

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	0	0	0	0	1	0