

| Date | Sleep | | Hygiene | | | | | | | CI, hours | Workout, hours |
|------------|---------------------|---------------------|-----------|-----------|-----------|---------|-----------|-----------|--------------|--------------|-------------------|
| | Lights out | Getting up | Afternoon | | | Evening | | | | | |
| | | | Brush | Irrigator | Mouthwash | Brush | Irrigator | Mouthwash | Mouth guards | | |
| 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 | | |
| 10.02.2026 | 2026-02-10 00:43:00 | 2026-02-10 09:15:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | | |