```
( Text inside parentheses is intended for humans. )
( The program might be easier to read from the bottom-up. )

: REST-1-SECOND ( -- )
    1000 MS ;

: REST ( n -- )
    0 DO
        REST-1-SECOND
    LOOP ;


: DIFFER? ( x1 x2 -- f )
    = 0= ;

: CLOCK-SECONDS ( -- n )
    TIME&DATE 2DROP 2DROP DROP ;

: A-SECOND-PASSED? ( n -- f )
    CLOCK-SECONDS DIFFER? ;

: WORK-A-BIT ( -- )
    1 1 + DROP ;

: WORK-1-SECOND ( -- )
    CLOCK-SECONDS
    BEGIN
        WORK-A-BIT
        DUP A-SECOND-PASSED?
    UNTIL
    DROP ;

: WORK ( n -- )
    0 DO
        WORK-1-SECOND
    LOOP ;


: MINUTES ( n1 -- n2 )
    60 * ;

: HOURS ( n1 -- n2 )
    MINUTES 60 * ;


: LIFE ( -- )
    BEGIN
        16 HOURS WORK
        8 HOURS REST
    AGAIN ;


LIFE



( life.fs v1.0.0 )
( Sotiris Papatheodorou, February 2024 )
```