Date	Sleep		Hygiene							Learning, hours	Workout, hours
	Lights out	Getting up	Afternoon			Evening					
			Brush	Irrigator	Mouthwash	Brush	Irrigator	Mouthwash	Mouth guards		
01.07.2025	2025-07-01 03:39:00	2025-07-01 09:41:00	1	1	1	0	0	0	0		
02.07.2025			1	1	1	1	1	1	1		
03.07.2025	2025-07-03 03:04:00	2025-07-03 12:57:00	1	1	1	1	1	1	1		
04.07.2025	2025-07-03 23:00:00	2025-07-04 06:10:00	1	1	1	1	1	1	1		
05.07.2025	2025-07-04 22:30:00	2025-07-05 12:29:00	1	1	1	1	1	1	1		
06.07.2025	2025-07-06 01:54:00	2025-07-06 13:10:00	1	1	1	1	1	1	1	0.5	
07.07.2025	2025-07-07 04:26:00	2025-07-07 11:13:00	1	1	1	0	0	0	0	0	
08.07.2025	2025-07-08 01:09:00	2025-07-08 09:09:00	0	0	0	1	1	1	1	0	
09.07.2025	2025-07-09 01:46:00	2025-07-09 11:19:00	1	2	1	1	1	1	1	3.5	0
10.07.2025	2025-07-10 03:14:00	2025-07-10 12:24:00	1	2	1	1	1	1	1	2.5	0
11.07.2025	2025-07-11 03:14:00	2025-07-11 12:19:00	1	2	1	1	0	1	1	2.5	0.33
12.07.2025	2025-07-12 04:00:00	2025-07-12 12:49:00	1	1	1	0	0	0	0	0	1
13.07.2025	2025-07-13 08:28:00	2025-07-13 17:13:00	1	1	1	1	1	1	1	0	1.75
14.07.2025	2025-07-14 02:51:00	2025-07-14 09:00:00	1	1	1	1	1	1	1	2	4.65
15.07.2025	2025-07-15 02:12:00	2025-07-15 13:51:00	1	1	1	1	1	1	1	0.5	1.17
16.07.2025	2025-07-16 03:05:00	2025-07-16 11:53:00	1	2	1	1	1	1	1	0	1.32
17.07.2025	2025-07-17 02:25:00	2025-07-17 11:15:00	1	1	1	1	1	1	1	0	1.73
18.07.2025	2025-07-18 01:55:00	2025-07-18 11:55:00	1	1	1	1	1	1	1	0.5	1.7
19.07.2025	2025-07-18 23:20:00	2025-07-19 08:30:00	1	1	1	1	1	1	1	4	0.83
20.07.2025	2025-07-20 00:40:00	2025-07-20 11:20:00	1	1	1	1	1	1	1	3	0.67
21.07.2025	2025-07-20 22:12:00	2025-07-21 10:45:00	1	1	1	1	1	1	1	0.5	1.15
22.07.2025	2025-07-22 01:25:00	2025-07-22 09:50:00	1	1	1	1	1	1	1	1.5	0.25
23.07.2025	2025-07-22 22:40:00	2025-07-23 05:53:00	1	1	1	1	1	1	1	2.5	0.33
24.07.2025	2025-07-24 00:40:00	2025-07-24 09:55:00	1	1	1	1	1	1	1	6	0
25.07.2025	2025-07-25 03:00:00	2025-07-25 11:55:00	1	1	1	1	1	1	1	1.5	0.25
26.07.2025	2025-07-26 12:14:00	2025-07-26 18:06:00	1	1	1	1	1	1	1	7	0.25
27.07.2025	2025-07-27 04:34:00	2025-07-27 13:34:00	1	1	1	1	1	1	1	0	0
28.07.2025	2025-07-28 03:41:00	2025-07-28 13:58:00	1	1	1	1	1	1	1	0	0