

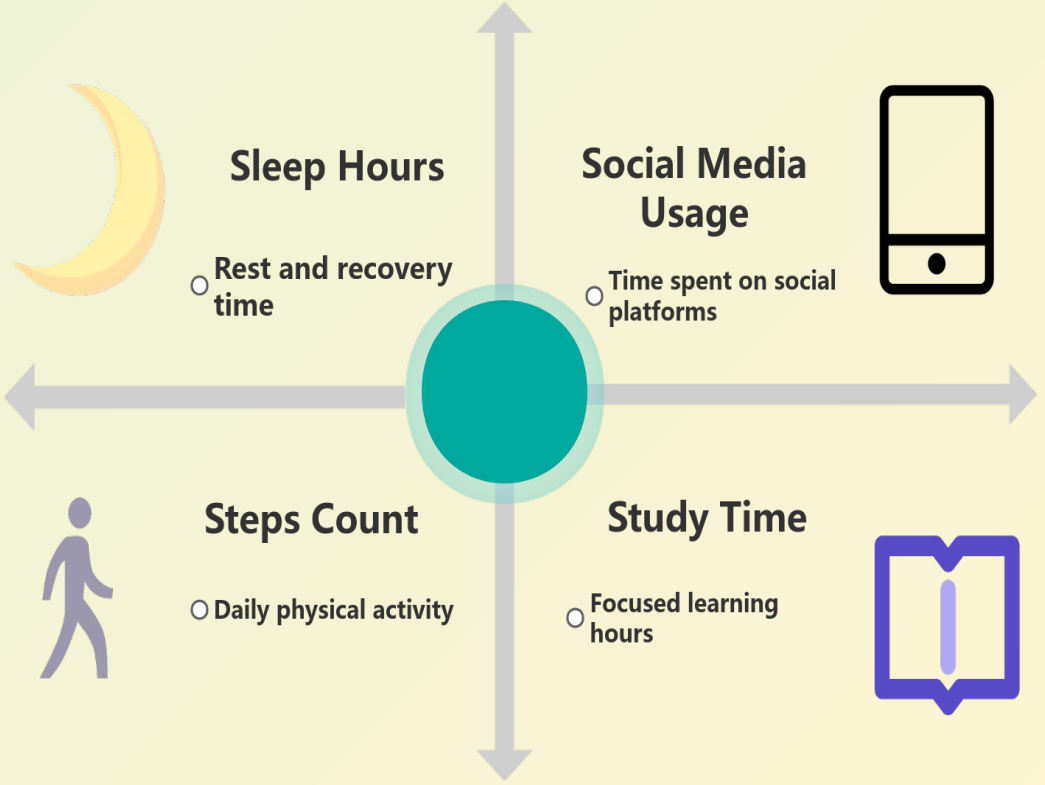
Self-Tracking Report:

Social Media Usage, Study Time, Steps, and Sleep Patterns

Project03

Project Objectives and Background

This project intends to explore the relationships between social media usage, study time, daily steps and sleep by collecting self-tracked personal data. As technology advances and smartphones become prevalent, more and more people rely heavily on social media, which may negatively affect their learning efficiency and healthy habits.



Therefore, the objectives of this project are defined as follows:

- Optimize Study Time: Explore methods to improve learning efficiency by self-tracking social media and study time.
- Balance Social Media Usage: Analyze how social media time affects learning and health, and explore ways to control social media usage rationally.
- Improve Health through Physical Activity: Study the impacts of daily steps and sleep time on health, and discover how regular physical activity can boost sleep quality and overall health.

By gathering personal daily activity and health data, this project uses data visualization to show the effects of different living habits on academic performance and health. Based on data analysis, we hope to find a way to balance work, rest and entertainment, and further improve learning efficiency and life quality.

Quantifying Distraction

How social media quietly reshapes my study, movement, and sleep

Most days I believe my routine is under control.
I plan study hours, promise myself “just a quick check,” and assume sleep will fix everything.

By tracking my everyday behaviour for one week, I began to see a different reality. Social media use did not simply take time away from studying — it subtly shifted my focus, reduced physical activity, and changed how I rested, especially between weekdays and weekends.

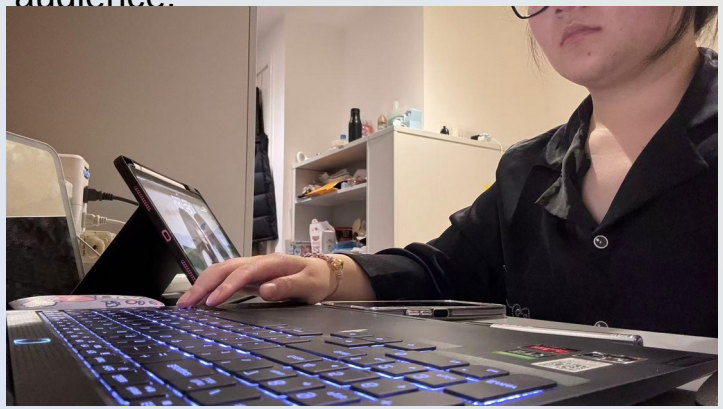
This project uses self-tracked data as a reflective tool to make these invisible patterns visible to a general public audience.

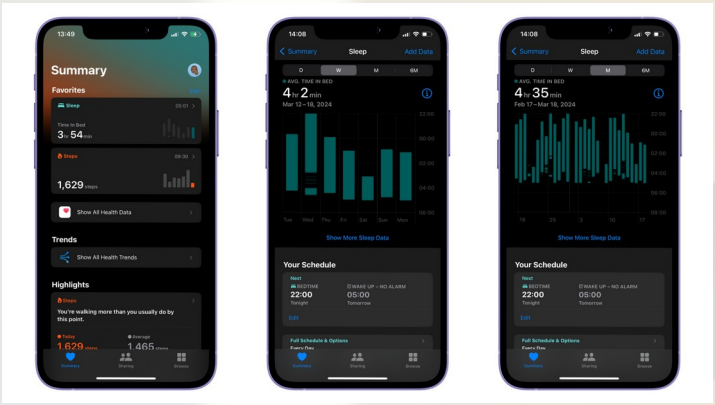
How do my social media usage patterns influence my study time, physical activity (steps), and sleep across weekdays and weekends?

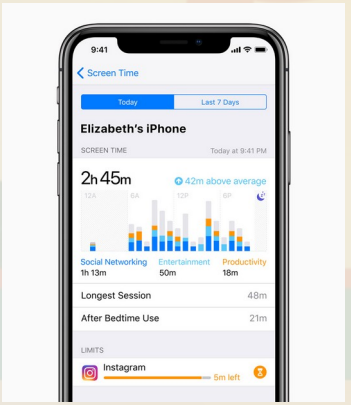
WHAT I TRACKED (Two classes of data)

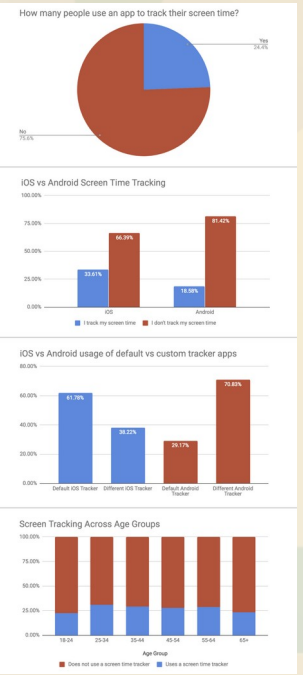
- Digital behaviour
  Social media usage (hours)
  Study time (hours)

- Body & recovery
  Steps (daily count)
  Sleep duration (hours)









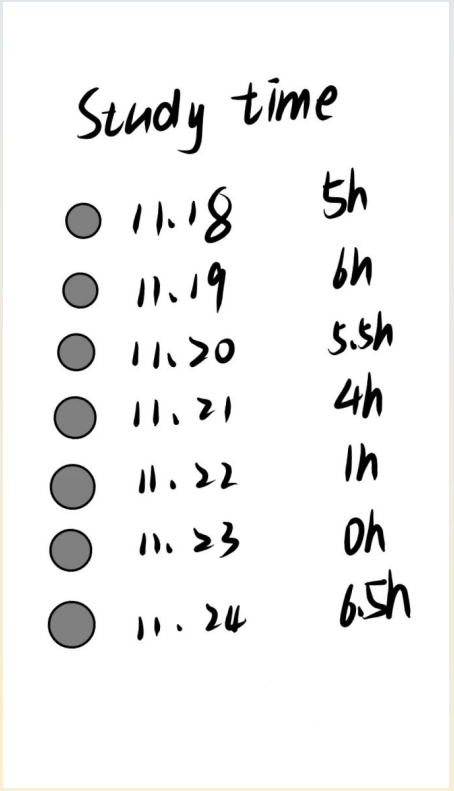
Two visualisations reveal a split routine: a structured weekday self and a drifting weekend self.

Data Collection Method

Social Media Usage



Study Time



Steps



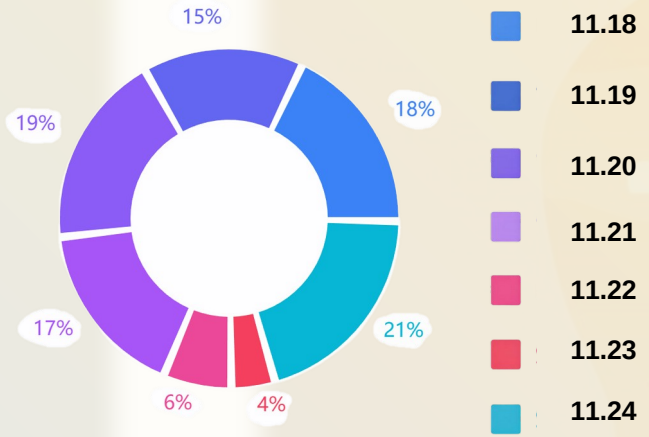
Sleep Time

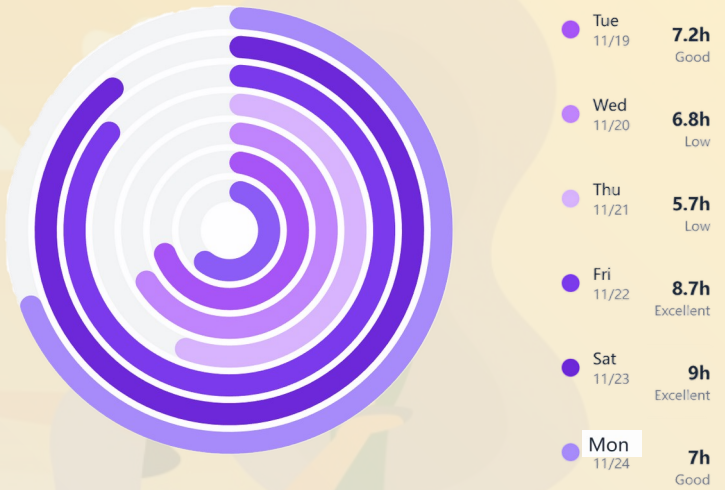


Data was collected continuously across one week, combining automatic tracking and manual logging in order to balance accuracy with personal reflection.

Visualization 1-Social Media Usage vs Study Time







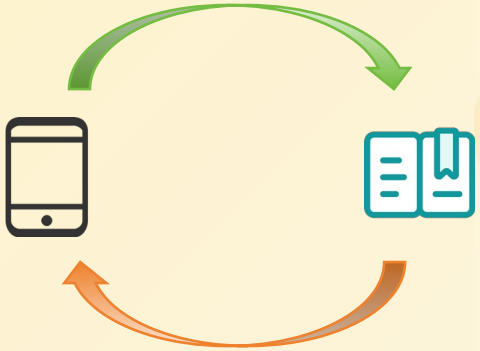


Steps and Sleep Time:

On weekends (November 22-23), step counts were lower, but sleep time increased (up to 9 hours). This indicates that lower physical activity is compensated by longer sleep for recovery. On weekdays, step counts were higher, contributing to better sleep and energy levels.

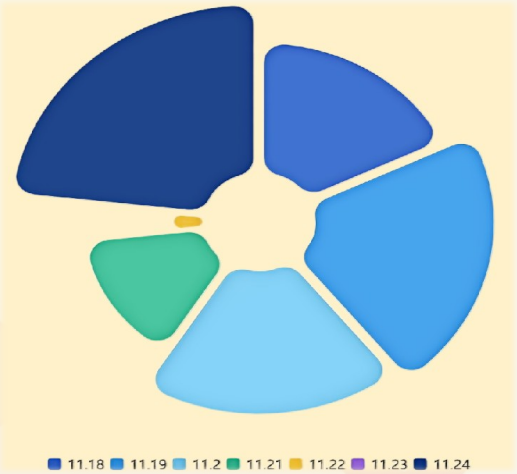
Each bar represents one day, highlighting contrasts between weekdays and weekends.

Visualization 2-Steps vs Sleep Time

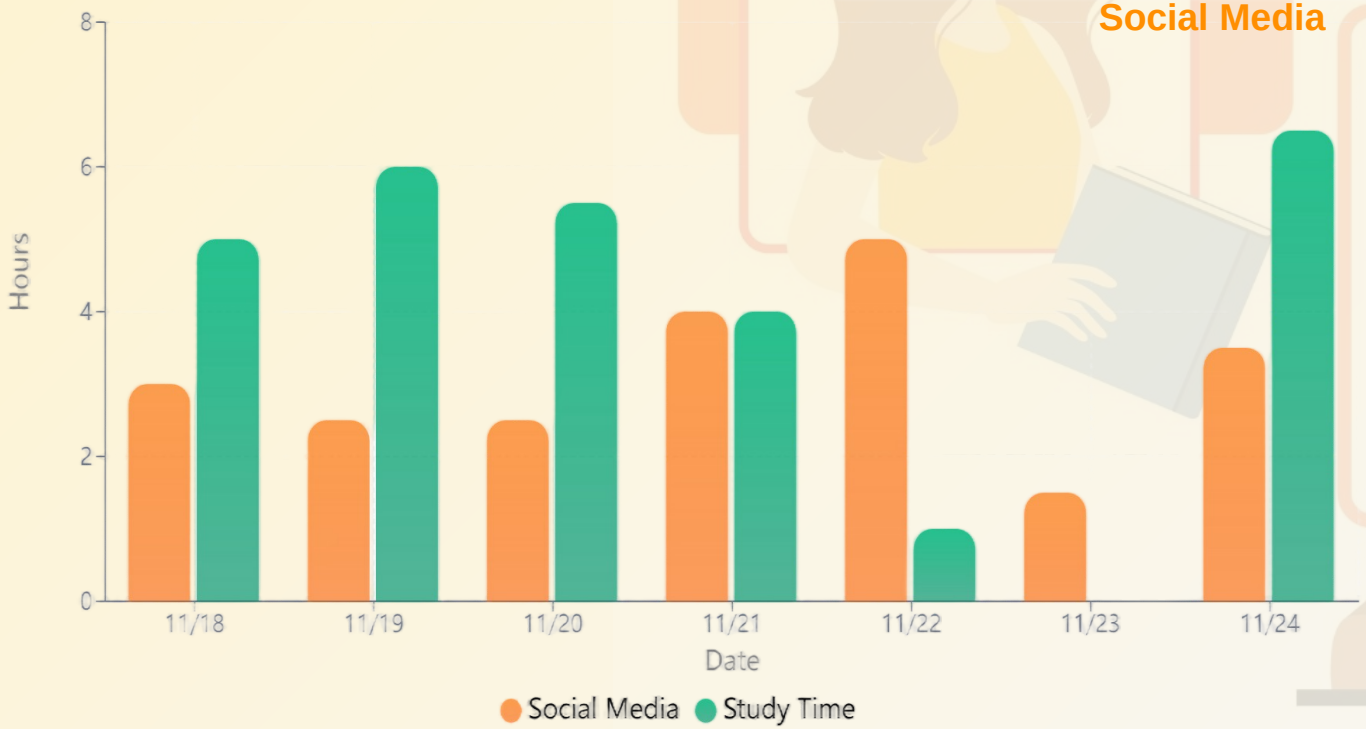




Social Media



Study Time



Social Media Usage and Study Time:

There is an inverse relationship between social media usage and study time. On November 22nd and 23rd, social media usage was higher, and study time decreased, particularly on November 23rd, when study time was zero. This suggests that reducing social media usage can improve study efficiency.



Weekdays vs Weekend Behavior

Weekdays (Nov 18-21 and Nov 24):
Social Media: Usage time was shorter (~3 hours), study time was longer (~5 hours).
Health: Step count was between 8,000-10,000 steps, with sleep time of 6-7 hours.
Weekends (Nov 22-23):
Social Media: Usage time increased (5 hours and 1.5 hours).
Study: Study time decreased, with Nov 23 showing nearly zero study time.
Health: Step count dropped significantly (2,000 and 3,300 steps), but sleep time increased (8-9 hours).

Conclusion:

Weekday Behavior: More structured, with limited social media use, longer study time, higher step count, and sufficient sleep.
Weekend Behavior: Increased social media use, significantly reduced study time, decreased steps, but longer sleep duration.

Social Media vs Study vs Health Conclusion

1. Social Media vs Study: Increased social media usage reduces study time; they are negatively correlated.
2. Social Media vs Health: Reducing social media usage increases physical activity and helps maintain good health habits.
3. Study vs Health: A balanced study time is positively correlated with step count and sleep duration.

Insights & Interpretation

This project is limited by its short time frame and personal scope, but reveals clear behavioural patterns.



Conclusion and Recommendations



Summary of Data Analysis

1. Social Media Usage vs Study Time

Social media usage is lower on weekdays but increases on weekends, reducing study time. Reducing social media usage helps improve study efficiency.

2. Steps vs Health

Step count is higher on weekdays but drops significantly on weekends. Maintaining at least 8,000 steps daily helps improve health.

3. Sleep Time

Sleep time increases on weekends, which is beneficial for recovery, but excessive rest can impact daily productivity. Maintaining a regular sleep schedule with moderate exercise helps keep energy levels high.

Recommendations

1. Reduce Social Media Usage

Limit social media time to stay focused on studying.

2. Increase Step Count

Aim for at least 8,000 steps daily, even on weekends.

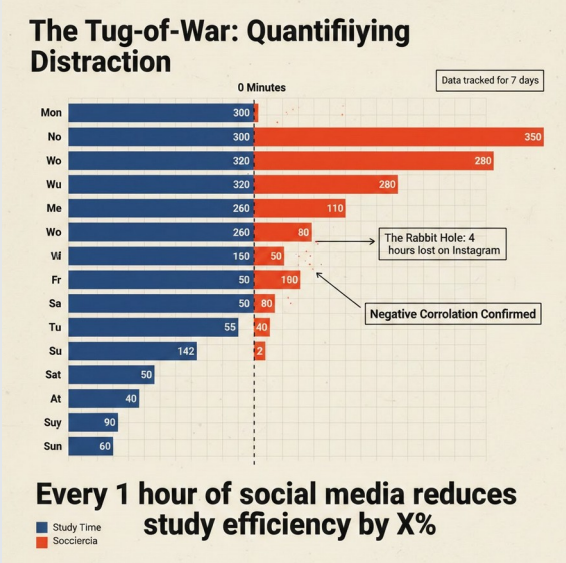
3. Maintain Regular Sleep Schedule

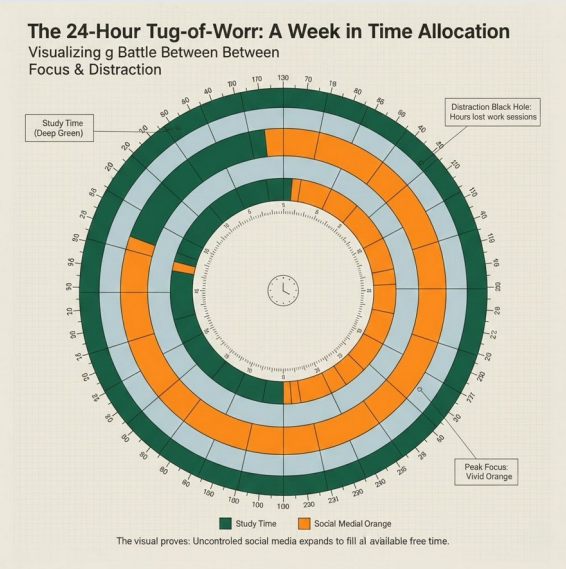
Keep sleep duration at 6.5-7 hours per night, avoid excessive sleep on weekends.

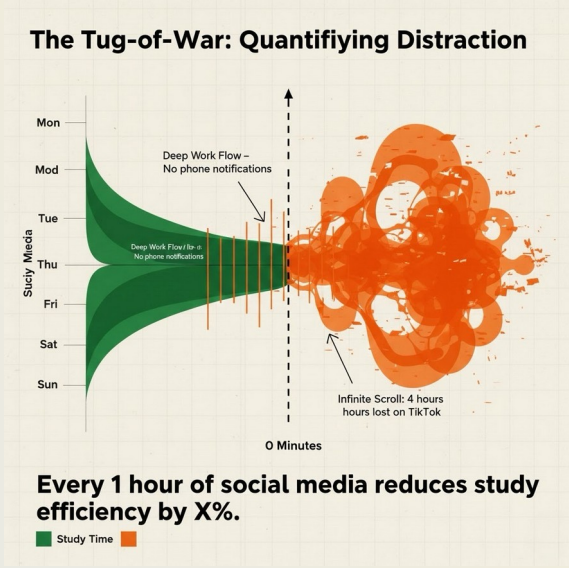
Data Summary

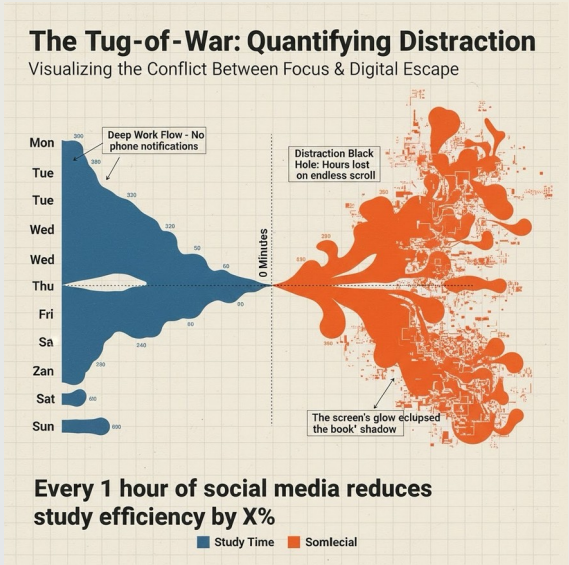
Date	Daily Activity Data		Healyh Data	
	Social Media usage time/h	Study time /h	Sleep time/h	Study
2025/11/18	3	5	6.5	9,800
2025/11/19	2.5	6	7.2	8,200
2025/11/20	2.5	5.5	6.8	10,000
2025/11/21	4	4	5.7	9,100
2025/11/22	5	1	8.7	3,300
2025/11/23	1.5	0	9	2,000
2025/11/24	3.5	6.5	7	11,000

Final Output: Visualising the Tug-of-War Between Focus and Distraction









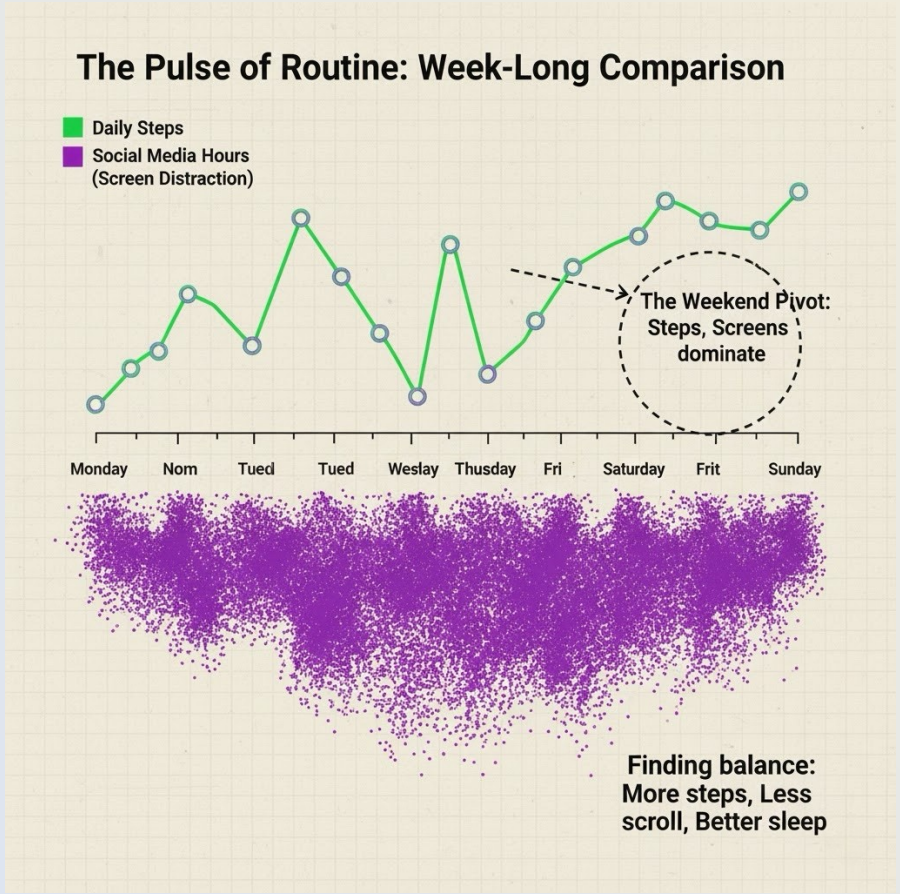
This final output translates my self-tracked data into a visual metaphor of tension and imbalance. Instead of presenting numbers alone, I designed these visualisations as a “tug-of-war” between focused study time and digital distraction.

The contrasting forms, colours, and densities represent how attention is gradually pulled away by social media, particularly during weekends.

By visualising data as opposing forces rather than neutral metrics, the work makes invisible behavioural patterns perceptible to a general audience, encouraging reflection rather than optimisation.

 # translate data
 # visual metaphor
 # general audience
 # reflection rather than optimisation

Final Output: Visualising Routine as Tension



This work **reframes personal data** as a **visual narrative** rather than neutral measurement.

By expressing routine as **tension and rhythm**, it reveals how everyday behaviours accumulate over time, encouraging reflection instead of optimisation.



These visualisations prioritise lived experience over numerical accuracy, translating routine into visual tension.