Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P19*  
**September 9th 2021, 1:28 am MDT**

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

|  |
| --- |
| Tell us about where you engaged in work activities today. |
| n/a |
| n/a |
| Home/bedroom |
| Bedroom/home |
| Bedroom/office |
| In my bedroom that serves as my home office |
| In my home, bedroom mostly but at a desk |
| At home and via my smartphone on the go |

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

|  |
| --- |
| Tell us about when you engaged in work activities today. |
| n/a |
| n/a |
| 11-4 |
| 9-11, then 12-5 |
| 12-5, had a delayed start |
| 9-5 |
| Roughly 9-5 with two breaks in the middle |
| from 9am to midday |

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

|  |
| --- |
| Tell us about how you felt in your work activities today. |
| n/a |
| n/a |
| Bored, a tad lonely in the sense that I had so much independent time |
| Bored but content |
| Distracted and not engaged |
| I felt really distracted today, by things on my phone and other screens. Felt like I couldn't focus on one task and wound up not being very productive which makes me feel bad |
| Same old, not much to do today in particular |
| productive |

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

|  |
| --- |
| Tell us about with whom you engaged in your work activities today. |
| n/a |
| n/a |
| My supervisor, other coworkers over chat |
| Virtually with a few coworkers |
| Listened in on a couple meetings, but no other engagement other than chat |
| Colleagues over zoom |
| My immediate team members (3 others), an engineer, and a product manager |
| Clients and linkedIn conncections |

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

|  |
| --- |
| Tell us about what devices, applications, tools and platforms you used in work activities today. |
| n/a |
| n/a |
| Macbook, slack, gmail/google applications, lucidchart, comeet (for recruiting), jira, internal tools |
| Macbook air, slack, gmail/google apps, internal tools, lucidchart, sublime text editor, zoom |
| Lucidchart, internal software, slack, gmail, macbook, iphone, zoom |
| Gmail, slack, lucidchart, miro, macbook computer, sublime text editor |
| Macbook Computer: gmail, slack, zoom, jira, the internet and our company's platform |
| Slack, Gmail, LinkedIn |

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

|  |
| --- |
| Tell us about what free time and leisure activities you engaged in today. |
| Meditation, cleaning the house, walks outside, conversations with friends, independent nutrition coursework |
| Independently studied nutrition, food prepped, chatted with friends, walked outside |
| Family dinner, walk in the park, meditation and physical activity |
| Chiropractor, chatting with friends, rehab exercises and physical exercise |
| walks outside, doctors appointment, met up with a friend |
| Laying in the grass outside, petting my dog, walking outside, watching tv |
| Outdoor walks, cooking, couple of personal appointments |
| I went shopping for my daughters' school equipment, I read my book, and I finished my series |

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

|  |
| --- |
| Tell us about where you engaged in free time and leisure activities today. |
| home and local park |
| Home |
| Park, relative's house, home |
| Home, chiro, nearby park |
| Home, local park, clinic, town common |
| At home and in my yard |
| Around the house, at the salon, at the chiropractor |
| Commercial Zone, and at my home |

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

|  |
| --- |
| Tell us about when you engaged in free time and leisure activities today. |
| all day! |
| All day! |
| 9-11, 5-10 |
| 8-9 and 5-sleep |
| 8-12 and after 5 |
| After work hours |
| After work hours 5-9 |
| from midday to 9pm |

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

|  |
| --- |
| Tell us about how you felt in your free time and leisure activities today. |
| Reenergized, hopeful, content |
| Relaxed, happy, a bit tired |
| Relaxed but busy |
| Content, refreshed |
| Stressed out and struggling to focus |
| Stressed and not relaxed, bored |
| Relaxed, flexible |
| relaxed |

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

|  |
| --- |
| Tell us about with whom you spent your free time and leisure today. |
| Family and friends |
| Family and friends |
| Family |
| Couple friends, family, and dog (friends all virtual) |
| Family and friends |
| Friends virtually and occasionally family |
| Immediate family that I live with |
| family |

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

|  |
| --- |
| Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today. |
| Iphone, instagram, facebook, youtube, google applications and chrome |
| Iphone, Instagram, youtube, facebook, macbook, netflix, whatsapp, google applications |
| Iphone, instagram, facebook, messenger/texting, whatsapp |
| Iphone, instagram, facebook, youtube, dating apps |
| iphone, instagram and facebook, youtube, gmail |
| Iphone, instagram, facebook, dating apps, whatsapp, spotify, youtube |
| Iphone, bose headphones, headspace app, instagram/facebook apps |
| Netflix |

**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)**

|  |
| --- |
| 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) |
| I did not work at all today and was able to totally disconnect. I felt no stress to do otherwise. |
| I didn't work today at all! Weekends I am lucky to be totally disconnected. |
| One of my family members wasn't feeling well, so I was able to take time in the morning to take care of the cooking and cleaning before starting work. I could also take breaks in the middle of the day as needed. And at the end of the workday, I had flexibility to get outside early for some air without worrying about what was happening online. |
| Today I was pretty good about separating work and non-work. I had to go out for an appointment and did not check my phone. Shut work off after 5 and was able to enjoy my leisure activities stress free. |
| This morning I had a long commute to a doctors appointment. I kept my eye on my phone and notifications but did not start work until the afternoon. I feel fortunate to have this flexibility, especially without having to report to anyone or clock in. |
| I was not good today about switching from work to free time. Instead of taking a proper break, I worked through lunch and watched videos on my computer. I then felt the need to end work early but still felt tied to my laptop to answer any questions that come up. So in trying to enjoy leisure activities, I found myself preoccupied. |
| When I am away from my computer, I am mostly not working. However I responded to a few messages from my phone while at the chiropractor and salon. After 5pm, work goes away and I will not touch it until tomorrow morning. I ate breakfast and lunch next to my computer. It does feel like within work hours, I am responsible to respond at any moment, regardless of where I am. Always connected. |
| I was always connected. On the bus, shopping, I was always with my smartphone. I have direct access to my linkedin, slack, and gmail. |