

| 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 | 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 | |