

Date	Sleep		Hygiene								CI, hours	Workout, hours		
	Lights out	Getting up	Afternoon			Evening								
			Brush	Irrigator	Mouthwash	Brush	Irrigator	Mouthwash	Mouth guards					
01.02.2026														
02.02.2026														
03.02.2026														
04.02.2026														
05.02.2026														
06.02.2026														
07.02.2026														
08.02.2026	2026-02-07 23:26:00	2026-02-08 09:52:00	0	0	0	1	1	1	1					
08.02.2026	2026-02-07 23:26:00	2026-02-08 09:52:00	0	0	0	1	1	1	1					
09.02.2026	2026-02-09 00:41:00	2026-02-09 09:10:00	1	1	1	1	1	1	1	0.35				
10.02.2026	2026-02-10 00:43:00	2026-02-10 09:15:00	1	1	1	1	1	1	1	0				
11.02.2026	2026-02-11 00:51:00	2026-02-11 09:02:00	1	1	1	0	0	0	0	0.03				
12.02.2026	2026-02-12 01:46:00	2026-02-12 06:06:00	1	1	1	0	0	0	0	0				
13.02.2026	2026-02-13 01:49:00	2026-02-13 10:49:00	1	1	1	0	0	0	0	0				
14.02.2026	2026-02-14 03:23:00	2026-02-14 10:43:00	1	1	1	1	1	1	1	0				
15.02.2026	2026-02-15 01:29:00	2026-02-15 09:45:00	1	1	1	0	0	0	0	0				
16.02.2026	2026-02-16 03:50:00	2026-02-16 05:11:00	1	1	1	0	0	0	0	0				
17.02.2026	2026-02-17 02:55:00	2026-02-16 12:18:00	1	1	1	0	0	0	0	0				
18.02.2026	2026-02-18 01:57:00	2026-02-18 10:08:00	1	1	1	1	1	1	1	0				
19.02.2026	2026-02-19 02:55:00	2026-02-16 06:10:00	1	1	1	0	0	0	0	0				
20.02.2026	2026-02-20 04:36:00	2026-02-20 13:07:00	1	1	1	1	1	1	1	0				
21.02.2026	2026-02-21 05:57:00	2026-02-21 08:19:00	1	1	1	0	0	0	0	0				
22.02.2026	2026-02-22 00:44:00	2026-02-22 12:13:00	1	1	1	0	0	0	0	0				
23.02.2026	2026-02-23 01:33:00	2026-02-23 11:44:00	1	1	1	1	1	1	1	0				