did a bit of learning through watching the Youtube videos also, which is rewarding. |
| It was a longer working day today so I was relieved to have some time to myself. In honesty it wasn't long enough. |
| It felt very routine, no particular excitement but I recognise that's it's good to get away from the screen. |

**Q15 - Tell us about with whom you spent your free time and leisure today.**

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| Tell us about with whom you spent your free time and leisure today. |
| Myself |
| My girlfriend. |
| Myself |
| Myself. |
| By myself. |
| By myself and my girlfriend, over messages throughout the day. |
| I spent my free time with myself. |

**Q16 - Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today.**

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| Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today. |
| TV, Iphone, Spotify, Strava, Insatgram, Twitter. |
| iPhone, Google search, TV. |
| iMac, TV, Iphone, Youtube, BBC Iplayer |
| Mac book, PS4, TV, Youtube. |
| Iphone, macbook, youtube, amazon, Spotify, Instagram, tv. |
| iPhone, macbook pro, amazon, Etsy, whats app, tv |
| iMac, Netflix, tv. |

**Q17 - Think of your day as a continuous series of situations.
Tell us some examples about how you combined or separated your work and free time or leisure activities in different situations.
Tell us also some examples about how you switched between work and free time or leisure.
You can discuss planned or unpredicted situations.
When applicable please indicate in your examples:
what did you do, say, think and/or feel in the situation
the time and place in which the situation occurred
which people were involved in the situation
the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking platforms)**

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| Think of your day as a continuous series of situations. Tell us some examples about how you combined or separated your work and free time or leisure activities in different situations. Tell us also some examples about how you switched between work and free time or leisure. You can discuss planned or unpredicted situations. When applicable please indicate in your examples: what did you do, say, think and/or feel in the situation the time and place in which the situation occurred which people were involved in the situation the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking platforms) |
| Keeping the boundary between work and leisure was much easier today and in general on weekends. I don't usually look at my phone too much which is where I receive messages, emails and reminders about work. I am also always out and about, so that keeps me separated from my devices, technology and work. I wouldn't say work intruded on my leisure, I chose to do some work today. I keep the both separated very well on weekends. |
| I did not engage in any work activities today as it was a Saturday. I do my best to stay away from being on any device or staring at screens apart from the TV. In this case I was able to separate leisure from work well and keep a clear boundary. There was no intrusion from work at all. |
| The whole day was a combination of work and leisure. I was working whilst watching the Olympics, the fact that I had two machines allowed me to do both. Leisure intruded on my work, all driven by digital technology. It was very difficult to set clear boundaries simply because we have so much capability with devices so by choosing to do two things at the same time, it meant I essentially wouldn't have to choose one outcome. |
| As I was working on other tasks today, I was able to separate work and leisure a bit more. I was off my phone which allowed me to focus on work. However, after work I watched an online lecture to help improve my presentations, so again, work and leisure was very much combined. In this case I failed to mediate between work and leisure. Work very much intruded my leisure time because of digital technology. If the lecture was not on youtube I wouldn't have been able to dedicate time to it. |
| I made a conscious effort not to consume any work related content when I started my workout. No emails, messages or social media. In this case I used Spotify to as a boundary to all my other applications on my phone. I stayed on and within that one app for the 2hrs I was working out. I did jump on work afterwards whilst watching tv. I seem to find it difficult to keep clear boundaries when I watch tv due to commercial breaks, a lack of interest in parts of the program etc. |
| Work is very much part of my free time and leisure life due to the fact that I manage social media and am in continuous contact with my team in Bulgaria. In addition the fact that my iPhone is always with me is a contributing factor to that also. In many ways my work at the moment is very much always combined with leisure. When I create content for social media, I spend time engaging and consuming, what that means is that a leisurely habit such as browsing social media is also now also a requirement of my job. Work always intrudes my leisure time and vice versa. As long as my phone is with me I never really switch off and separate the two. An example of this today would be when I watch tv and I receive question on social media, I take the opportunity to jump on it asap. Even when I'm working and I receive a message from my girlfriend and I take the time to reply, could be considered an intrusion of my work. For this reason separating work and leisure becomes virtually impossible. I understand that this situation is also down to my job role and the fact that, what I consider a leisurely activity also tends to involve technology. |
| My working days are very much routine based &gt; I have a schedule I follow in my notebook &gt; it sets out what I should be doing and at what time &gt; my work and free time is separated in this way &gt; at such time I know that it's time to down tools &gt; head outside to workout &gt; and the rest of the evening is free. (please let me know if I've understood this question correctly as I find the question slightly vague?) |