Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P20*  
**January 11th 2022, 8:37 am MST**

**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. |
| Today I had a day off. |
| Thursday 1. Working on my book 2. Video call |
| 1. Approving the design of my agenda 2. Video call with my client 3. Préparation for consultation |
| Today we did full day hiking, so no work |
| For Monday I didn’t work. We had a guest visiting us from US and I freed up my time |
| For Tuesday. 1. Kick off video call 2. Preparation for the consultation with client 3. Consultation with client |
| 1. Prospecting call with potential client 2. Follow up call with freelancer, who is in charge for some party of my project 3. Working in article 4. Changing plans for one of my project that currently is not working well |
| Today we went for a day trip, I didn’t work. Except, couple of emails exchange and arranging calls for next week |
| I didn’t work today. Only few emails exchange, few call arrangements |
| 1. I had a call with my prospect 2. Call with my partner 3. Call with a client |

**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 |
| At home |
| - |
| - |
| Google meet |
| At home |
| On the way. I only used my phone for emailing |
| - |
| 1. Google Meets 2. What’s App |

**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 had some message exchange for a new calls next week regarding potential collaboration |
| All day between my hobbies |
| First half of the day |
| - |
| - |
| During the day between my leisure activities |
| Between my leisure activities |
| When we stopped for lunch break and I had a connection |
| - |
| First half of the day |

**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 need a landing page for one of my products. I was thinking if I should hire someone or make myself |
| Excited |
| Good |
| - |
| - |
| Good |
| Excited |
| It doesn’t disturb me at all, even I had a day off today. |
| - |
| Very good. I dealt only with my favorite clients today |

**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 |
| Myself I had a call with a client |
| I had a calm my client I had a discussion with the designer regarding my agenda |
| - |
| - |
| With my customer and freelancer whom I delegate some part |
| See 1st answer |
| Myself |
| - |
| 1. Alone 2. I also had a short interview kinda call with a freelancer whom I may help me with one of my projects |

**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. |
| Non |
| Google meets Notes |
| Google meets Google calendar |
| - |
| - |
| Google Meet |
| Google meets Gmail Notebook with pens and pencils for brain storming |
| Gmail Google meets |
| Gmail, Google meet |
| 1. Google Meet 2. Google Calendar |

**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. |
| 1. Aerial Silks 2. Excursion 2. Dance event |
| 1. Walk 2. Stretching 3. Vocal lesson 4. Dance class 5. French |
| 1. Walk 2. Stretching 3. Pole sport 4. French 5. Photo shoot |
| 1. Hiking with my partner Andy and my friend Indira 2. Girls night at my friend Joody’s place. There were other female digital nomads |
| 1. Walk - Morning - Park 2. Stretching - Morning - at home 3. Long breakfast with our guest - at home 4. Sightseeing tour with our guest - in the city 5. Karaoke party - with our guest visiting us, plus few more friends - at home |
| 1. Walk 2. Stretching 3. Aerial silk 4. Krav Maga private class |
| 1. Walk 2. Stretching 3. Salsa private class 4. Krav Maga practice 5. Kizomba private class |
| I was on sightseeing all day long. Some parts we were hiking |
| Krav Maga Latin social dance party |
| 1. Krav Maga class 2. Stretching 3. Walk 4. Social dance party |
| 1. I went for a walk 2. We had a guest today. So we spent some time with our friend visiting us from Switzerland 3. Punching and kicking the boxing bag. I have one at home, so I can release my emotions or train a little bit everyday 4. Stretching 5. Phone call with my sister 6. Kizomba class |

**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. |
| FlyFit studio Castle Dance studio |
| Dance studio |
| 1. Park 2. Pole studio 3. City marks |
| 1. Mountain park 2. My friend’s place |
| See above |
| 1. FlyFit studio 2. Trainer’s private studio |
| 1. Dance studio 2. At home 3. In the park 4. In the street |
| Kazbegi mountain area tour. We also visited Church, Waterfall and Castles on the way |
| Dance studio |
| 1. Dance studio 2. Fighting gym 3. City park |
| 1. In the park not far from home 2. Dance studio |

**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. |
| Aerial Silks - early morning Excursion to the Castel - almost all day Dance - after 9 pm |
| Morning - walk, stretching Day - Vocal lesson, French Evening - dance class |
| Early morning and second half of the day |
| Full day and whole evening and night until midnight |
| See above |
| Morning - Walk, Stretching After lunch - Aerial silk Evening - Krav Maga |
| Morning - Walk, Streching During the day - Walk, Private salsa class Evening - Kizomba in the studio, Punching practice with the boxing bag at home |
| All day |
| Morning - Walk, Stretching Day - Krav Maga, Boxing punch 🥊 Evening - Dance |
| All through the day 1. Morning- Stretching 2. Afternoon- Krav Maga, Walk 2. Evening - bachata party |
| 1. Through the whole day Walk in the morning Having friend for lunch Dance class in the evening |

**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. |
| A bit guilty that I enjoy my life a bit too much |
| Good |
| Happy |
| Couldn’t attend the party game because I felt sleepy and went home |
| Happy |
| Excited |
| Good |
| Very excited! Right now I feel nicely tired |
| Very good, excited |
| I enjoy my activities |
| I felt good |

**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. |
| Friends |
| Trainer |
| I met a Spanish girl from Germany for photo shoot. We were walking and taking photos for each other |
| Friends |
| We organized all activities with my boyfriend Andy |
| Trainers Other participants |
| With my partner Andy Dancers in the studio |
| With my partner Andy |
| Groupmates from Krav Maga group groupmates from Dance studio |
| 1. With my partner Andy 2. With my friend Indira 2. With people from dance school |
| I went for a walk with my partner Andy Boxing also we did together I attend group classes for Kizomba, there were other people also. |

**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. |
| Google map |
| No device |
| iPhone for photo shoot |
| Google map Bolt taxi App |
| 1. Microphones for home karaoke 2. Excursionniste for exploring the city |
| Tolls provided in the studio |
| Boxing punching bag |
| No devices We got a service from a travel agency |
| No device |
| 1. Boxing gloves 2. Dance shoes 3. Sport bag and water |
| 1. I used Duolingo App 2. punching bag for boxing |

**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) |
| One of my project is very close to deadline. I couldn’t enjoy my activities today for 💯 because of this I was thinking if I should cut some of my leisure activities or I need to use a new strategy |
| Non |
| I was not very happy with the design proposals And it took one hour call to explain the details |
| Today I didn’t feel bad for not working at all. I had a great company at 12km walk |
| I was worried I might be late with something because of spontaneous visit of our guest But finally there was nothing urgent. Even if there was, I was always available online for calls |
| I was getting late for one if my call because the way from FlyStudio took longer than I expect. I was a bit frustrated about this. But finally, I could manage to be on time by walking faster than I usually do |
| I realized that one of my project is not going as well as I expected and today I took time to brain storm and check different variations in order to change the strategy |
| I had a bit annoying situation today. One of my client was asking me questions which is not really related to my service. Simply because she doesn’t know how to use MS Documents, she couldn’t go forward. When I received her questions, I took couple of minutes to think if I want to reply or not. On the one hand I didn’t want to spend my time explaining simple things, on the other hand she’s my client and I wanted to keep good relationship and didn’t leave her question without any response. Finally, I quickly found a clear detailed explanation on YouTube and just sent her the link. |
| I had to interrupt my day off for couple of urgent emails and call schedule for next week But it doesn’t bother me |
| 1. I use Google meets and Google calendar to plan my activities 2. It’s easy for me I don’t get tired from work because I have many leisure activities in between |
| I have a lot of activities for self development during the day which allows me to have often breaks. They are all scheduled because I have online or offline coach, that’s why cannot shift or forget. And I work between them. So, I don’t get tired. Tools for work: Today I used Telegram App for podcasting. Couldn’t attach the screenshot Also, I used Skype for my vocal lesson because my teacher is located in another country For my business calls I use Google meet |