

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					