

Date	Rise_Time	Bed_Time	Total_Hours_Slept	Exercise?	Exercise_Type	Exercise_Duration	Energy_Level_Start_of_Day	Energy_Level_End_of_Day	Additional_Comments
10/07/2022	08:00	22:45	8.48	Yes	Running	30	Low	Low	Low energy all day
11/07/2022	08:00	23:45	7.48	Yes	Running	30	Medium	Low	Low energy due to labour-intensive work
12/07/2022	08:00	21:00	11	Yes	Yoga	30	Medium	Low	Hard time waking up
13/07/2022	08:00	19:00	12.5	Yes	Walking	90	High	Low	Intense physical activity drained me end of day.
14/07/2022	07:50	22:00	9.15	Yes	Walking	30	Medium	Medium	Slight energy dip after waking.
15/07/2022	07:15	22:00	8.45	Yes	Running	30	Medium	Medium	Slight energy dip at end of day before bed.
16/07/2022	06:45	22:00	0 [1]	Yes	Walking	30	Medium	Medium	Restless sleep (low quality) but overall am okay.

[1] Study ends here, so nothing to add in total_hours_slept for this date.

Column_Name	Format
Date	Day/Month/Year
Rise_Time	Hours
Bed_Time	Hours
Total_Hours_Slept	Hours
Exercise_Duration	Minutes
Additional_Comments	Qualitative Data - Self-Reports