Wake up time: 6:03
Start working time: 9:06
Coffee time:
Exercise time: 22:00
End up working time: 23:00
Sleep time: 00:05

Category for breakfast: toast

Category for lunch: lamb + chicken

Category for dinner: oat + eggs×3

Social activity: —

Drinks for recovering: hot water + VC

All day mood: 🙁 😐 😁 ✓

Name: Kris   Date: 12/9/2019

Wake up time: 6:30
Start working time: 8:00 am
Coffee time: 6:45
Exercise time: no exercise
End up working time: 11:00 pm
Sleep time: 12:00 am

Category for breakfast: coffee

Category for lunch: lamb   chicken

Category for dinner:

Social activity: wechat, QQ, 8:00 - 10:00 am class

Drinks for recovering: cup of coffee.

All day mood: 🙁 😐 😁

Name: Charlie   Date: 2019. 09. 12

Wake up time: 6:30
Start working time: 8:00 am
Coffee time: 6:45
Exercise time: no exercise
End up working time: 11:00 pm
Sleep time: 12:00 am

Category for breakfast: coffee

Category for lunch: lamb chicken

Category for dinner:

Social activity: wechat, QQ, 8:00 - 10:00 am class

Drinks for recovering: cup of coffee.

All day mood: 🙁 😐 😁

Name: Charlie   Date: 2019. 09. 12

Wake up time: 6
Start working time: 9
Coffee time: 10
Exercise time: no
End up working time: 18
Sleep time: 24

Category for breakfast: bread oatmeal
Category for lunch: roast meat with steamed rice
Category for dinner: fruit, istant noodles watermelon / grape
Social activity:
Drinks for recovering: Coffee milk tea water yoghurt

Easy to fall asleep / ~~Hard to fall asleep~~

All day mood: 🙁 😐(circled) 😁

Name: Qian   Date: 2019.09.13

Wake up time: 9:00 am
Start working time: 10:00 am
Coffee time: NO coffee
Exercise time: No exercise
End up working time: 11:00 Pm
Sleep time: 11:00 Pm

Category for breakfast: Dumplin
Category for lunch: Rice
Category for dinner: Rice
Social activity: Online chatting
Drinks for recovering: water

Easy to fall asleep / Hard to fall asleep ✓

All day mood: 🙁✓ 😐 😁

Name: Guoqing che   Date: 15/09/19