Hourly Average Calories vs hour of day 120 average calories per hour average\_cal 80 -120 110 100 90 80 40 -70 0 -00:00:00 03:00:00 04:00:00 14:00:00 15:00:00 21:00:00 22:00:00 23:00:00 00:00:90 00:00:20 08:00:80 17:00:00 19:00:00 02:00:00 00:00:60 10:00:00 11:00:00 12:00:00 13:00:00 16:00:00 18:00:00 20:00:00 01:00:00 05:00:00 hours