

Rapid Prototyping Session

Individual Daily Economic Data Including an Illustrative Day

DAY 1

DAY (Hours)	Metabolic Actions (2000 Calories/day)				Socioeconomic Actions			
	Actions	Financial Flow	Assets	Climate Temperature*	Actions	Financial Flow	Assets	Climate Temperature*
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
TOTAL								

*To Be Calculated During the Rapid Prototyping Session

DAY 2

DAY (Hours)	Metabolic Actions (2000 Calories/day)				Socioeconomic Actions			
	Actions	Financial Flow	Assets	Climate Temperature*	Actions	Financial Flow	Assets	Climate Temperature*
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
TOTAL								

*To Be Calculated During the Rapid Prototyping Session

DAY 3

DAY (Hours)	Metabolic Actions (2000 Calories/day)				Socioeconomic Actions			
	Actions	Financial Flow	Assets	Climate Temperature*	Actions	Financial Flow	Assets	Climate Temperature*
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
TOTAL								

*To Be Calculated During the Rapid Prototyping Session

An Illustrative Day

DAY (Hours)	Metabolic Actions (2000 Calories/day)				Socioeconomic Actions			
	Actions	Financial Flow	Assets	Climate Temperature*	Actions	Financial Flow	Assets	Climate Temperature*
1	Lunch at Stanford	\$7	Wardrobe		–	–	–	
2	–	–	–		Stanford to SFO via car	\$2 gas \$45 SFO parking	Personal Car	
3	–	–	–		Flight to Hilo	\$180 1-way fare \$40 flight carbon offset	–	
4	–	–	–		↓	↓	–	
5	–	–	–				–	
6	–	–	–				–	
7	–	–	–				–	
8	–	–	–		↓	↓	–	
9	–	\$100 room rate	–		Uber to Hotel	\$25 fare \$5 donation to homeless person	–	
10	Meditation	\$1 app	–		–	–	–	
11	Sleep	↓	sleep apnea machine		–	\$400/daily income \$10 daily car interest payment	–	
12	↓		↓		–	–	–	
13					–	–	–	
14					–	–	–	
15					–	–	–	
16					–	–	–	
17	↓		↓		–	–	–	
18	Wake Up		–		–	–	–	
19	Shower & Breakfast		Fruit tea from home garden		–	–	–	
20	–	↓	–		Zoom Meeting to Stanford	\$10 Wi-Fi	Apple Air Laptop & iPhone	
21	–	–	–		Hotel to U Hilo via Taxi	\$12 fare	–	
22	–	–	–		Conduct ZDP Workshop	–	Apple Air Laptop	
23	–	–	–		–	–	–	
24	Jog	–	Athletic Wardrobe & Apple Watch		–	–	–	
TOTAL								