

| Date | Sleep | | Hygiene | | | | | | | Learning, hours | Workout, hours |
|------------|---------------------|---------------------|-----------|-----------|-----------|---------|-----------|-----------|--------------|--------------------|-------------------|
| | Lights out | Getting up | Afternoon | | | Evening | | | | | |
| | | | Brush | Irrigator | Mouthwash | Brush | Irrigator | Mouthwash | Mouth guards | | |
| 01.07.2025 | 2025-07-01 03:39:00 | 2025-07-01 09:41:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | | |
| 02.07.2025 | | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
| 03.07.2025 | 2025-07-03 03:04:00 | 2025-07-03 12:57:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
| 04.07.2025 | 2025-07-03 23:00:00 | 2025-07-04 06:10:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
| 05.07.2025 | 2025-07-04 22:30:00 | 2025-07-05 12:29:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | |
| 06.07.2025 | 2025-07-06 01:54:00 | 2025-07-06 13:10:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | |
| 07.07.2025 | 2025-07-07 04:26:00 | 2025-07-07 11:13:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | |
| 08.07.2025 | 2025-07-08 01:09:00 | 2025-07-08 09:09:00 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | |
| 09.07.2025 | 2025-07-09 01:46:00 | 2025-07-09 11:19:00 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 3.5 | 0 |
| 10.07.2025 | 2025-07-10 03:14:00 | 2025-07-10 12:24:00 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2.5 | 0 |
| 11.07.2025 | 2025-07-11 03:14:00 | 2025-07-11 12:19:00 | 1 | 2 | 1 | 1 | 0 | 1 | 1 | 2.5 | 0.33 |
| 12.07.2025 | 2025-07-12 04:00:00 | 2025-07-12 12:49:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 |
| 13.07.2025 | 2025-07-13 08:28:00 | 2025-07-13 17:13:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1.75 |
| 14.07.2025 | 2025-07-14 02:51:00 | 2025-07-14 09:00:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 4.65 |
| 15.07.2025 | 2025-07-15 02:12:00 | 2025-07-15 13:51:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | 1.17 |
| 16.07.2025 | 2025-07-16 03:05:00 | 2025-07-16 11:53:00 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0 | 1.32 |
| 17.07.2025 | 2025-07-17 02:25:00 | 2025-07-17 11:15:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |