

# Study reports - Jan & Feb, 2026

March 2026

## 1 Tracking criteria

I primarily track focused and intentional work. For classes and events, I count the entire duration of the activity. However, when I am at my desk working (which is most of the time), I make a conscious effort to track only the periods during which I am fully concentrated. This means that I pause the timer even for 5 minutes breaks.

Also, with endless sources of distraction everywhere nowadays, I try to be very precise about when to pause the timer. If I notice that I got distracted during a period of work while the timer was running, I sometimes subtract some time to account for the distraction.

With this in mind, within a typical period from 9 a.m. to 6 p.m., my initial goal is to accumulate approximately 5.5 to 6.5 hours of focused work per day. This also helps me to train my brain to "intellectually perform" during business hours and rest when the night comes!

Occasionally, I need to log hours retroactively for meetings, classes, or events, but this does not happen often enough to significantly affect the reliability of the data.

## 2 January & February

During these first two months, my main goal was to get used to using Toggl and to understand my current level of productivity. I was surprised to find that I was able to work WAY more than expected during some weeks in February, but consistency will definitely be the biggest challenge moving forward.

# Summary report (from 01/01/2026 to 03/01/2026)

01/01/2026 - 03/01/2026

 Member is Vjameli

## Summary

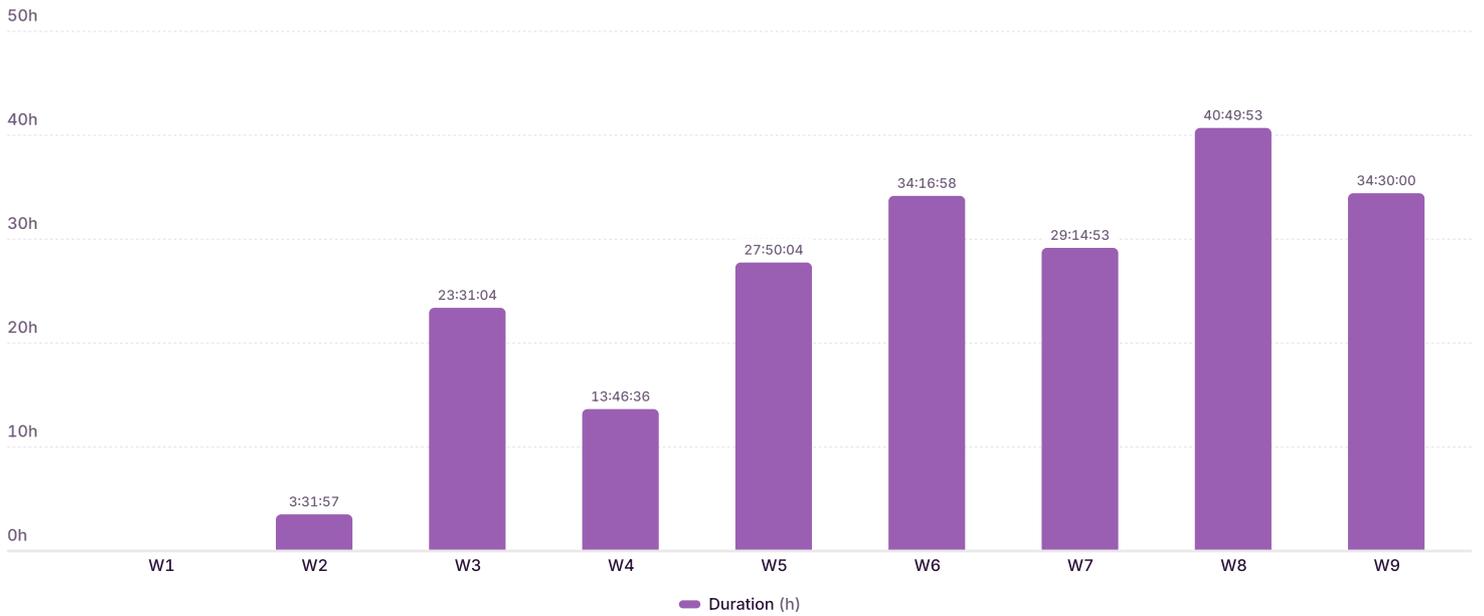
Total Hours  
**207:31:25**

Billable Hours  
-

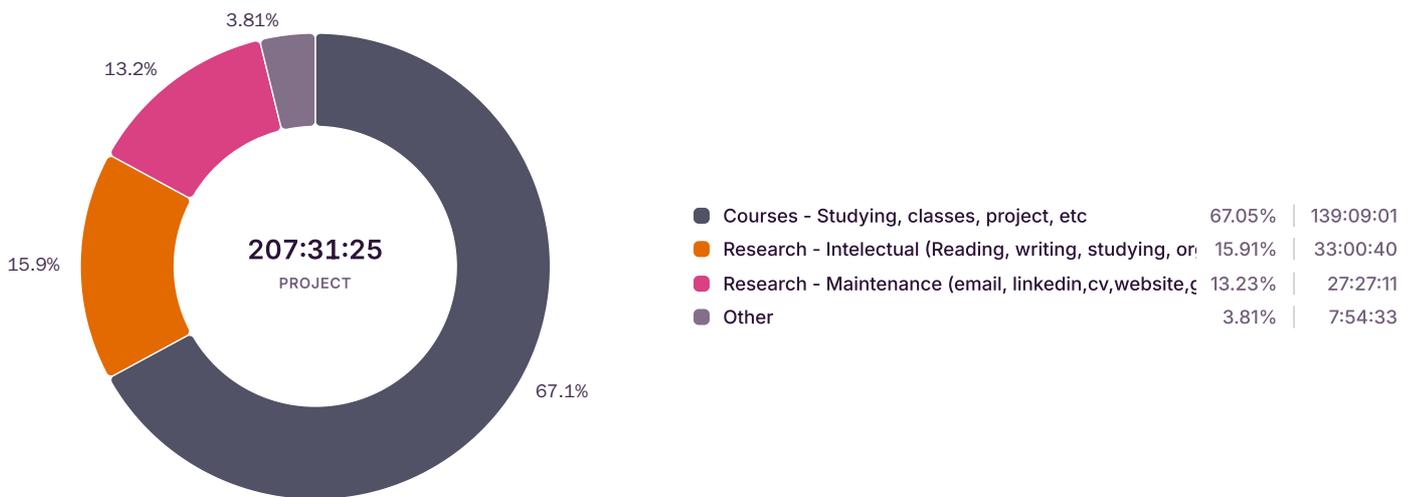
Amount  
-

Average Daily Hours  
**5.06 Hours**

## Duration by week



## Project distribution



Project and member breakdown

PROJECT   MEMBER	DURATION	DURATION %
● Courses - Studying, classes, project, etc (1)	139:09:01	67.05%
😊 Vjameli	139:09:01	67.05%
● Research - Code & Computer stuff (1)	3:54:33	1.88%
😊 Vjameli	3:54:33	1.88%
● Research - Intellectual (Reading, writing, studying, organizing, ptts) (1)	33:00:40	15.91%
😊 Vjameli	33:00:40	15.91%
● Research - Maintenance (email, linkedin, cv, website, grants) (1)	27:27:11	13.23%
😊 Vjameli	27:27:11	13.23%
● Research - Others (events, networking) (1)	4:00:00	1.93%
😊 Vjameli	4:00:00	1.93%
<b>TOTAL</b>	<b>207:31:25</b>	<b>100%</b>