**8 Sector   
Pie Chart**

The time spent sleeping, which is typically around 8 hours, or one-third of a day, for an average person

**Sleep**

The time spent on work-related tasks, including a typical 8-hour workday for a full-time employee

**Work**

The time spent on personal care activities such as bathing, grooming, and dressing

**Personal Care**

The time spent on preparing and consuming meals, including breakfast, lunch, and dinner

**Meals & Cooking**

The time spent on leisure activities, such as watching TV, reading, or engaging in hobbies

**Leisure Activities**

The time dedicated to exercise and physical activities, such as walking, jogging, or going to the gym

**Physical Activity**

The time spent on social interactions, both in-person and through various communication channels, such as phone calls, texts, or social media

**Socializing**

The time spent on daily chores, such as cleaning, laundry, and running errands like grocery shopping

**Housework**

