

| Date | Sleep | | Hygiene | | | | | | |
|------------|---------------------|---------------------|-----------|-----------|-----------|---------|-----------|-----------|--------------|
| | Lights out | Getting up | Afternoon | | | Evening | | | |
| | | | Brush | Irrigator | Mouthwash | Brush | Irrigator | Mouthwash | Mouth guards |
| 01.07.2025 | 2025-07-02 22:30:00 | 2025-07-03 06:00:00 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| 02.07.2025 | 2025-07-03 22:30:00 | 2025-07-03 06:00:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 03.07.2025 | 2025-07-03 22:30:00 | 2025-07-03 06:00:00 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |