

The heatmap displays a 10x7 grid of data points. The columns represent the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The rows are unlabeled. The color scale ranges from dark purple (low) to bright yellow (high). A prominent bright yellow horizontal band spans from Thursday to Sunday in the 6th row. Other high-intensity spots are scattered throughout the week, including a yellow spot on Monday in the 3rd row and a yellow spot on Tuesday in the 4th row. The bottom row (row 10) is predominantly dark purple, indicating low values across all days.

