
Today you will ...


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By Stan Allfrey

Your Body

Your body is active all day.

Not just when you are moving, but constantly. It regulates temperature, moves blood, processes air, reacts to the environment, and maintains itself without stopping.

Most of this happens without you noticing it.

Today your body will perform hundreds of thousands of small actions. Each one is brief but together they make up everything you physically experience.



You will take around twenty thousand breaths today.

At rest, most adults breathe between twelve and twenty times per minute. This slows during sleep and increases during activity.

Across a full day, this results in **roughly twenty thousand breaths and around eleven thousand litres of air passing through the lungs.**

Most people can only hold their breath for between thirty seconds and two minutes. However, the longest recorded underwater breath hold is 29 minutes and 3 seconds, set by Vitomir Marinčić.




You will shed about 500,000,000 skin cells today
You shed around 30,000 to 40,000 skin cells every minute.
Most of the dust in your home is partly made of your own skin. Over a single day, you lose millions of cells without noticing, meaning parts of you are constantly being left behind wherever you go.
32

Your Food

What you eat shapes your day.

Not just at meals, but constantly. Food is bought, prepared, and consumed, often having travelled thousands of miles from different countries before reaching you, arriving from farms, factories, and supply chains around the world.

Much of this happens with little thought or notice.

Across a single day, you eat, drink, swallow, and think about food hundreds of times, consuming energy, sugar, and nutrients in small amounts that add up. Each action is brief but together they make up everything that fuels your body.

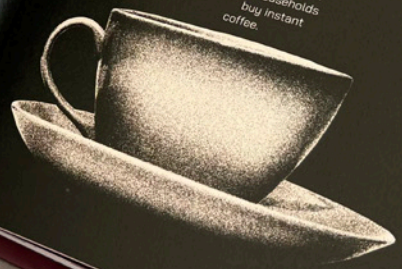




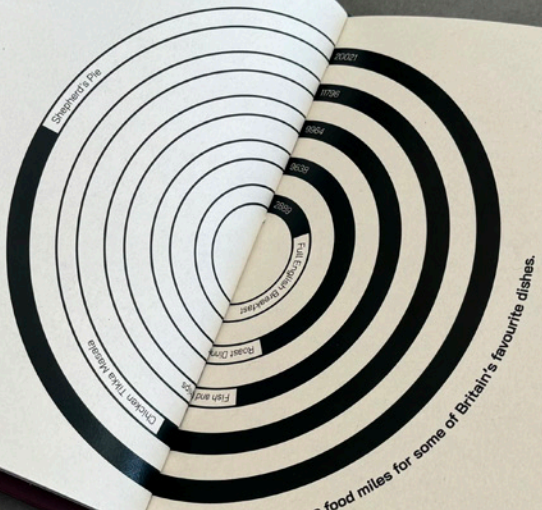
Although the gap is closing, tea is still drunk by a larger share of the British population, with around **100 million cups consumed each day** in the UK and around **41% of adults drinking it at least twice a day**, making it the most consumed drink after water.

You will drink around 2 to 3 cups of tea or 1 to 2 cups of coffee today.

Around 40% of adults drink coffee at least twice a day. with people aged roughly 60 to 75 averaging about 2.2 cups, those aged 45 to 60 around 2.1 cups, and those aged 25 to 40 closer to 1.3 cups per day, while around 80% of UK households buy instant coffee.



Even a simple day of meals can include **grains from the UK or Europe, fruit from Spain, Africa or South America, meat from the UK or Ireland, rice or spices from Asia, and oils from the Mediterranean**, meaning your food is sourced from multiple continents, and in many common meals the majority of ingredients have travelled thousands of miles before they reach your plate.



Average food miles for some of Britain's favourite dishes.

Today you will eat food from around 5 to 10 different countries, with many of those ingredients travelling thousands of miles to reach you.

Your Interactions

Your interactions shape your day.

Not just in conversations, but constantly. You pass people, respond, acknowledge, wait, message, and share space, often without thinking about it.

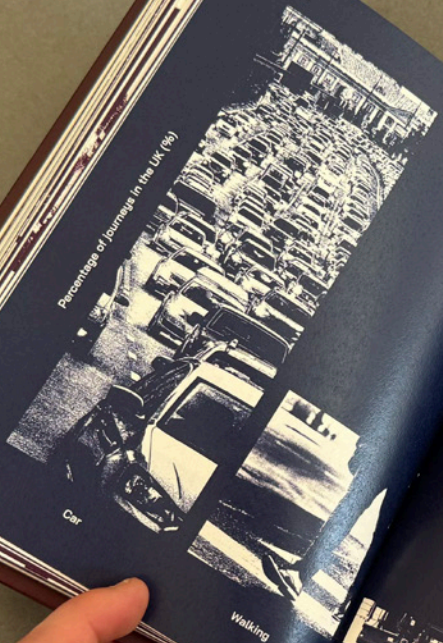
They happen in brief moments throughout the day.

Across a single day, you speak, listen, gesture, and react hundreds of times. Each interaction is brief but together they make up how you connect with the people around you.




When people were asked for the top reasons for smiling, 47% said spending time with loved ones, 40% said watching something funny, and 37% said being smiled at by others, with partners (43%), children (41%), and close friends (31%) being the most common people to cause a smile.
Today You Will...
You will smile around 9 to 12 times today.
67


Today You Will...
The number of people you will see today varies greatly depending on your lifestyle, location, and commute, ranging from a few individuals if you live in some more rural areas to hundreds or even thousands in urban environments. Studies suggest that out of those you will see, around 10 to 15 direct interactions per day, with about 40% of these being with family and 35% with friends.
70
Today you will see between 50 and 100 people
71



You will spend an average of just under 60 minutes travelling today.

In the UK, most of this comes from commuting and routine journeys such as shopping and errands, with around **60 to 65% of trips made by car, 20 to 25% on foot, and 5 to 7% by bus, while the remaining journeys are made by trains, the Tube, cycling, and other forms of transport.** In London, walking rises to around 30% of journeys, with buses and the Tube together accounting for around 25 to 35%, and car use falling to below 40%.



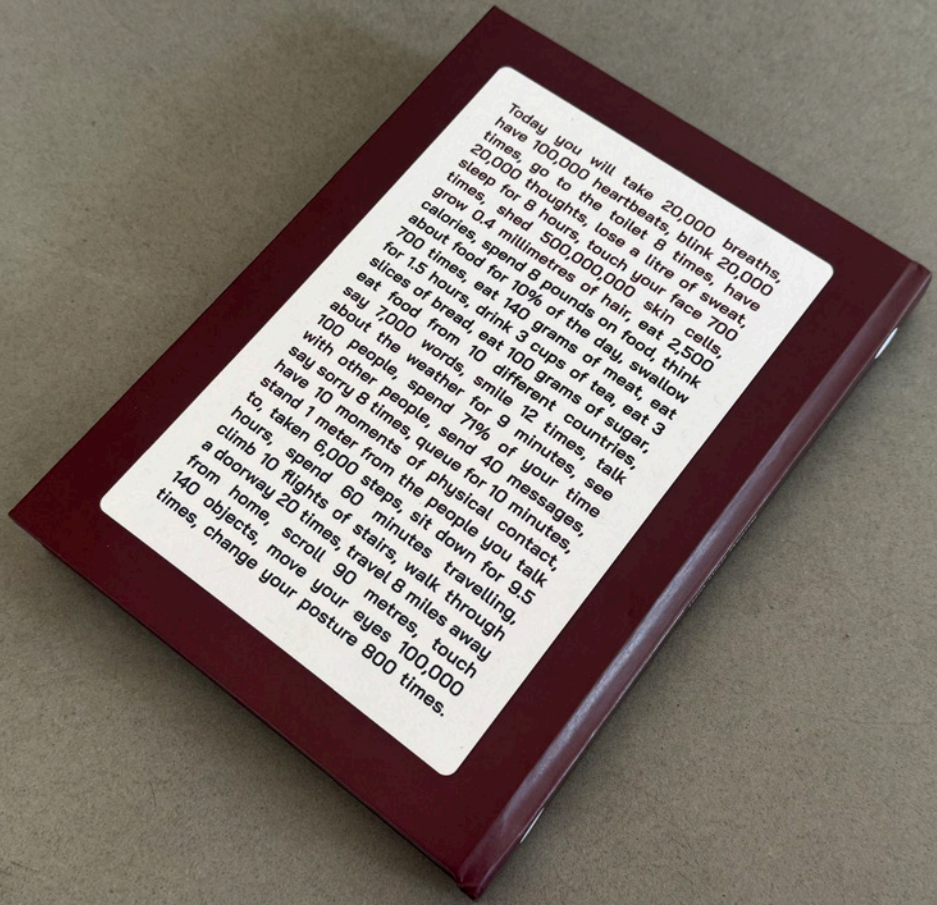
Your thumb will scroll around 50 to 90 metres today.





This page represents 1/30th the distance you will scroll a day. This amount of scrolling comes from thousands of daily interactions with your phone, with studies showing ***people touch their screens around 2,500 to 3,000 times per day and check their phones about 85 times daily.***

Taken 20,000 breaths, had 100,000 heartbeats, blinked 20,000 times, gone to the toilet 8 times, had 20,000 thoughts, lost a litre of sweat, slept for 8 hours, touched your face 700 times, shed 500,000,000 skin cells, grown 0.4 millimetres of hair, eaten 2,500 calories, spent 8 pounds on food, thought about food for 10% of the day, swallowed 700 times, eaten 140 grams of meat, eaten for 1.5 hours, drank 3 cups of tea, eaten 3 slices of bread, eaten 100 grams of sugar, eaten food from 10 different countries, said 7,000 words, smiled 12 times, talked about the weather for 9 minutes, seen 100 people, spent 71% of your time with other people, sent 40 messages, said sorry 8 times, queued for 10 minutes, had 10 moments of physical contact, stood 1 meter from people you talk to, taken 6,000 steps, sat down for 9.5 hours, spent 60 minutes travelling, climbed 10 flights of stairs, walked through a doorway 20 times, travelled 8 miles away from home, scrolled 90 metres, touched 140 objects, moved your eyes 100,000 times, changed your posture 800 times.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