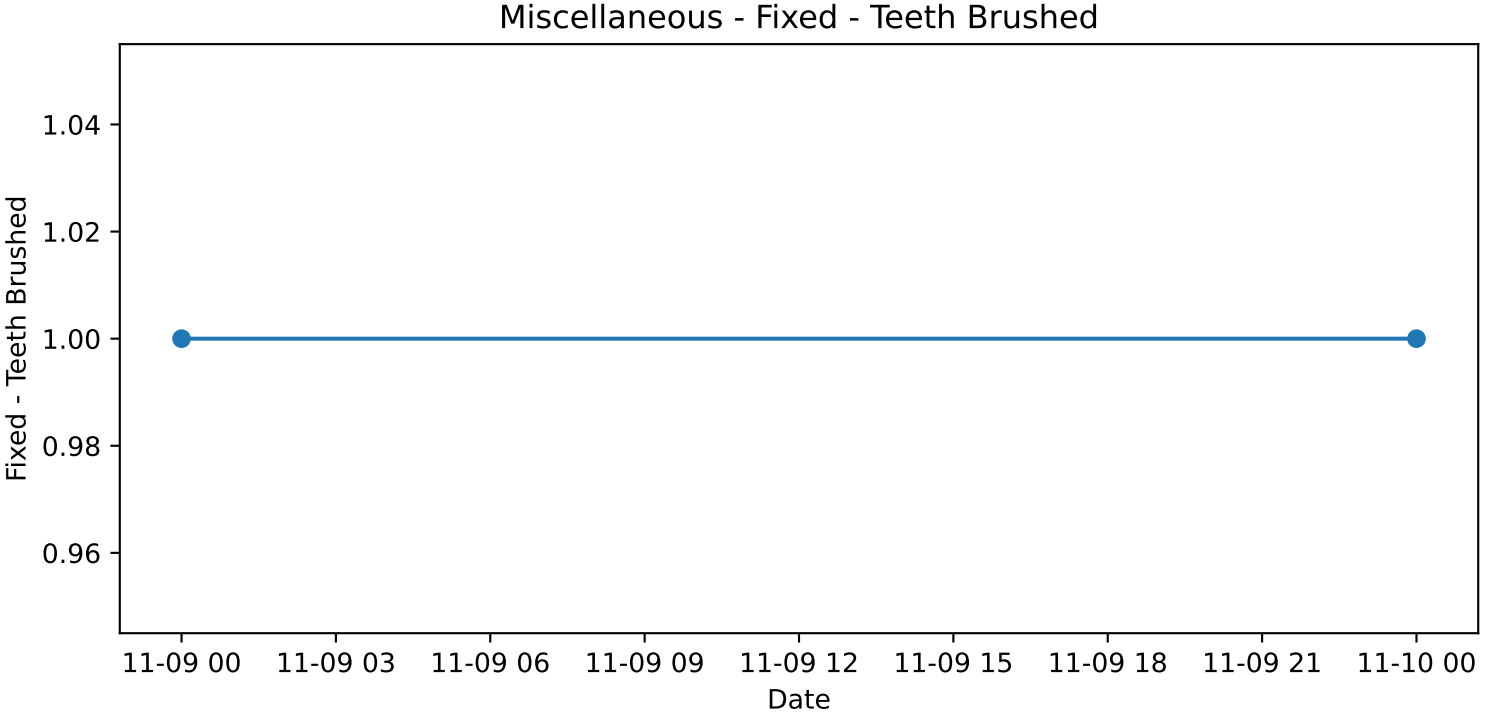
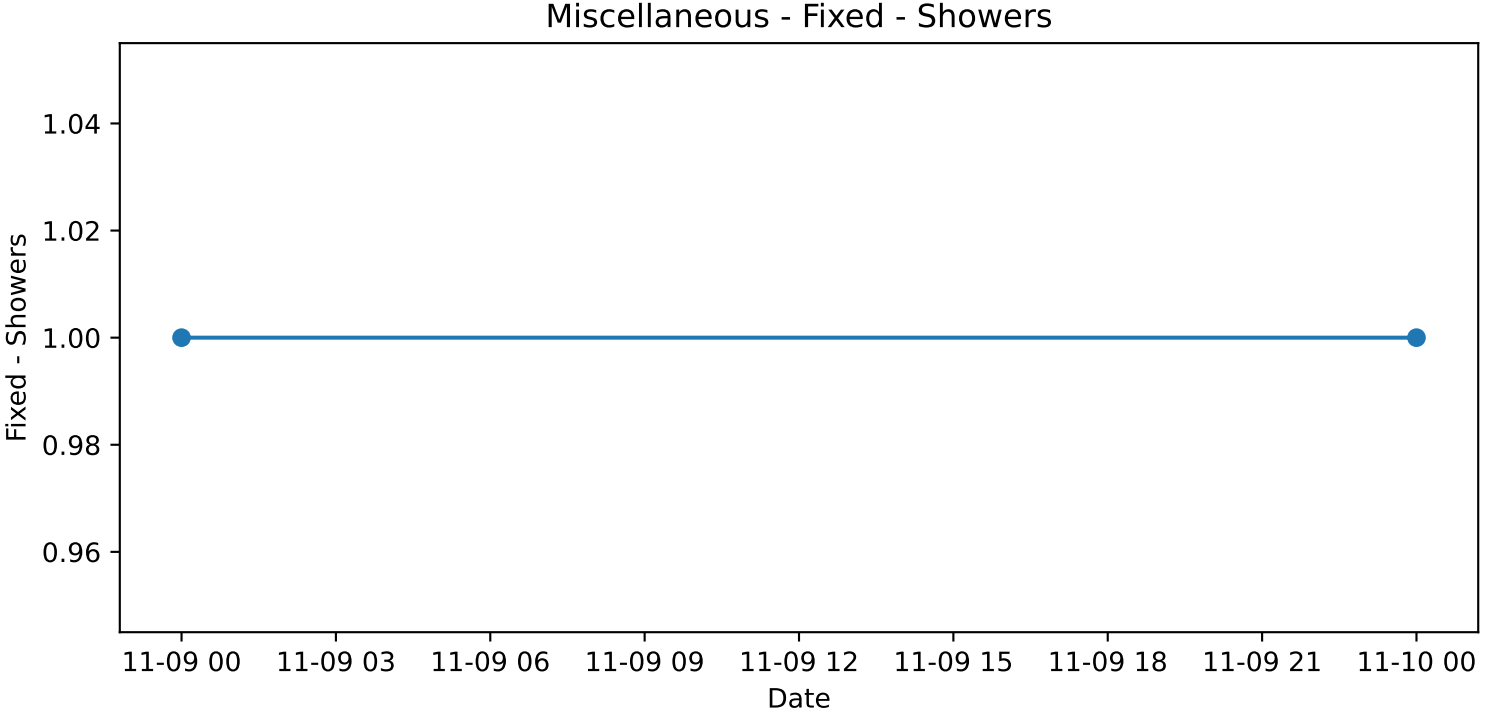
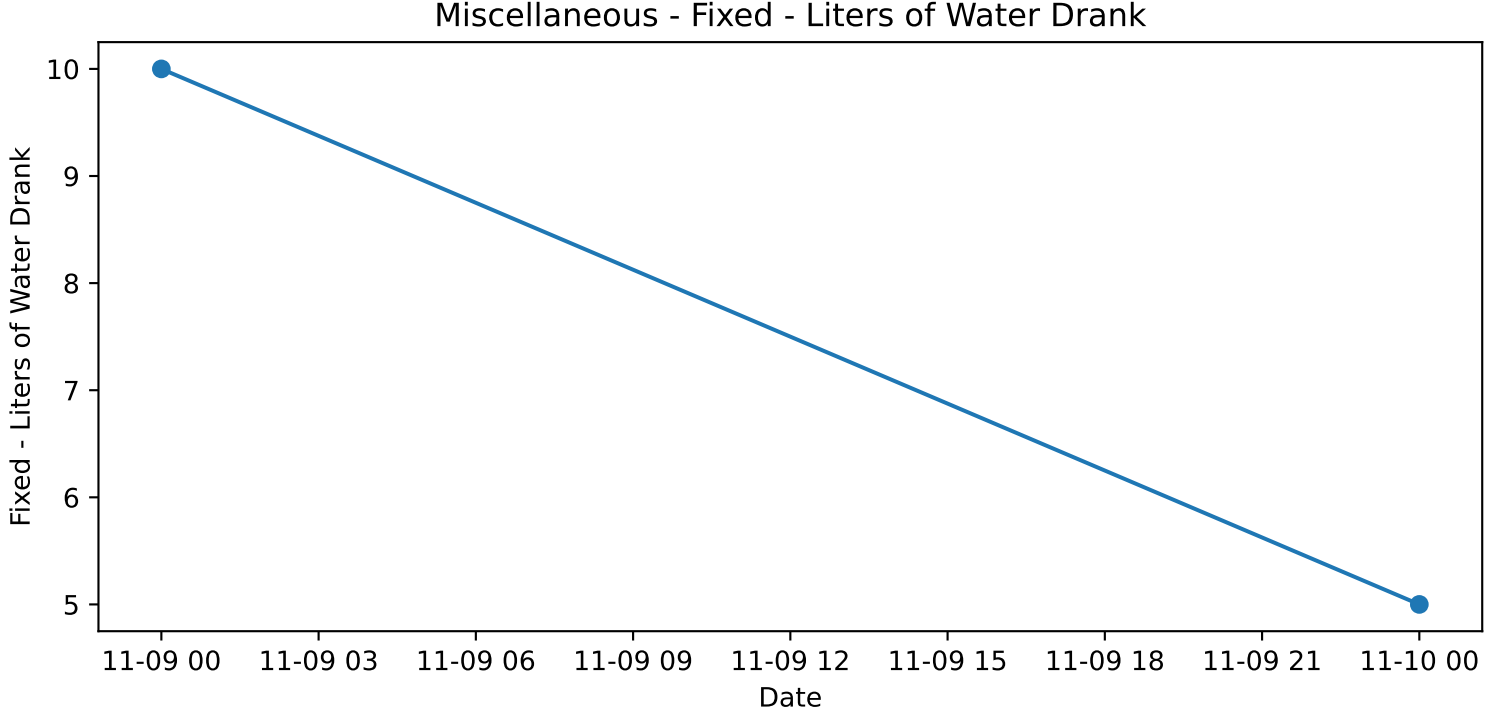
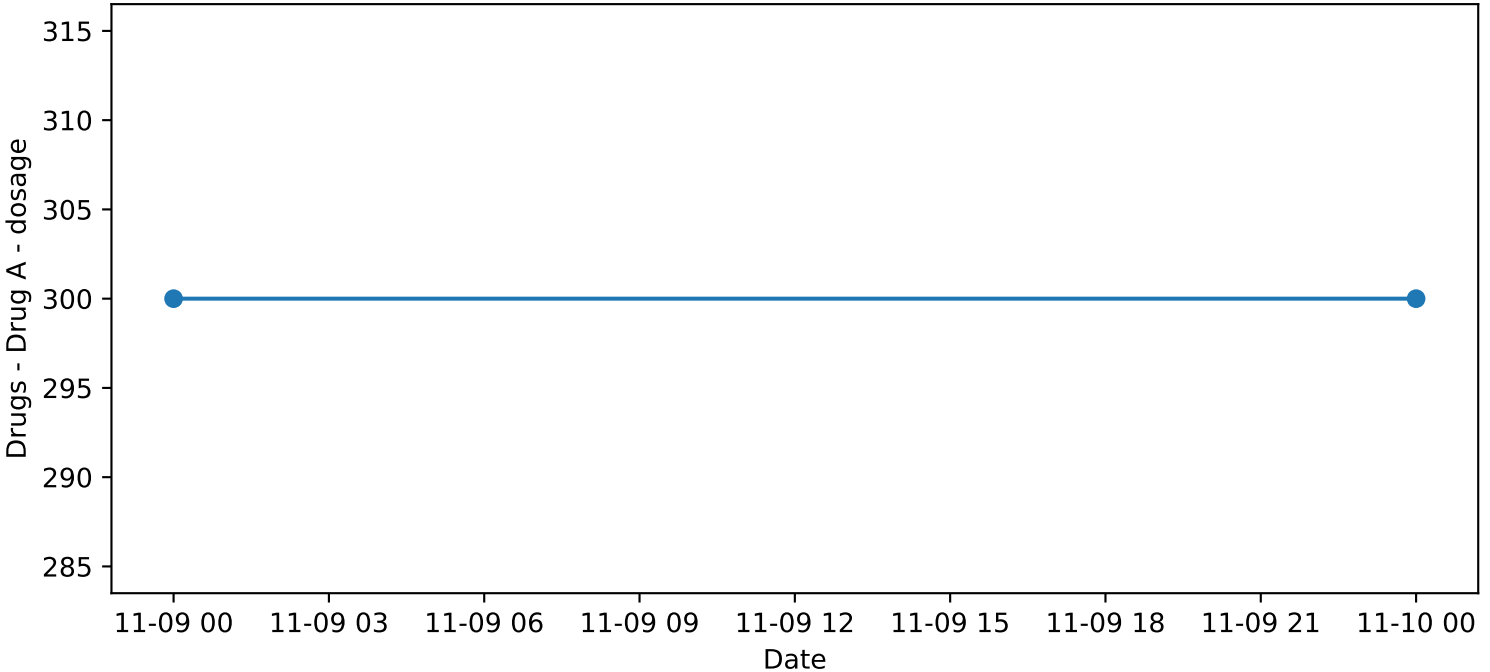
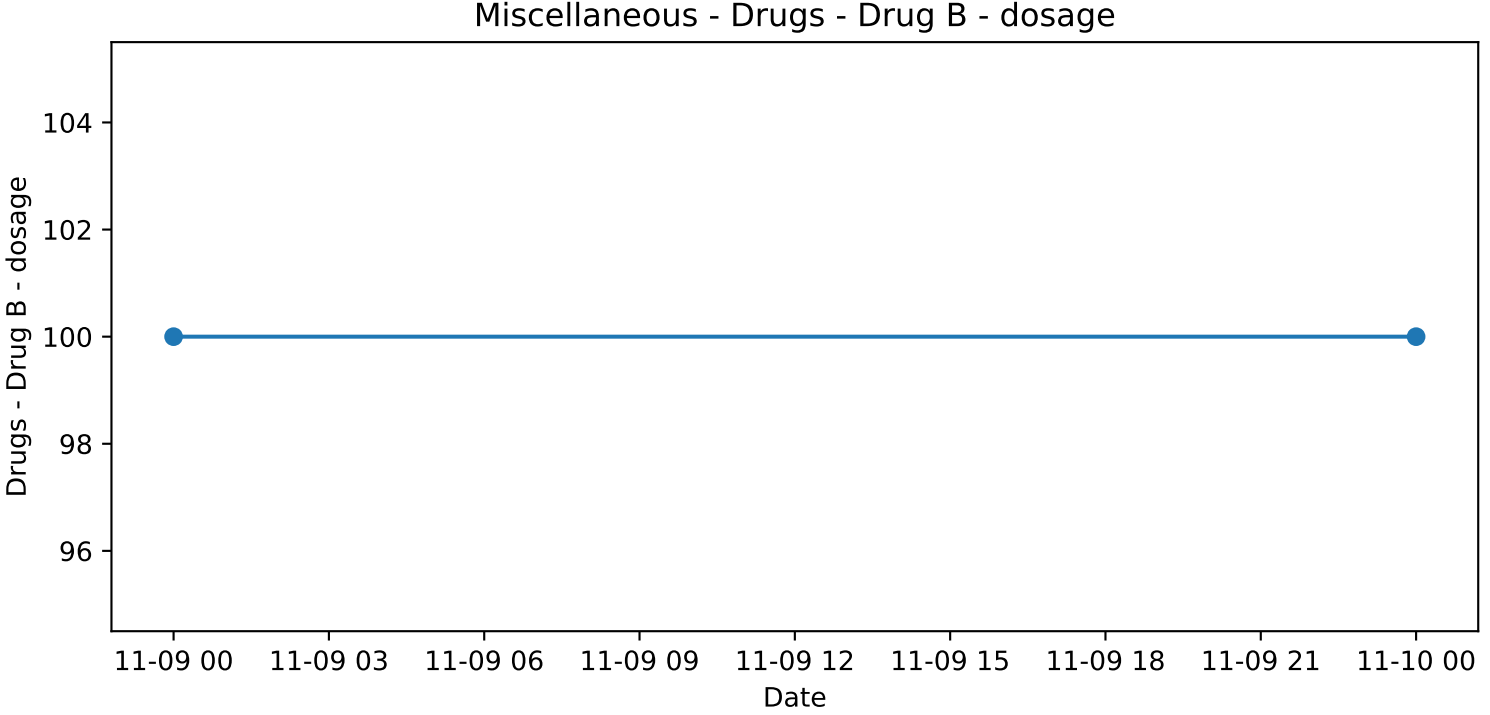
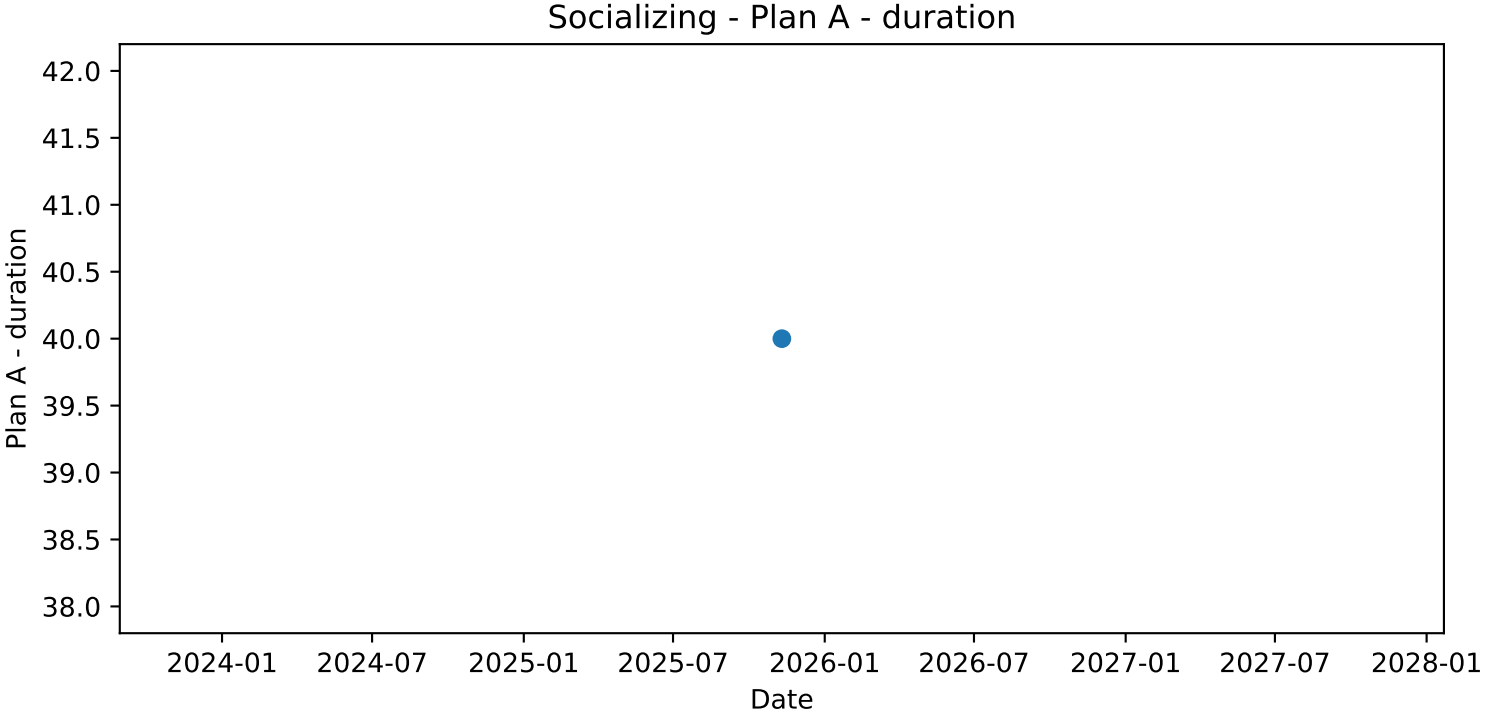

Miscellaneous - Fixed - Teeth Brushed
Fixed - Teeth Brushed
1.04
1.02
1.00
0.98
0.96
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

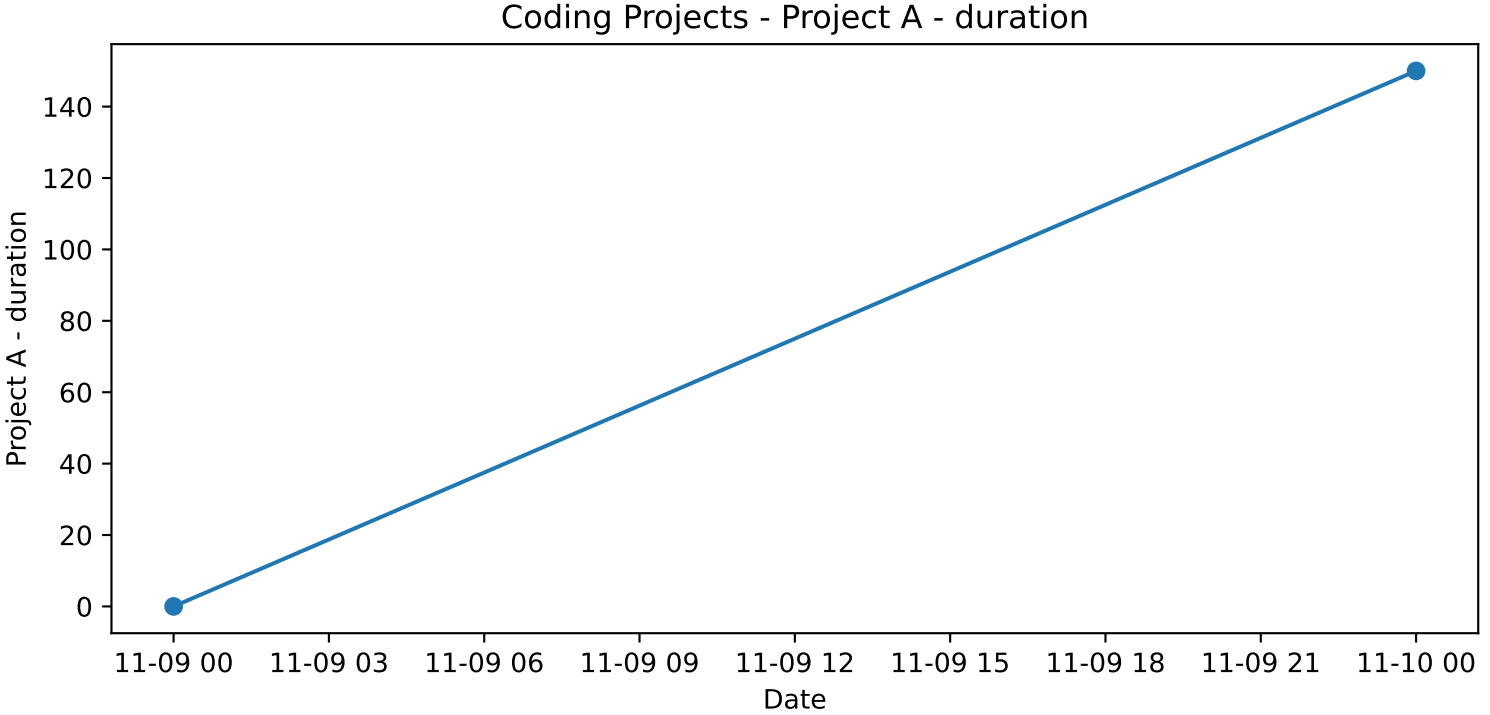

Miscellaneous - Fixed - Showers
Fixed - Showers
1.04
1.02
1.00
0.98
0.96
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

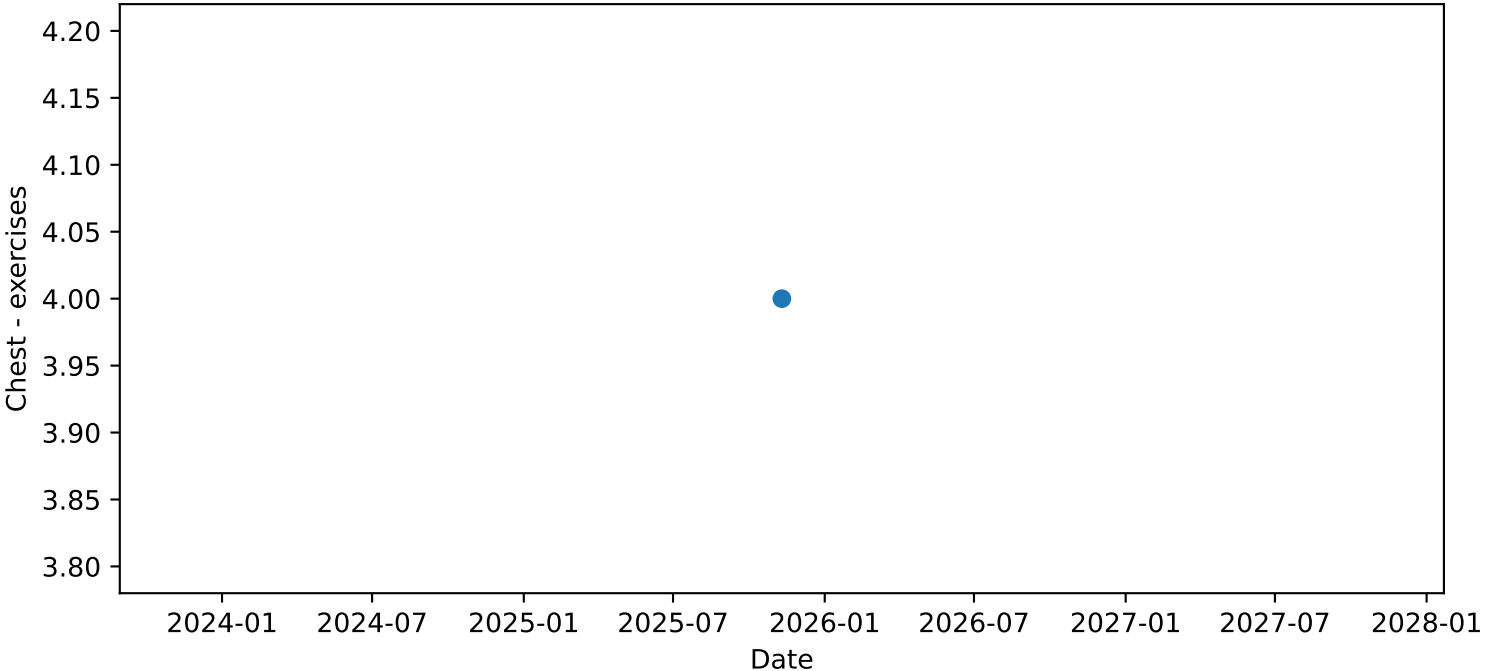

Miscellaneous - Fixed - Liters of Water Drank
Fixed - Liters of Water Drank
10
9
8
7
6
5
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

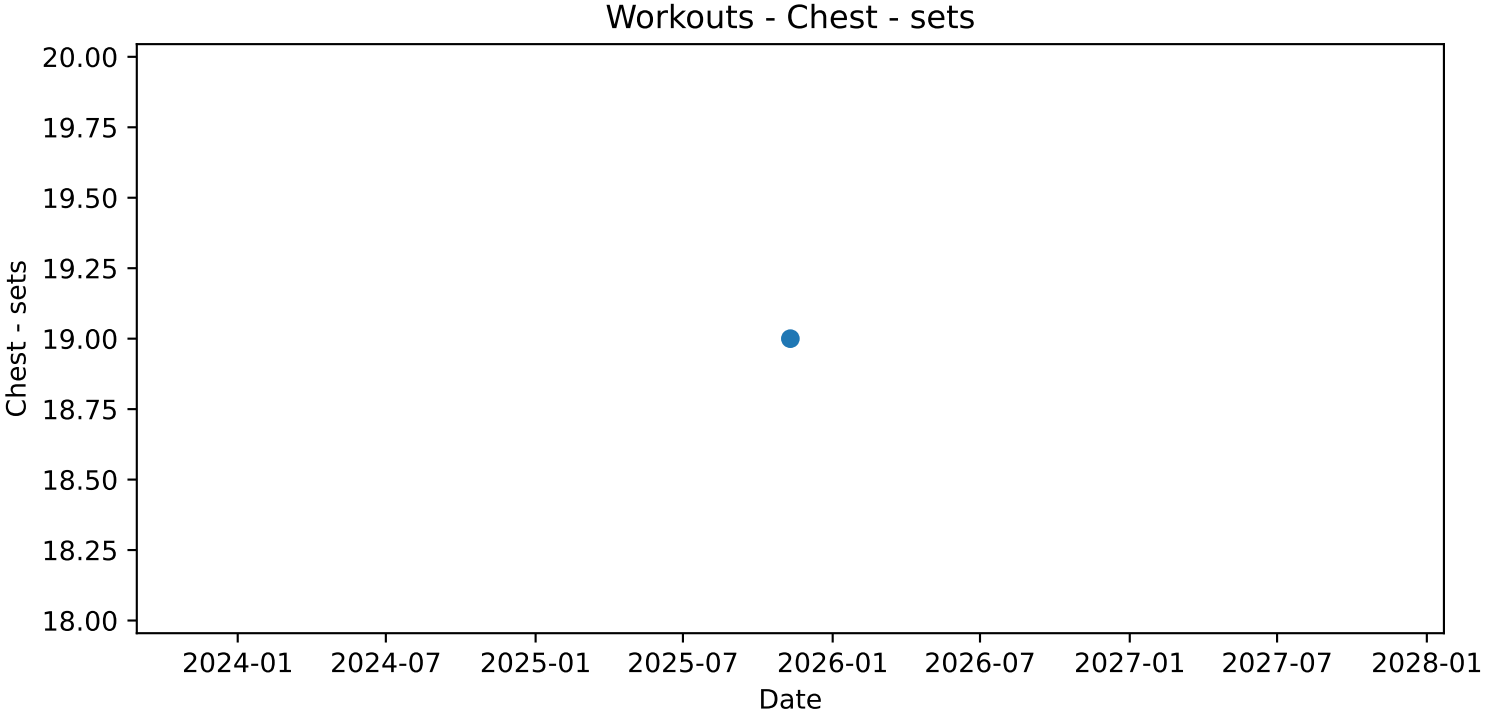

Miscellaneous - Drugs - Drug A - dosage
315
310
305
300
295
290
285
Drugs - Drug A - dosage
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

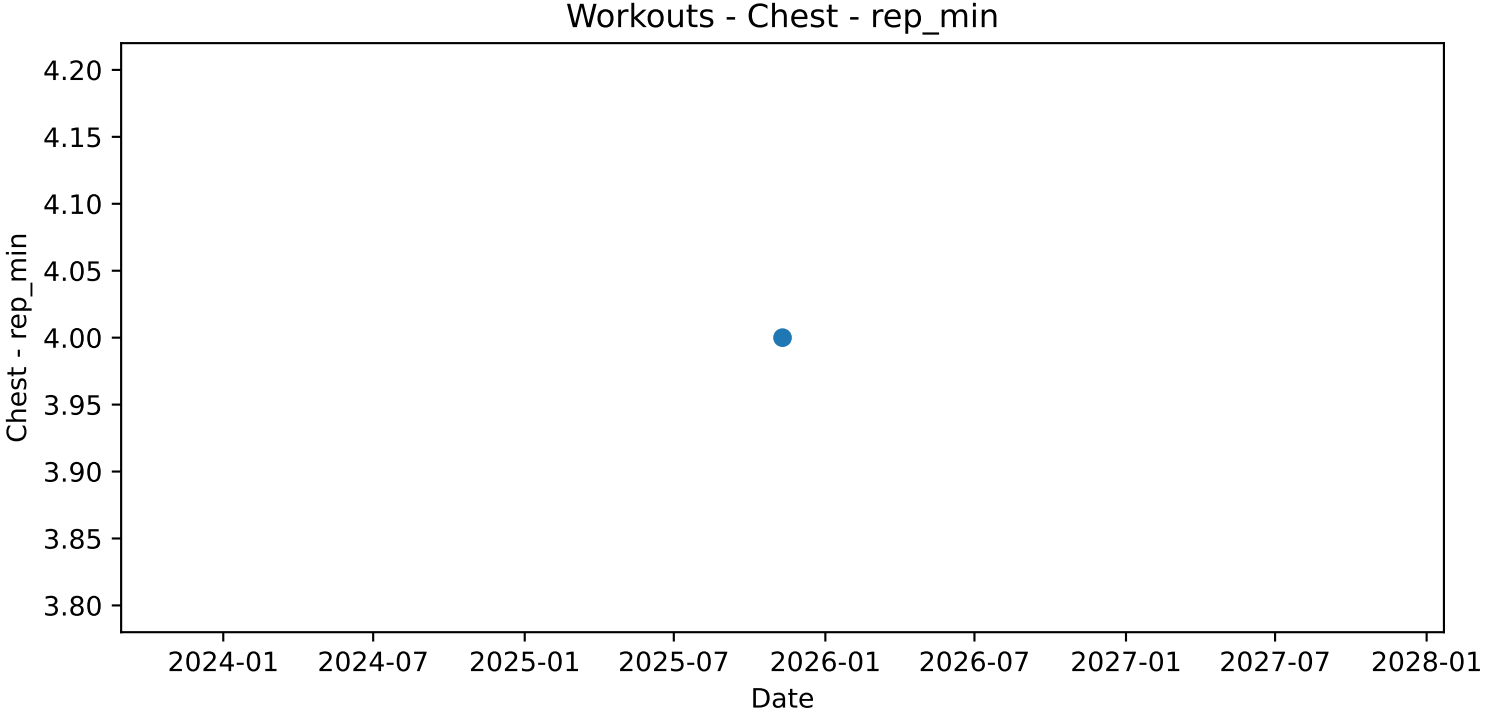

Miscellaneous - Drugs - Drug B - dosage
Drugs - Drug B - dosage
104
102
100
98
96
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

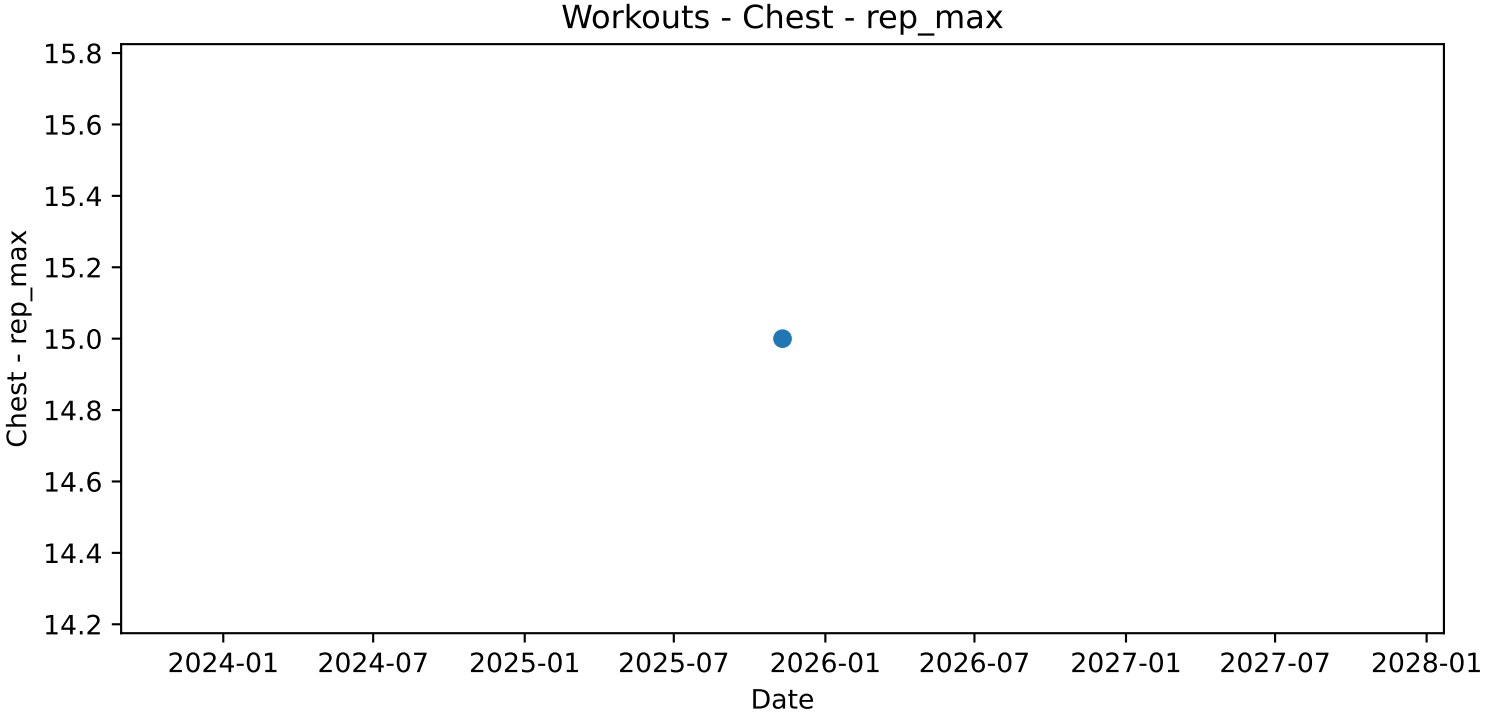

Socializing - Plan A - duration
Plan A - duration
42.0
41.5
41.0
40.5
40.0
39.5
39.0
38.5
38.0
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

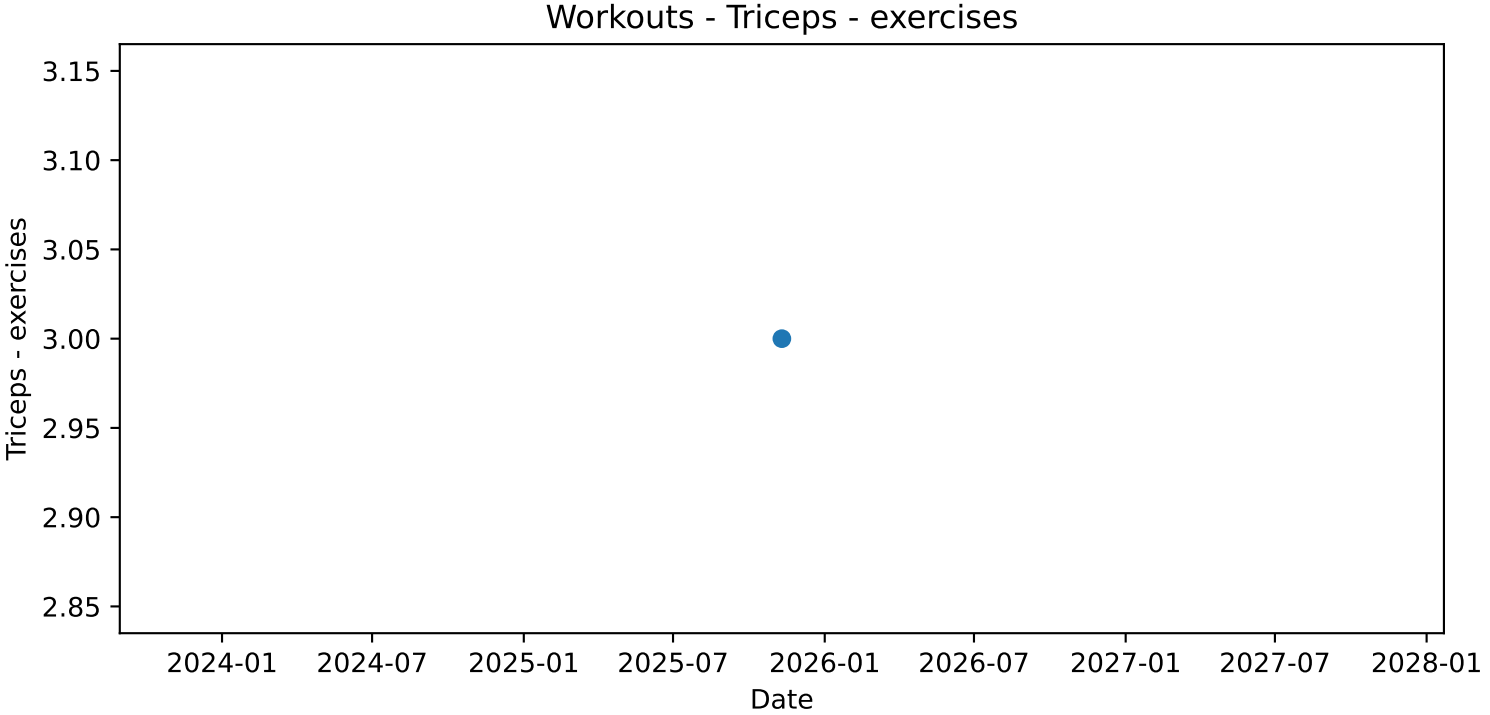

Coding Projects - Project A - duration
Project A - duration
0
20
40
60
80
100
120
140
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

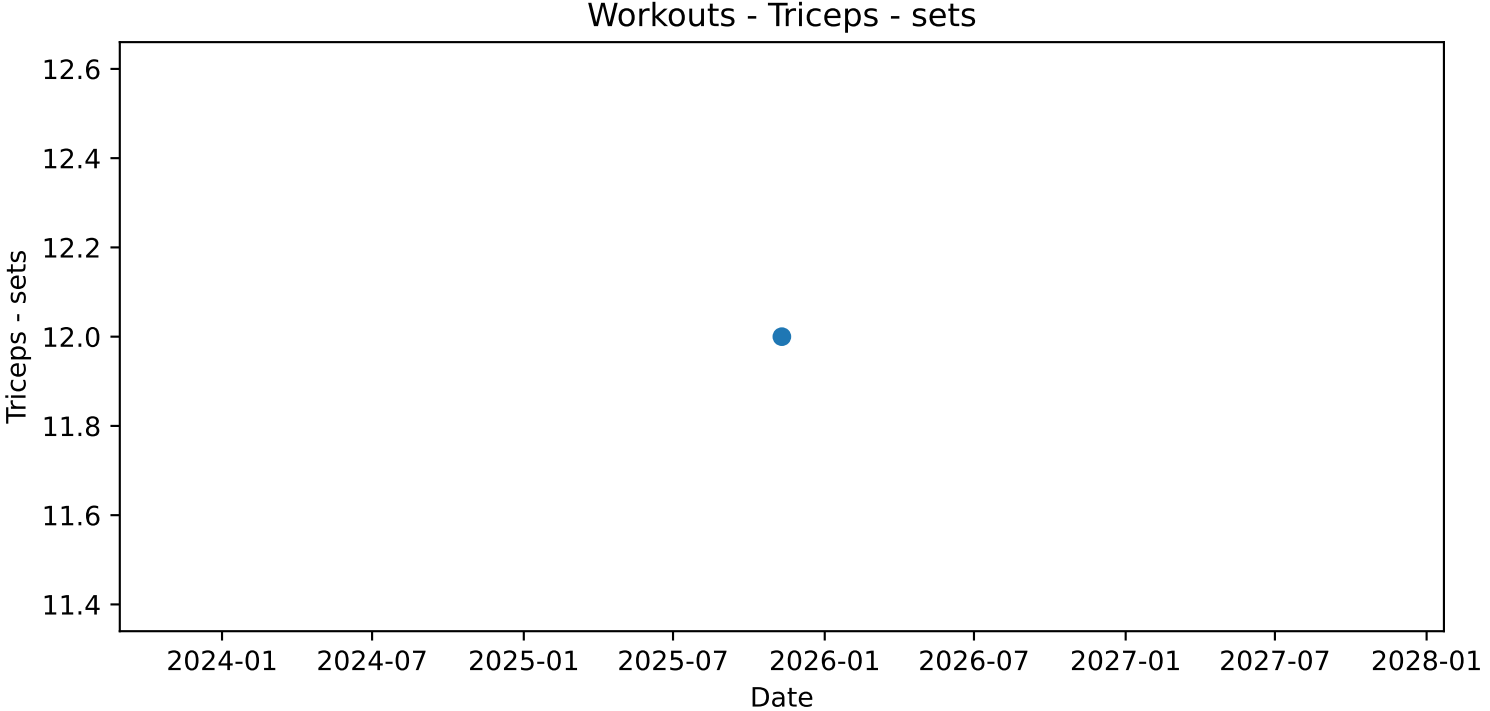

Workouts - Chest - exercises
Chest - exercises
4.20
4.15
4.10
4.05
4.00
3.95
3.90
3.85
3.80
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

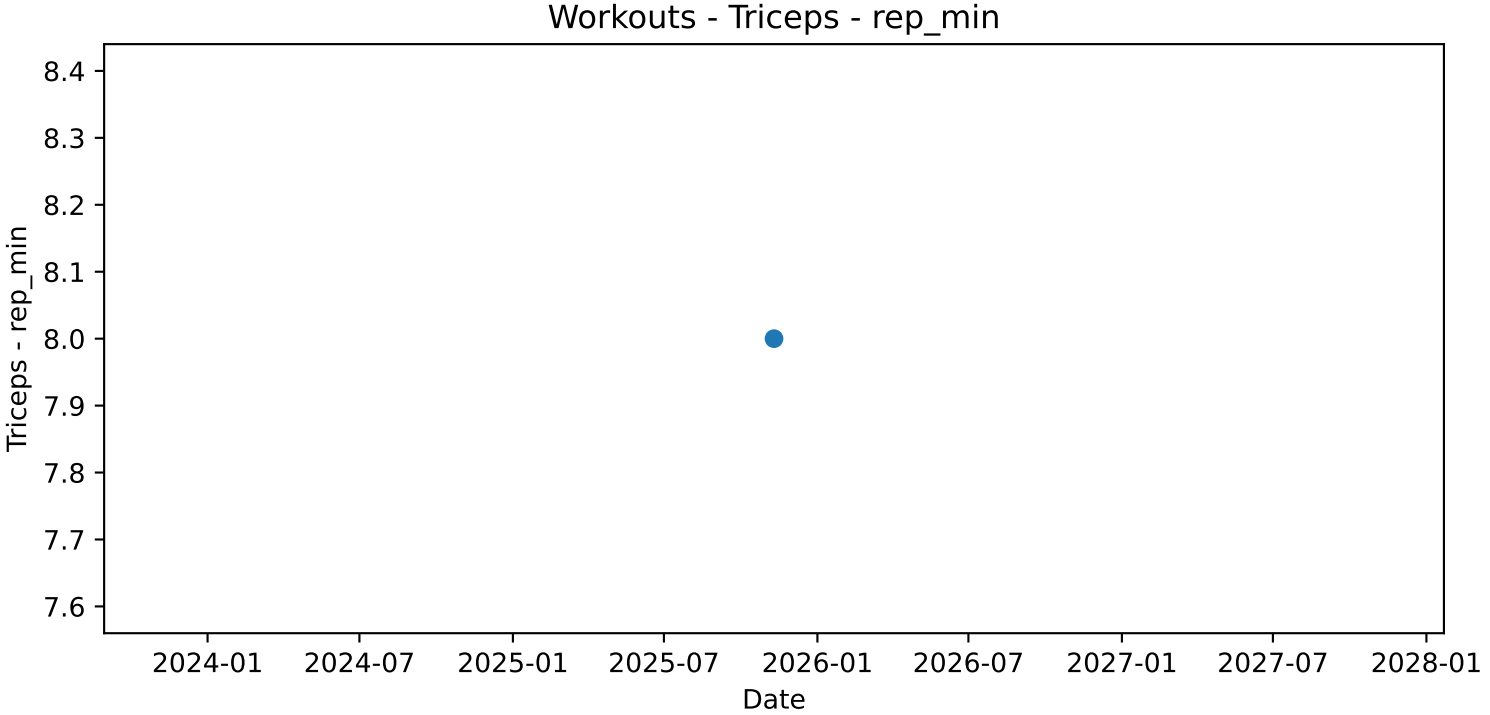

Workouts - Chest - sets
Chest - sets
20.00
19.75
19.50
19.25
19.00
18.75
18.50
18.25
18.00
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

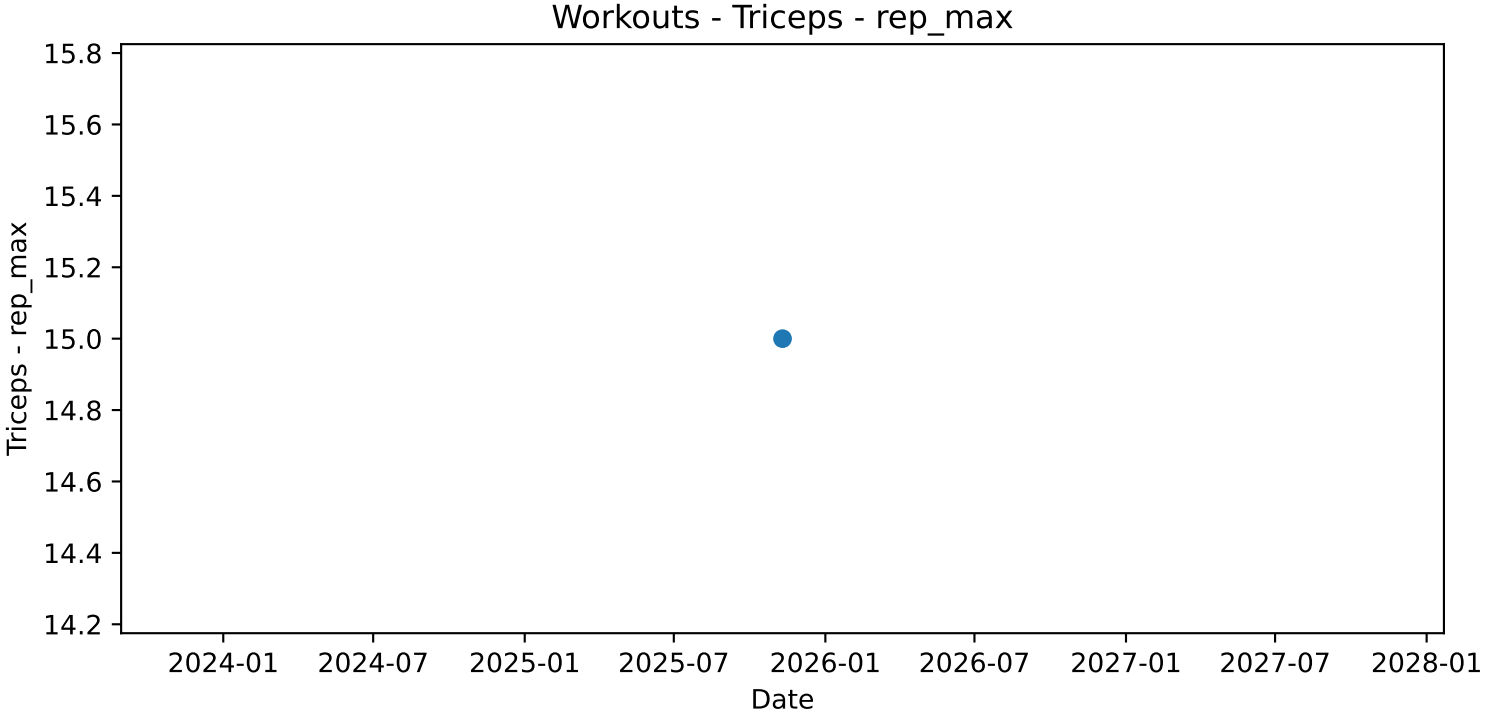

Workouts - Chest - rep_min
Chest - rep_min
4.20
4.15
4.10
4.05
4.00
3.95
3.90
3.85
3.80
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

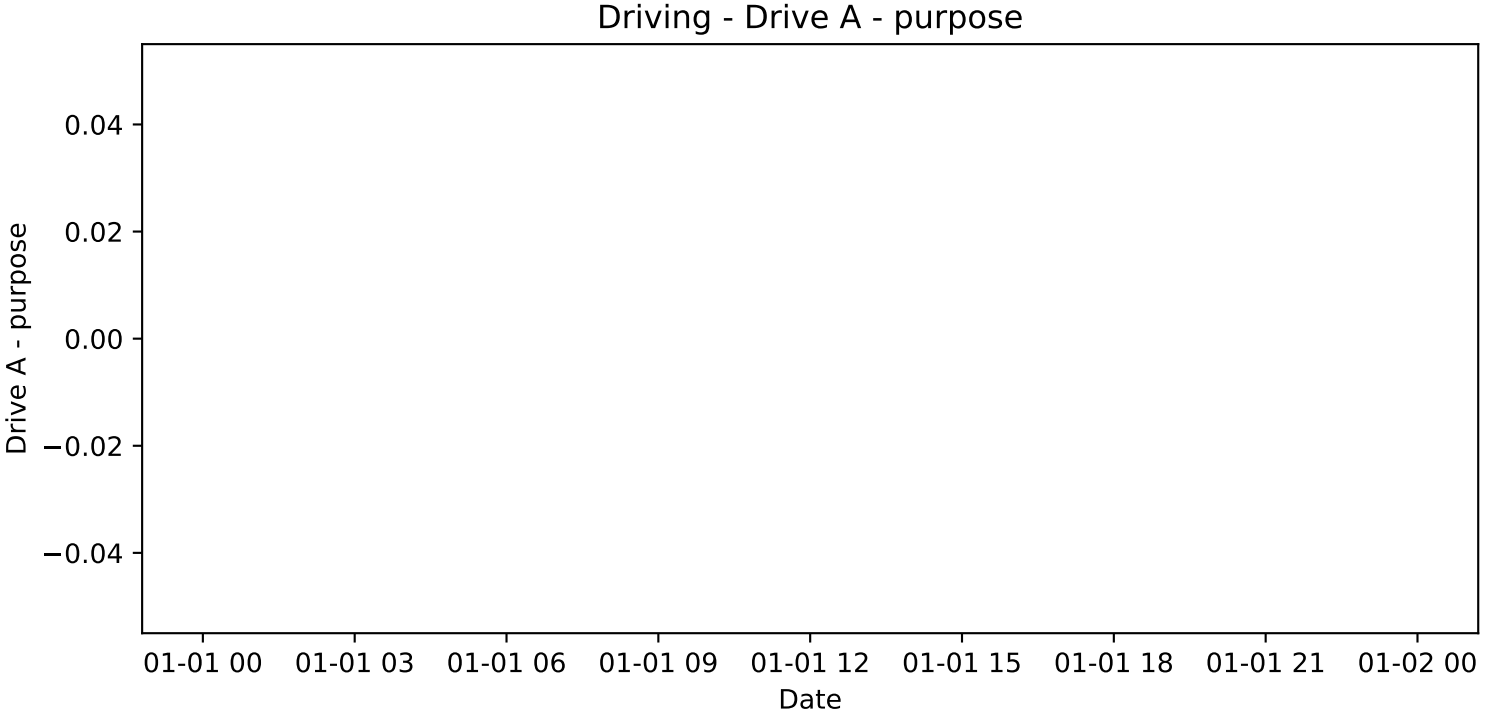

Workouts - Chest - rep_max
Chest - rep_max
15.8
15.6
15.4
15.2
15.0
14.8
14.6
14.4
14.2
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

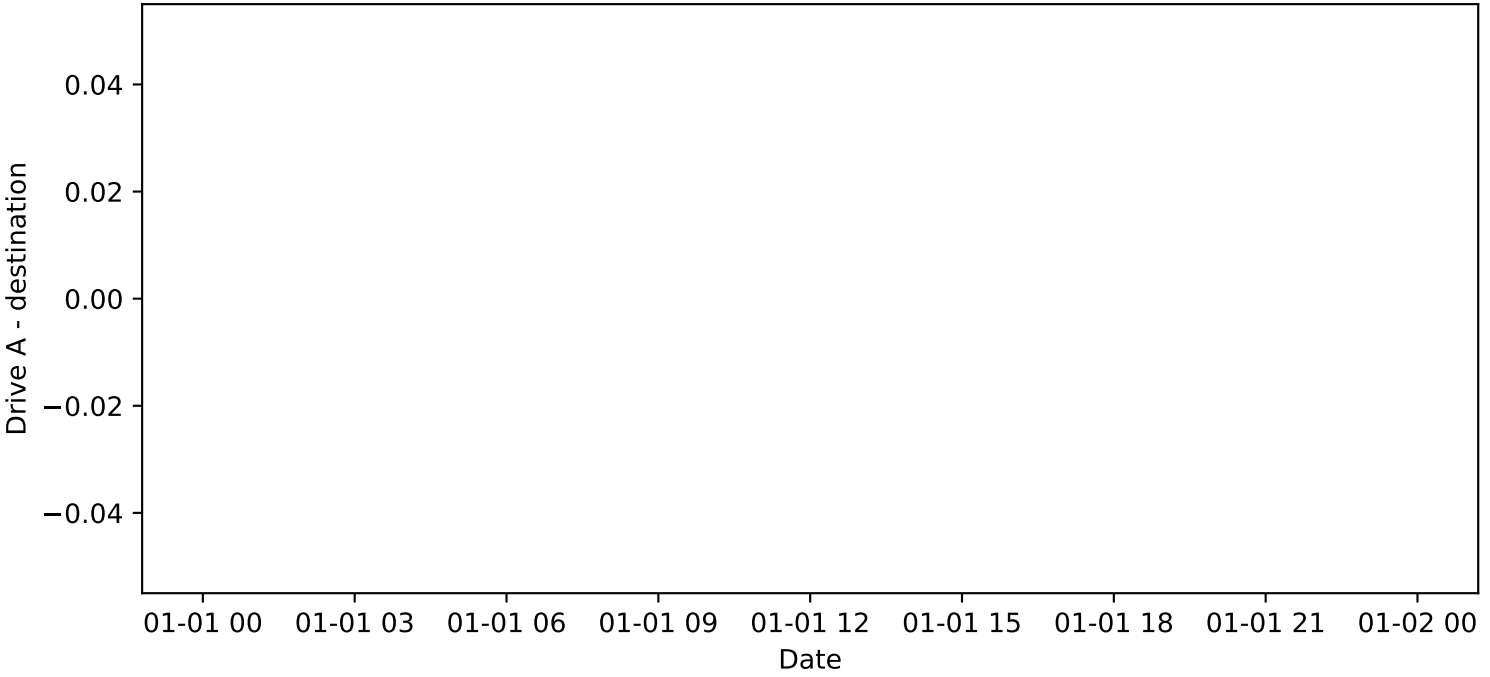

Workouts - Triceps - exercises
Triceps - exercises
3.15
3.10
3.05
3.00
2.95
2.90
2.85
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

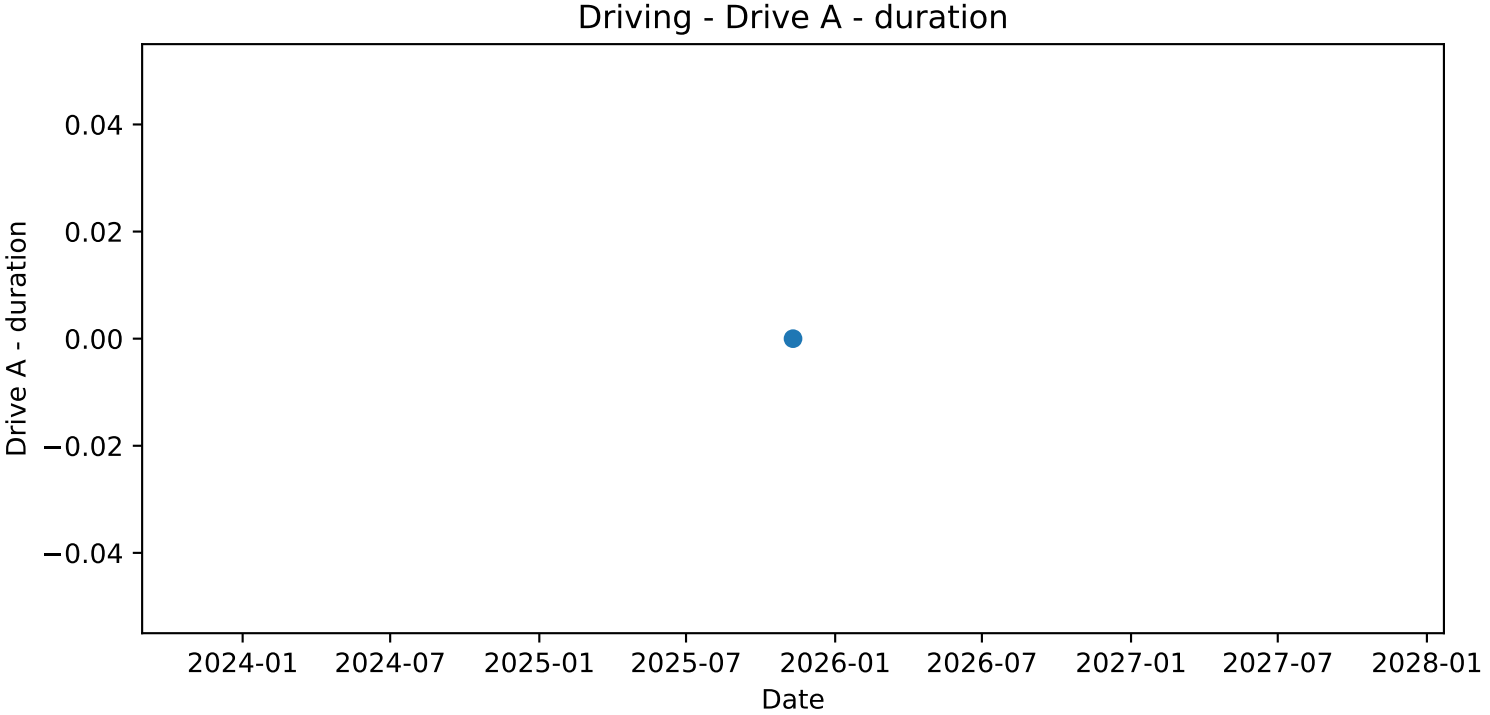

Workouts - Triceps - sets
Triceps - sets
12.6
12.4
12.2
12.0
11.8
11.6
11.4
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

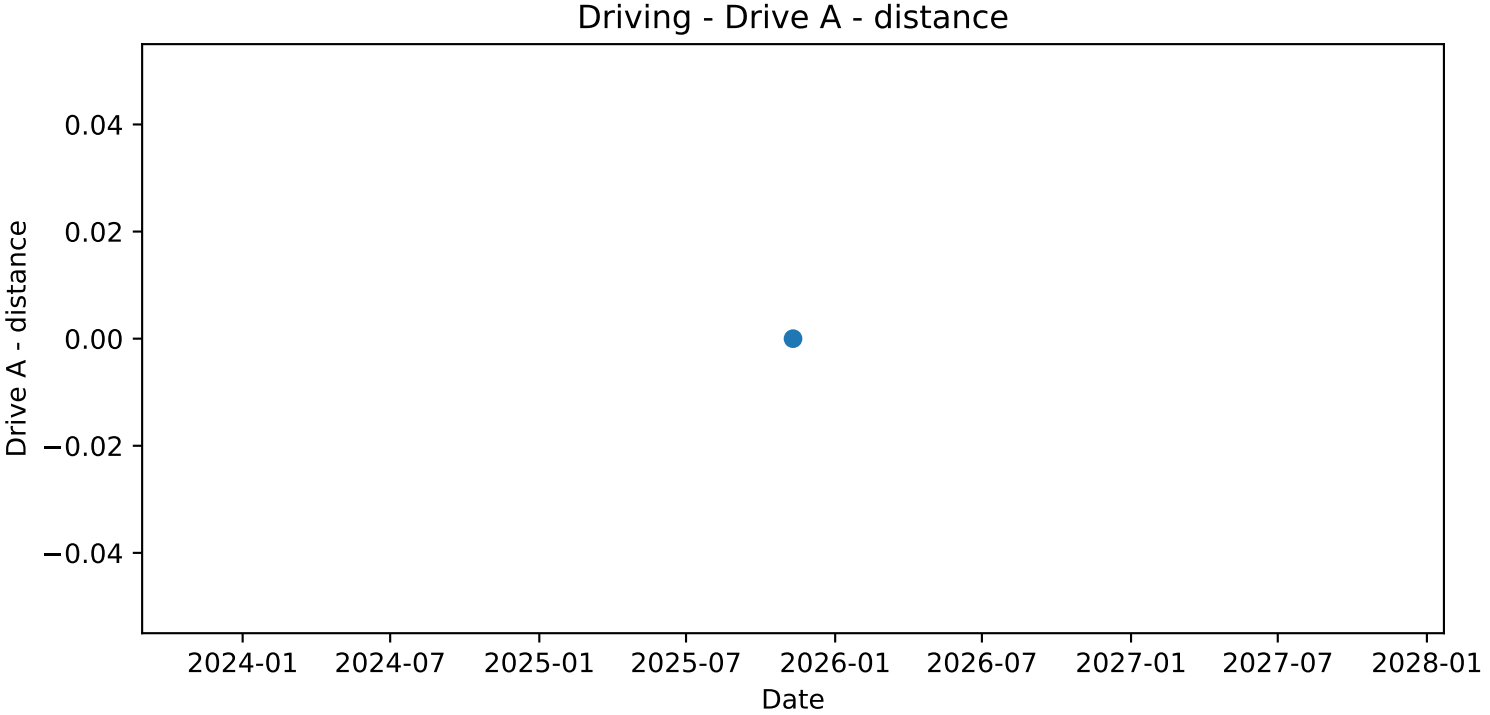

Workouts - Triceps - rep_min
Triceps - rep_min
8.4
8.3
8.2
8.1
8.0
7.9
7.8
7.7
7.6
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

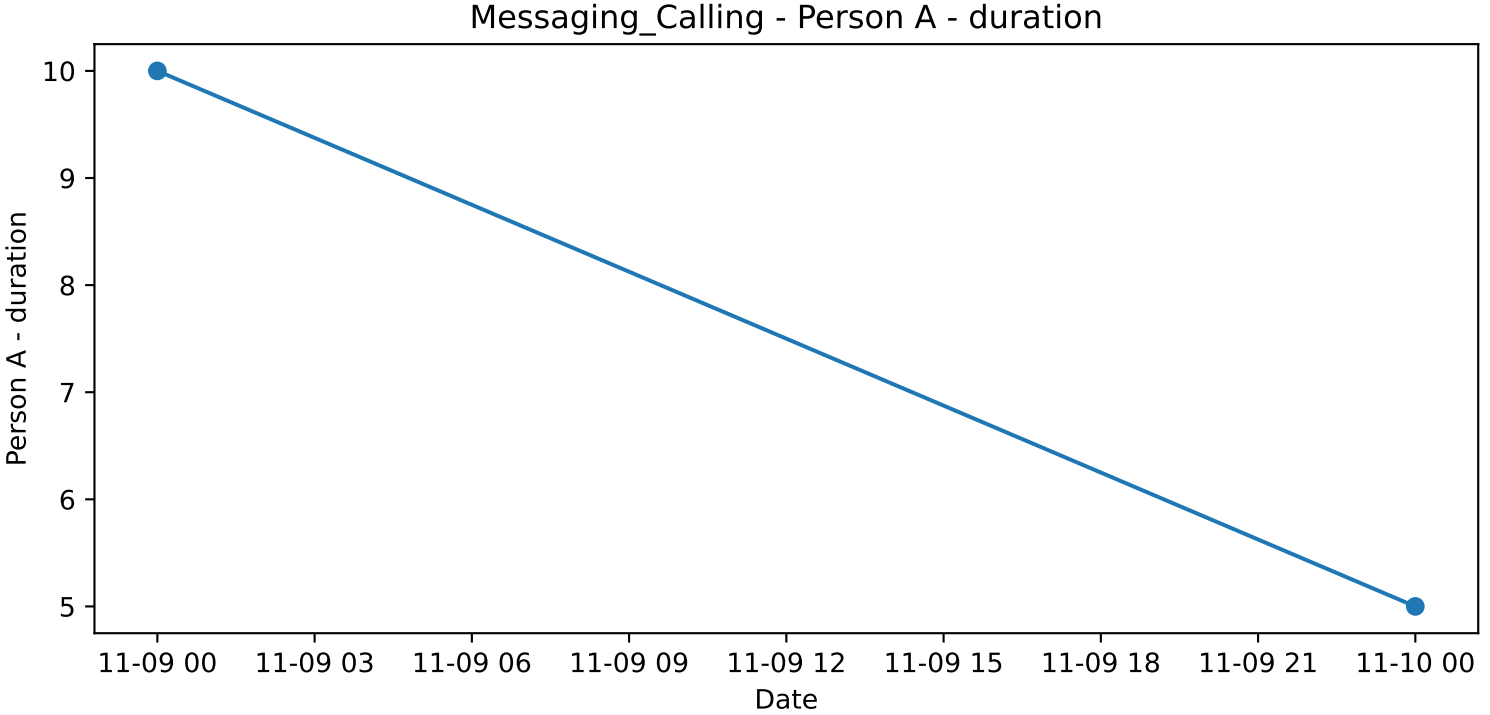

Workouts - Triceps - rep_max
Triceps - rep_max
15.8
15.6
15.4
15.2
15.0
14.8
14.6
14.4
14.2
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

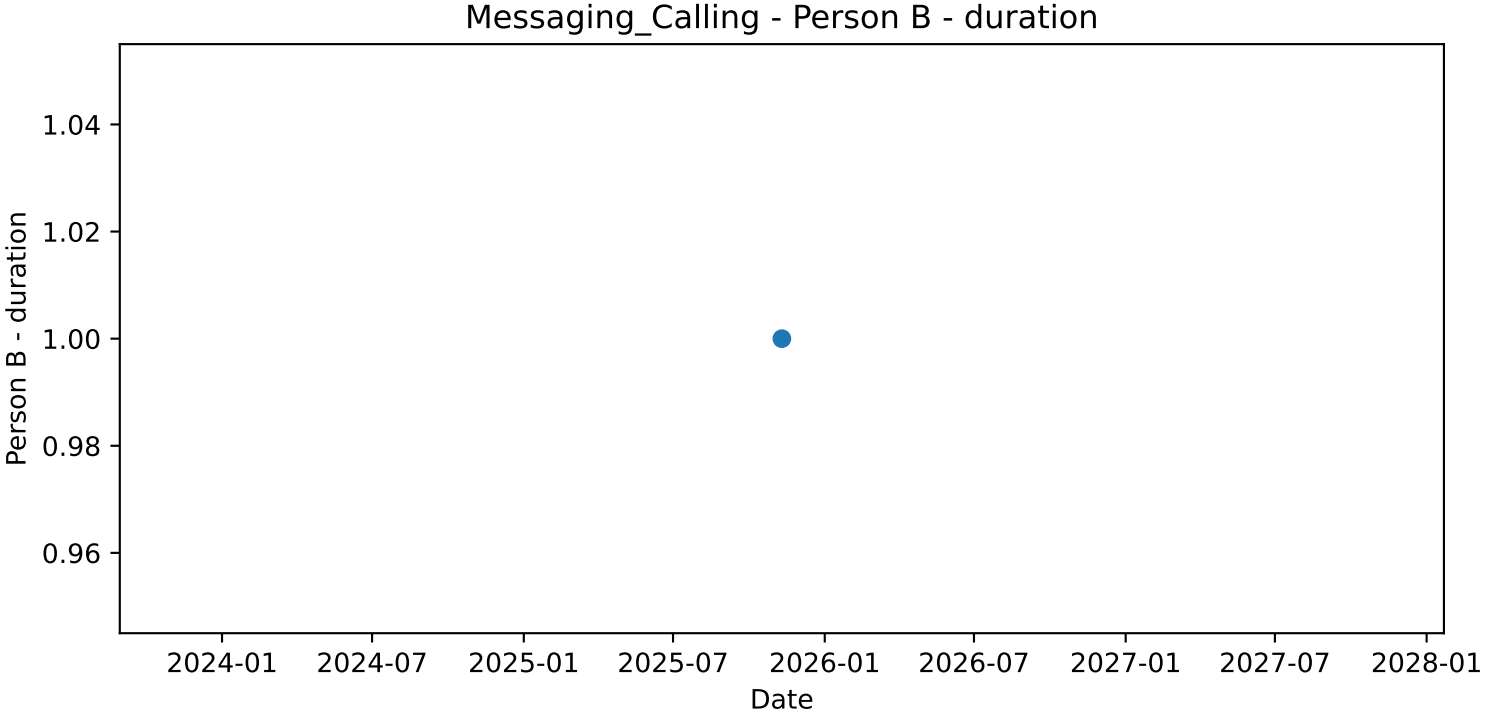

Driving - Drive A - purpose
Drive A - purpose
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

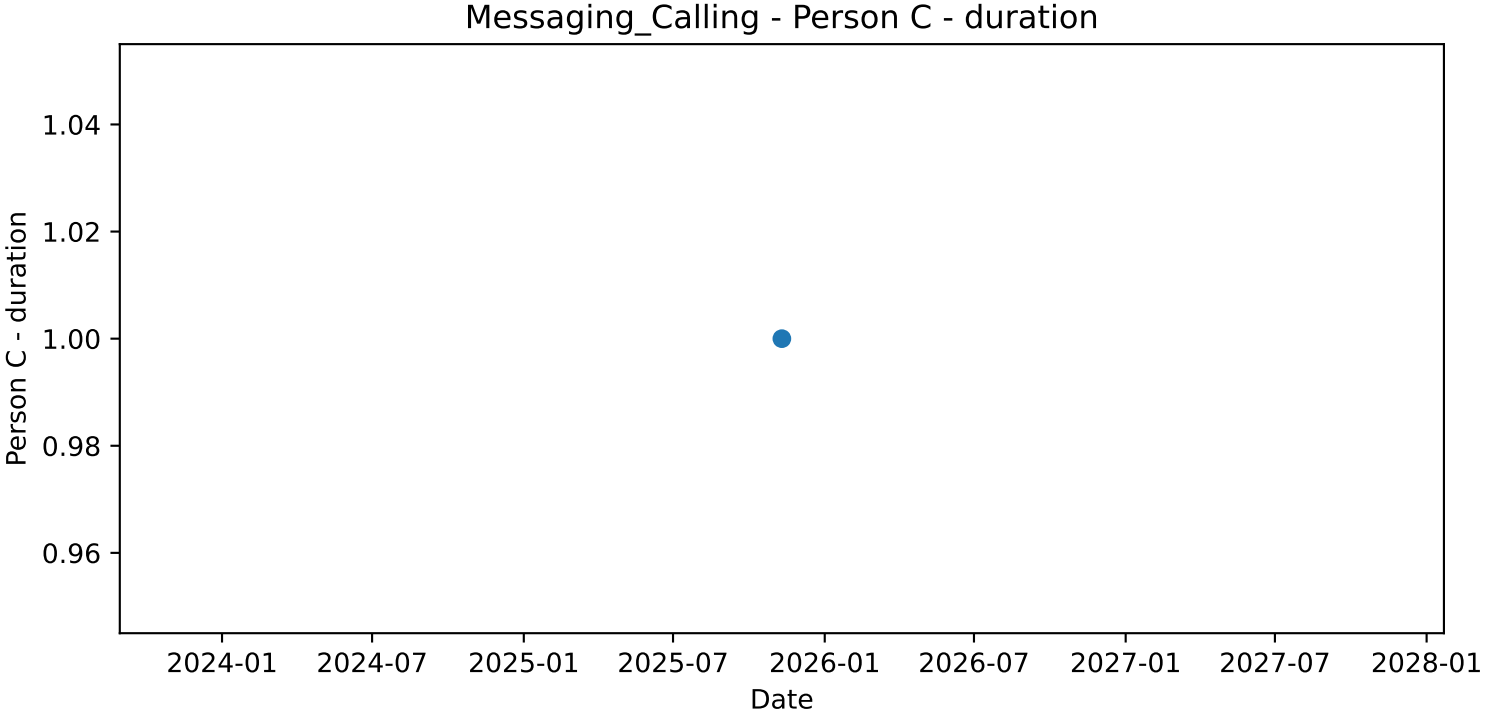

Driving - Drive A - destination
Drive A - destination
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

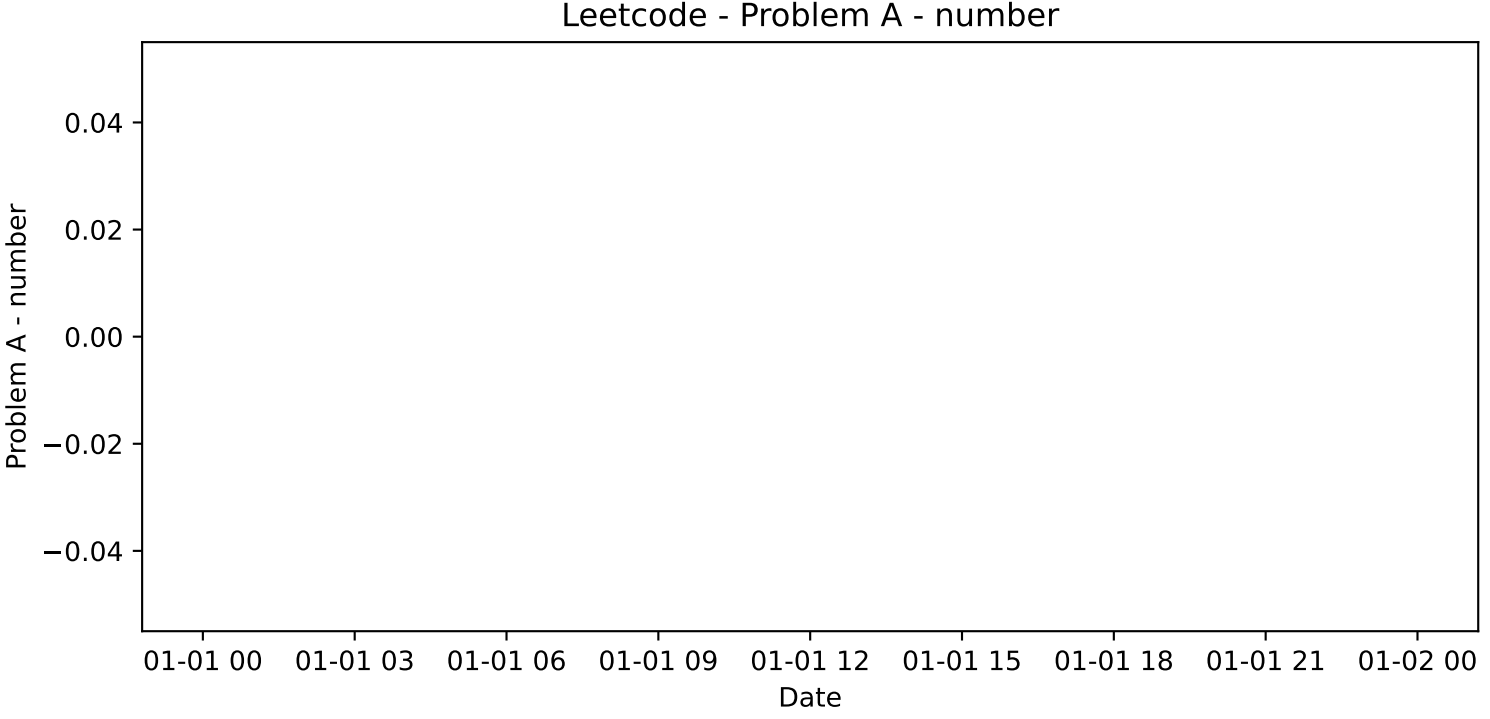

Driving - Drive A - duration
Drive A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

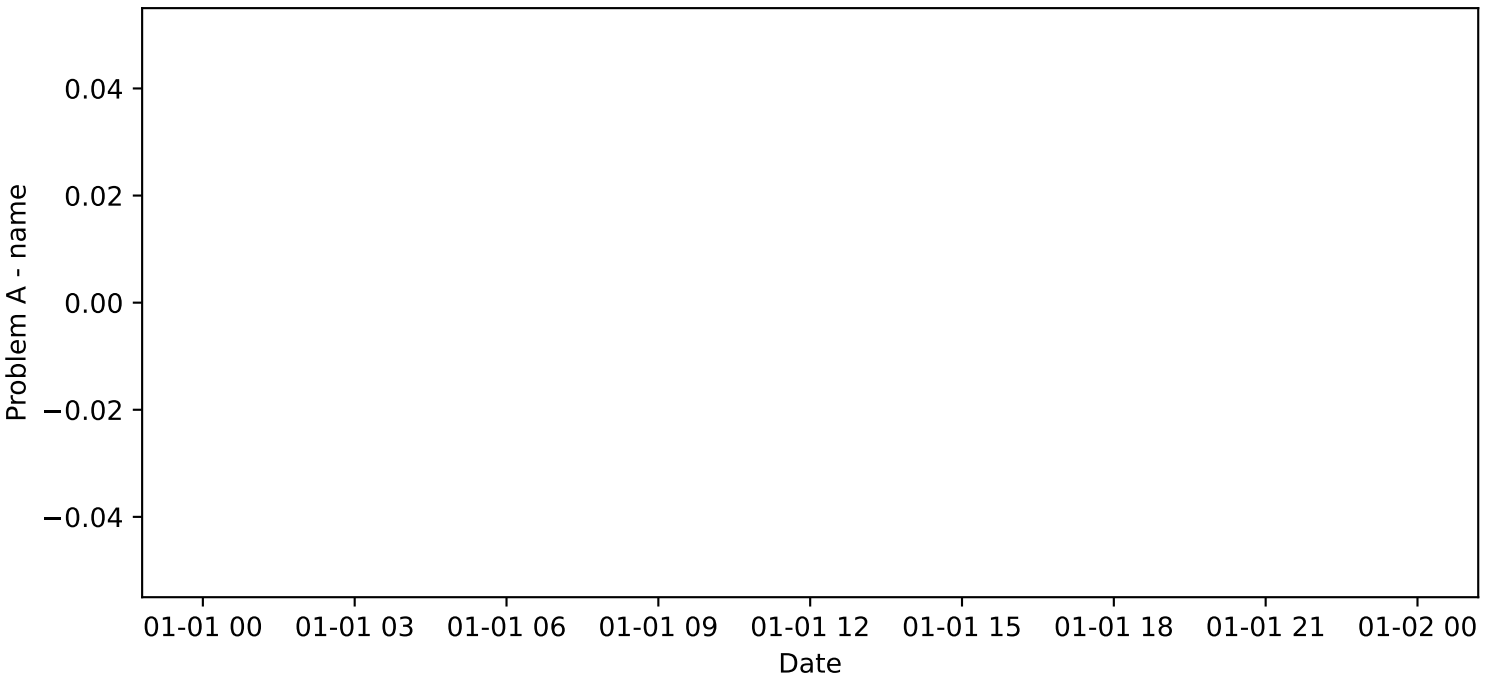

Driving - Drive A - distance
Drive A - distance
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

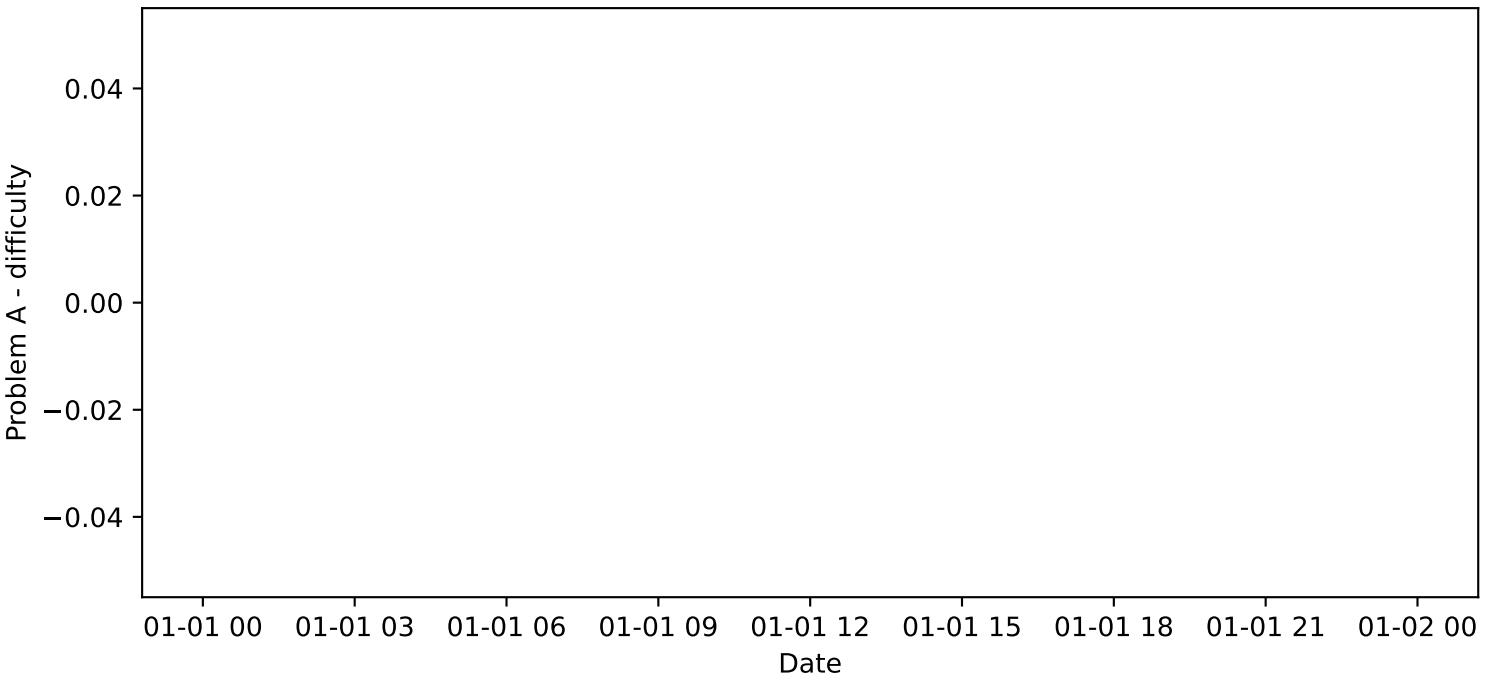

Messaging_Calling - Person A - duration
Person A - duration
10
9
8
7
6
5
11-09 00
11-09 03
11-09 06
11-09 09
11-09 12
11-09 15
11-09 18
11-09 21
11-10 00
Date

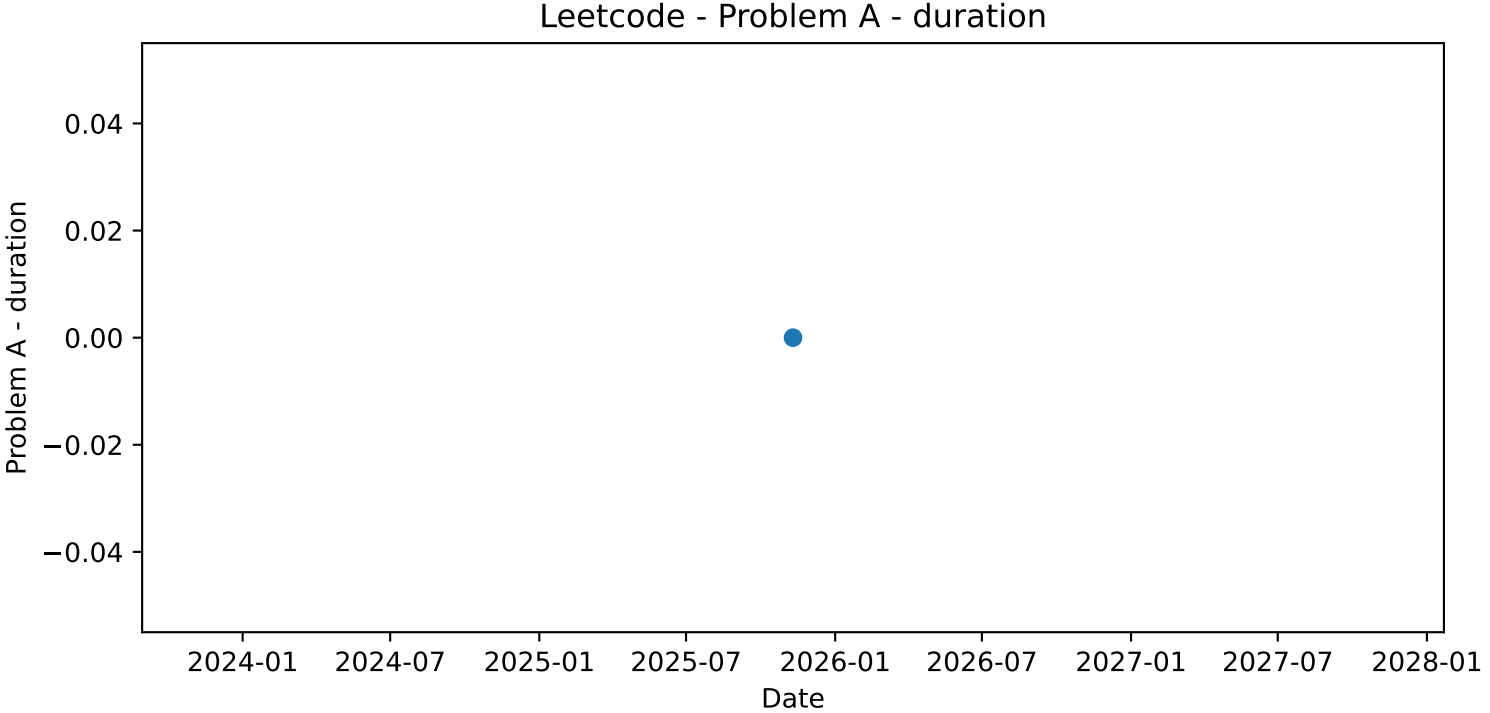

Messaging_Calling - Person B - duration
Person B - duration
1.04
1.02
1.00
0.98
0.96
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

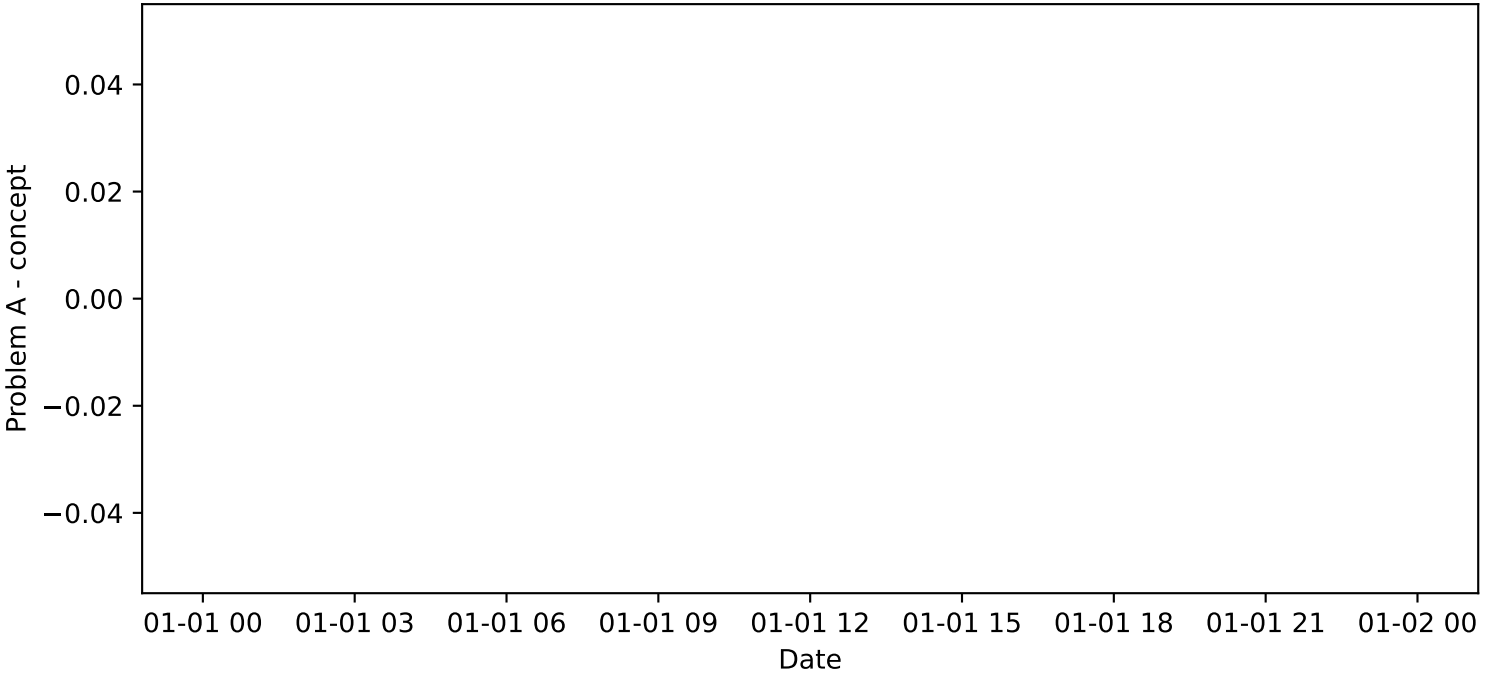

Messaging_Calling - Person C - duration
Person C - duration
1.04
1.02
1.00
0.98
0.96
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

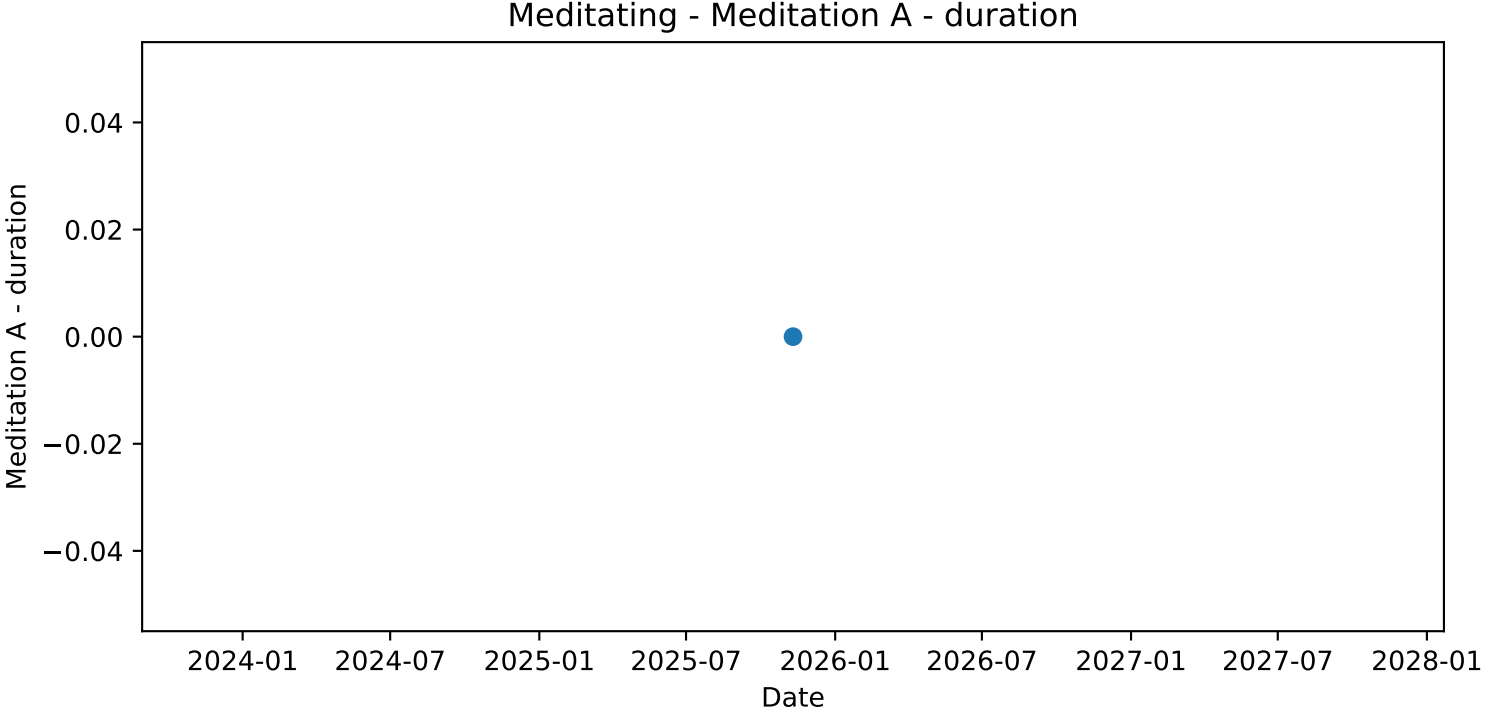

Leetcode - Problem A - number
Problem A - number
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

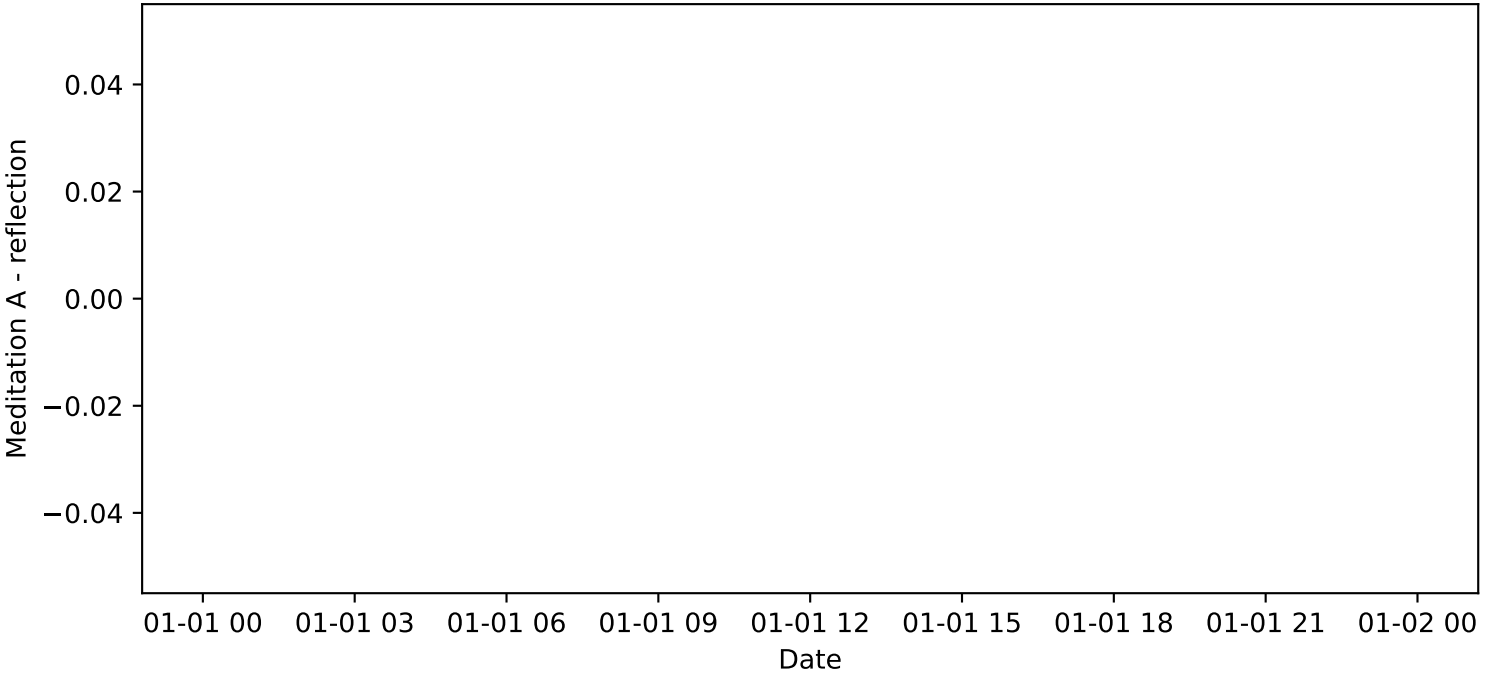

Leetcode - Problem A - name
Problem A - name
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

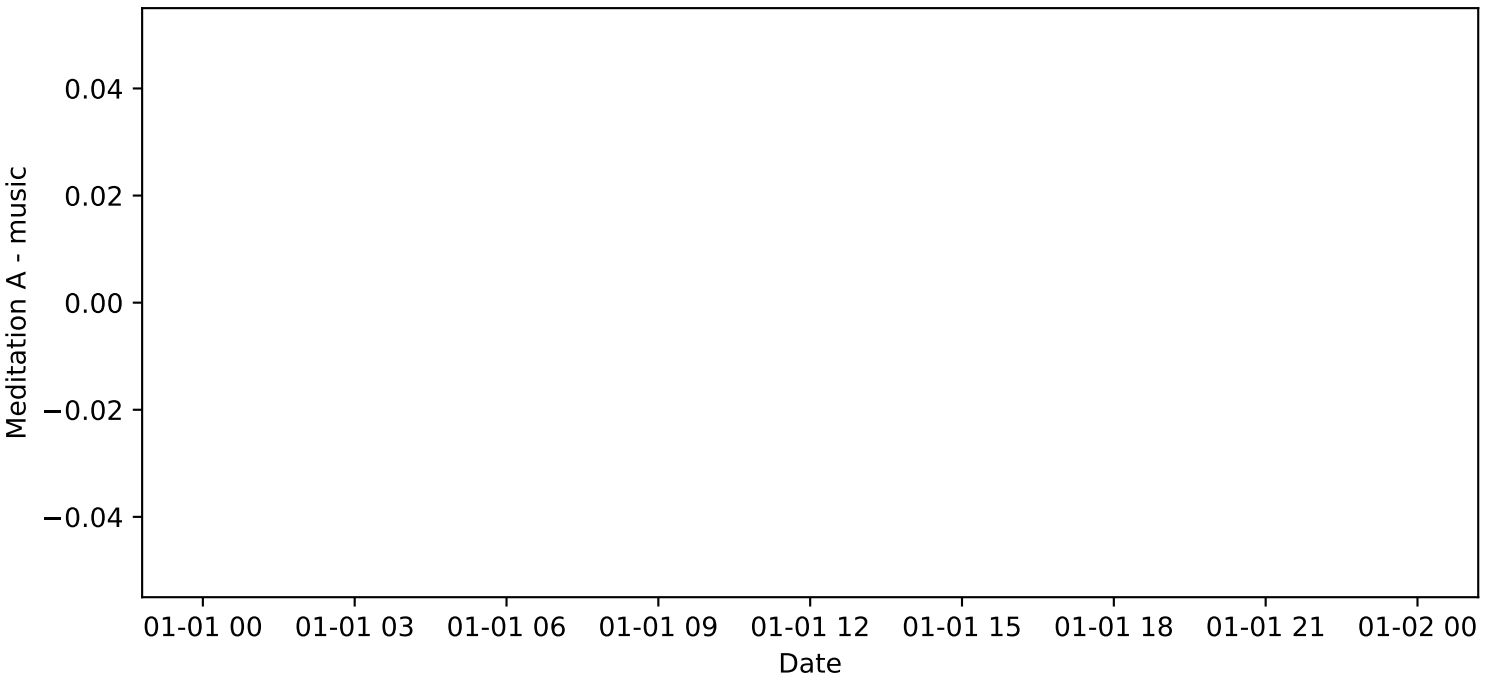

Leetcode - Problem A - difficulty
Problem A - difficulty
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

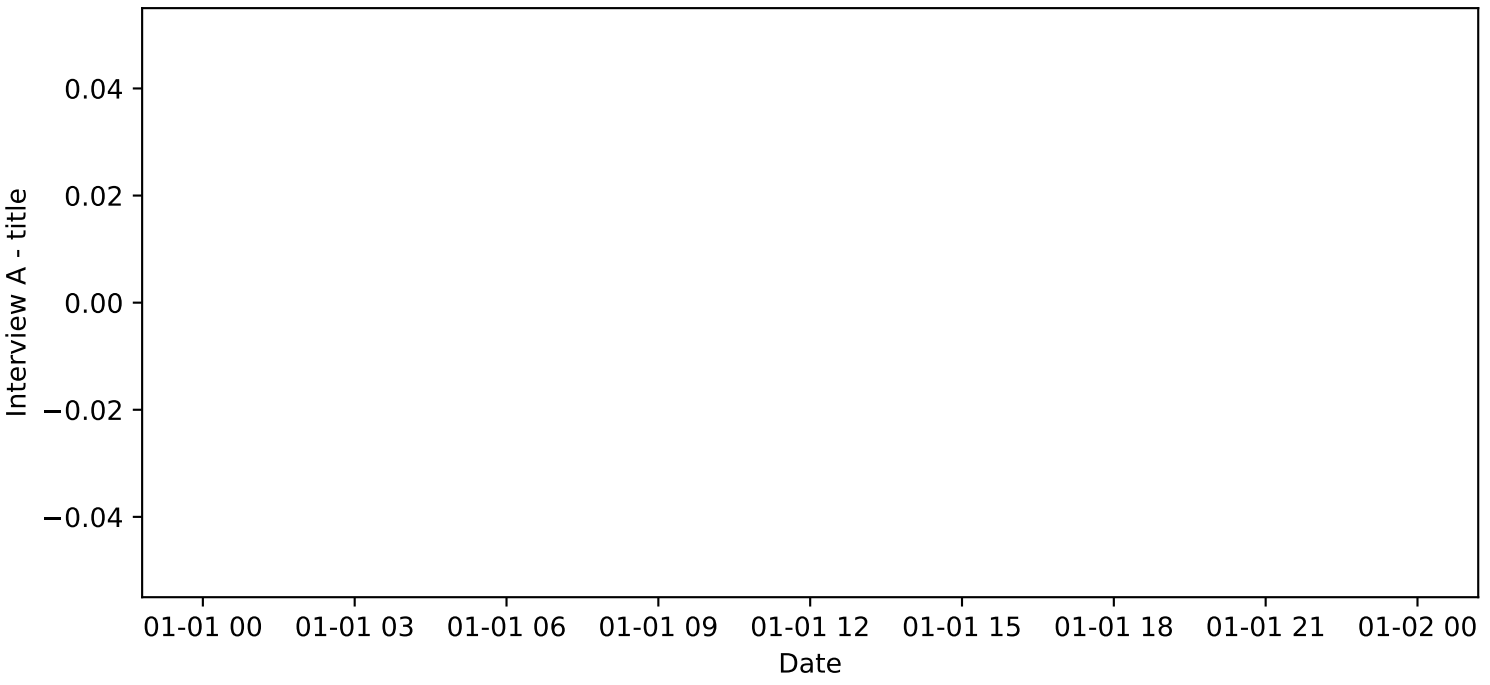

Leetcode - Problem A - duration
Problem A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

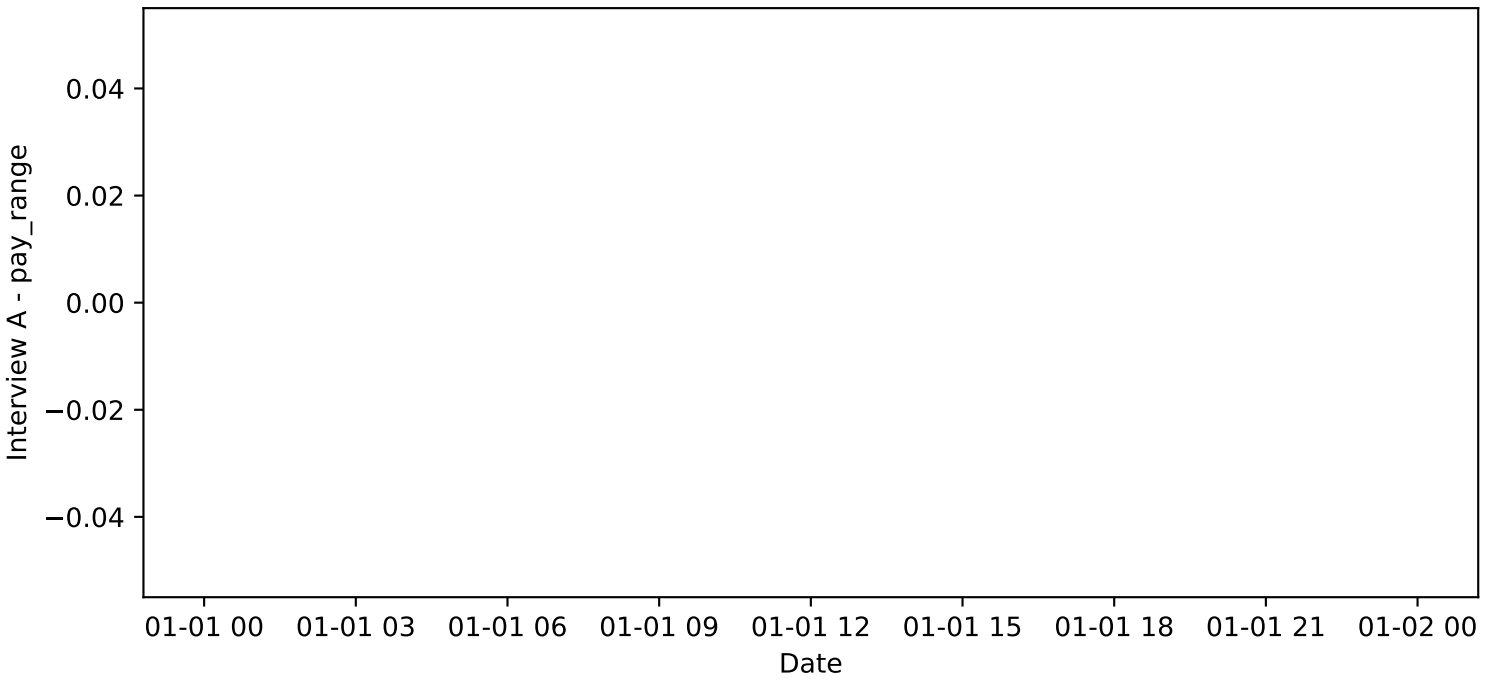

Leetcode - Problem A - concept
Problem A - concept
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

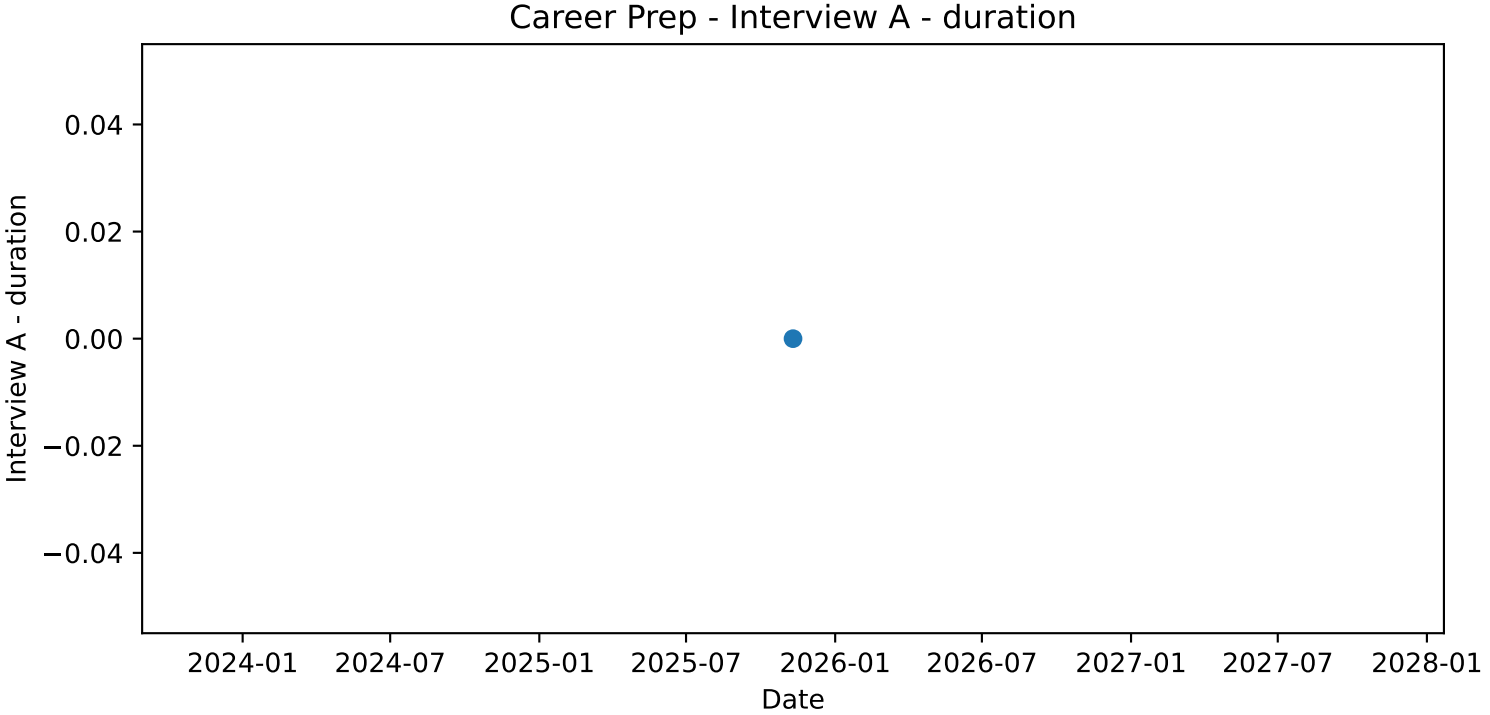

Meditating - Meditation A - duration
Meditation A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

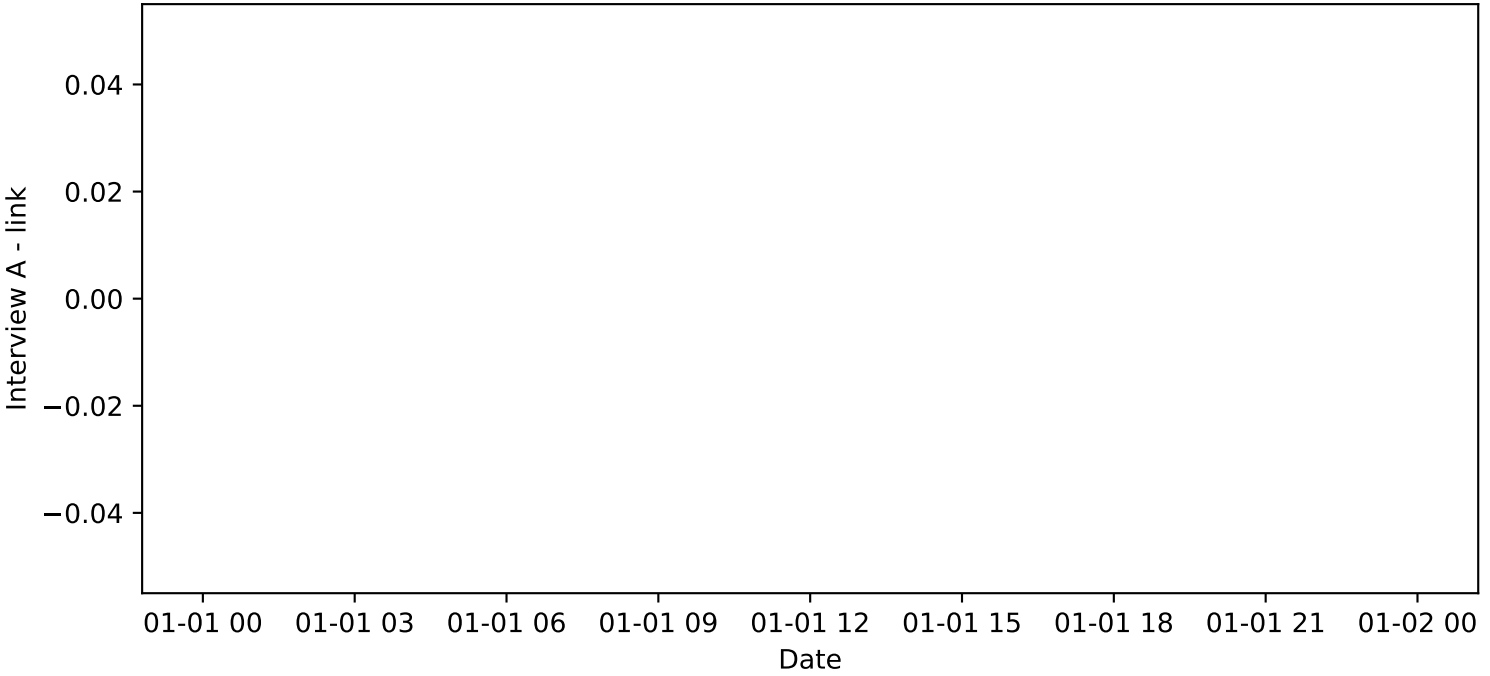

Meditating - Meditation A - reflection
Meditation A - reflection
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

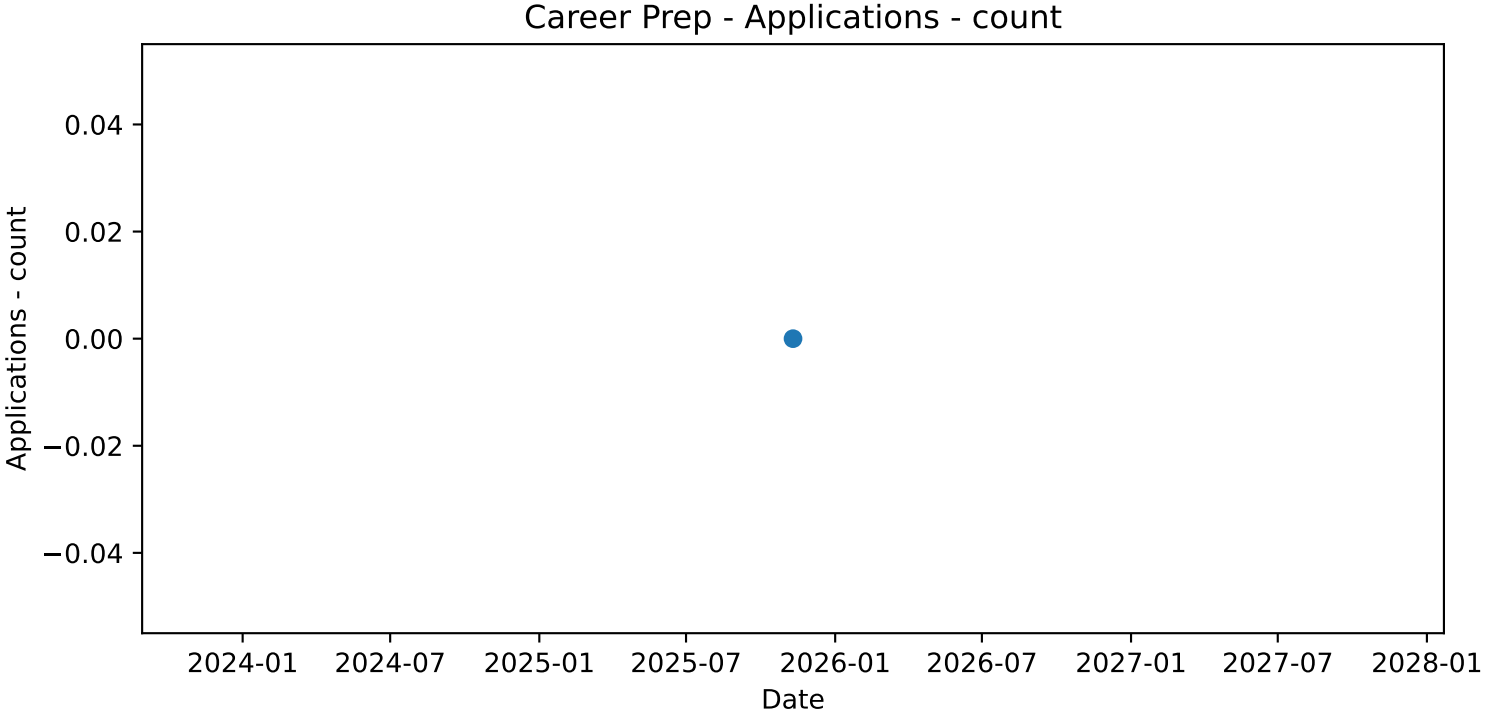

Meditating - Meditation A - music
Meditation A - music
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

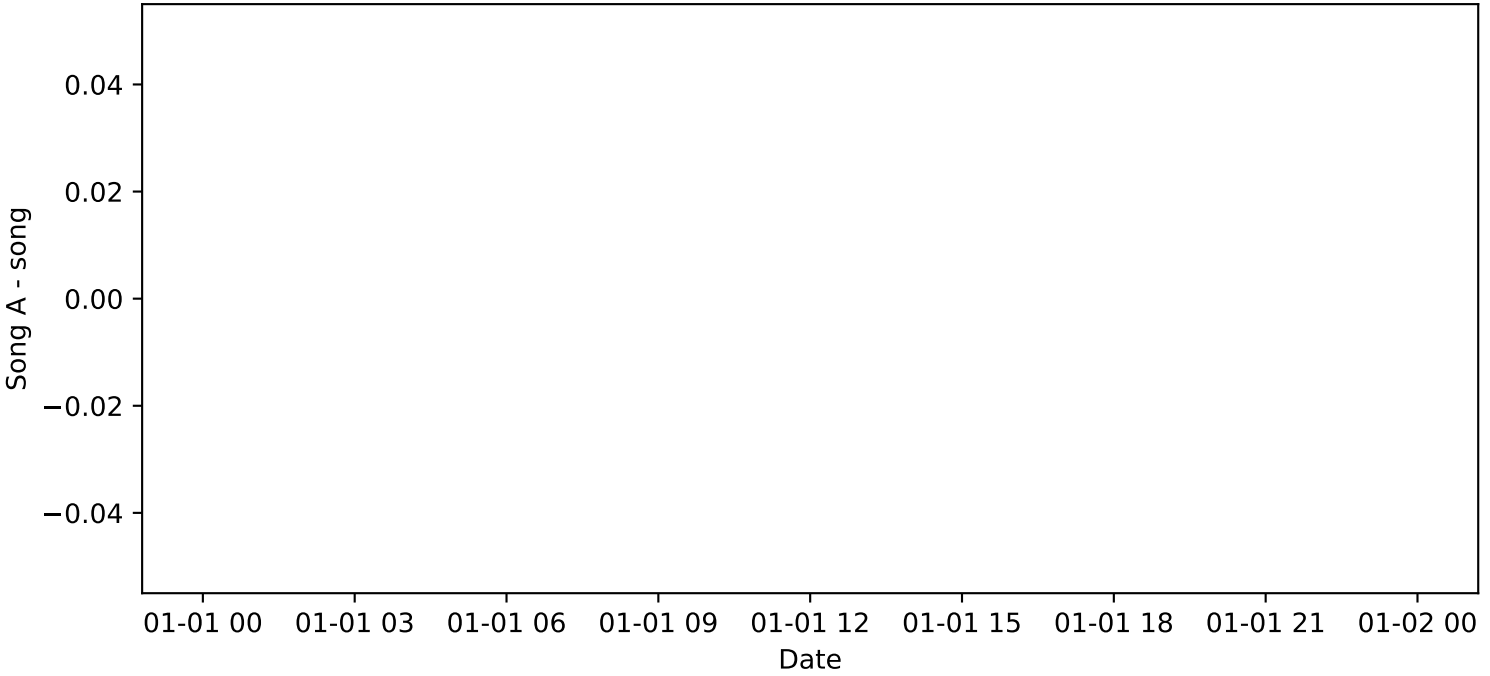

Career Prep - Interview A - title
Interview A - title
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

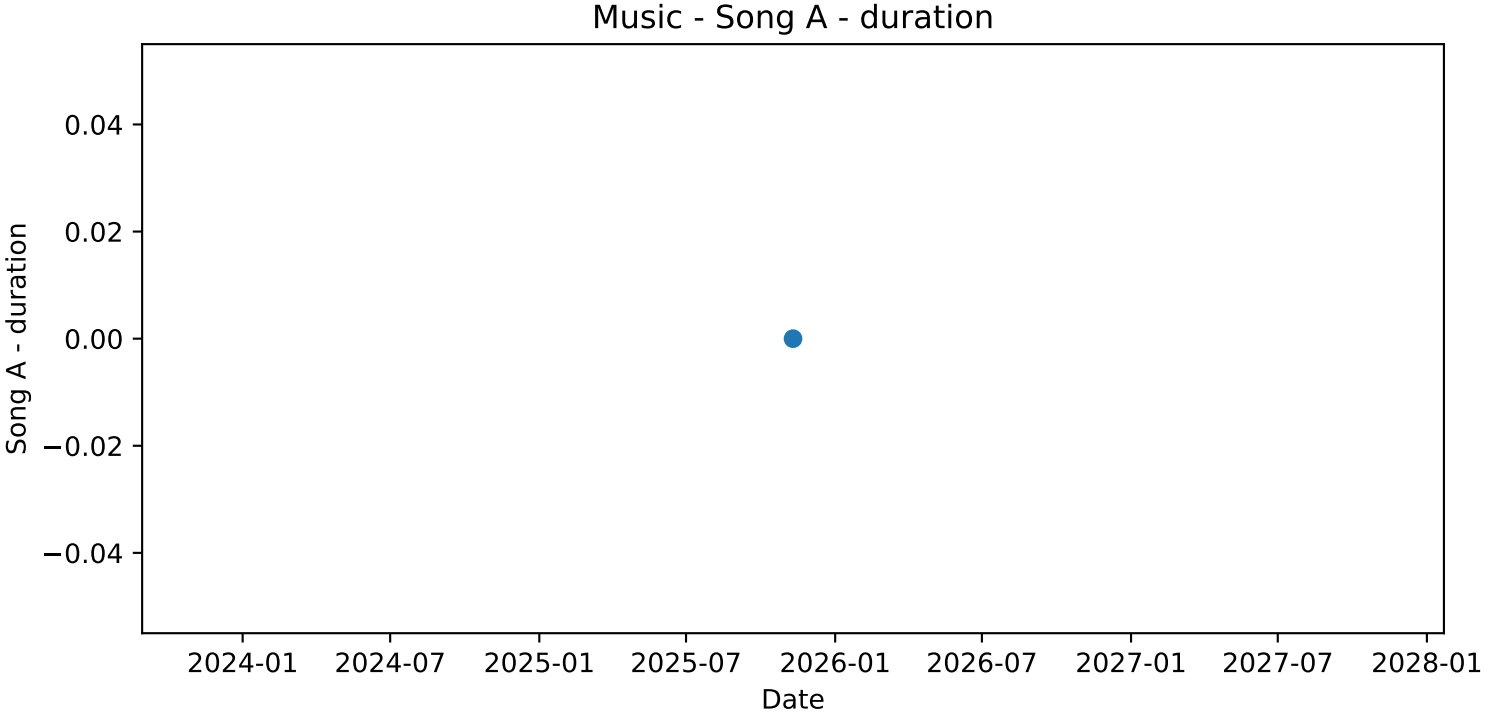

Career Prep - Interview A - pay_range
Interview A - pay_range
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

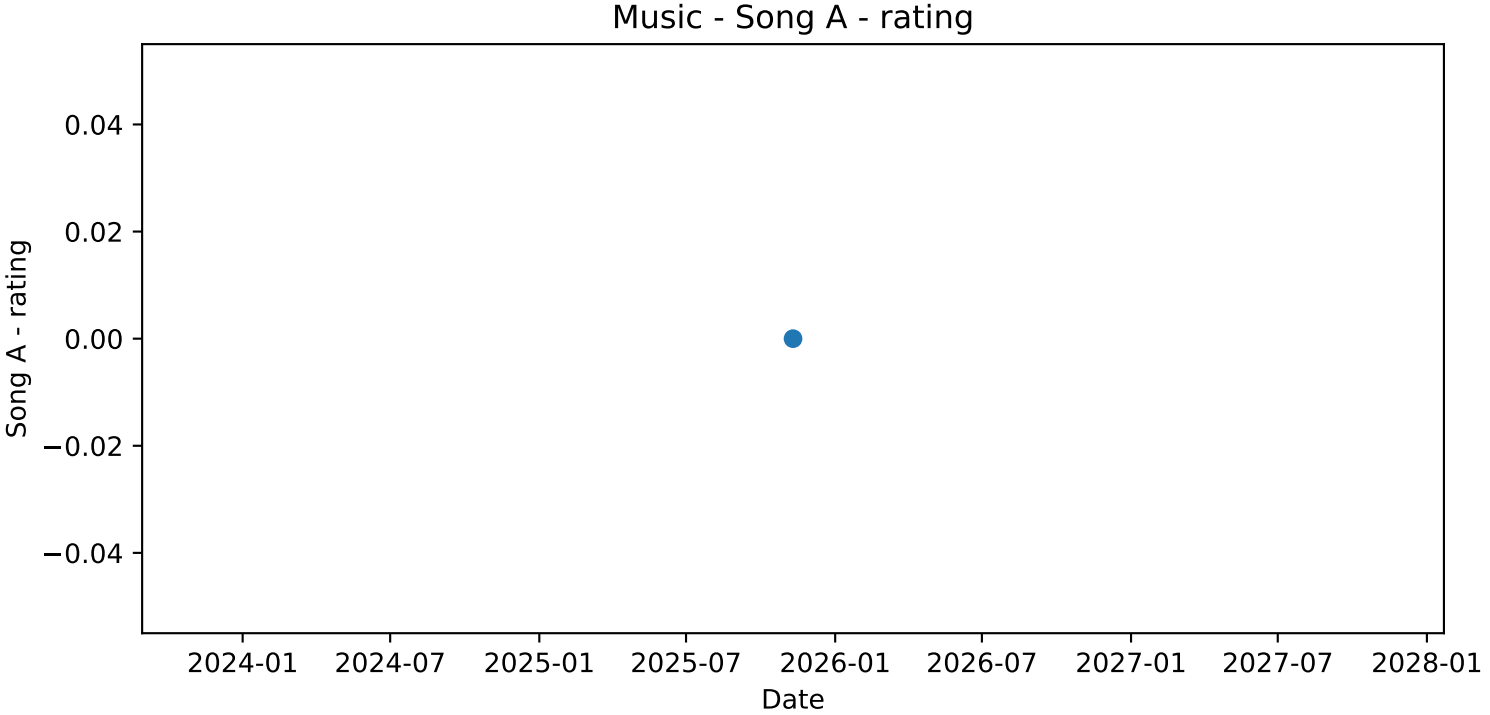

Career Prep - Interview A - duration
Interview A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

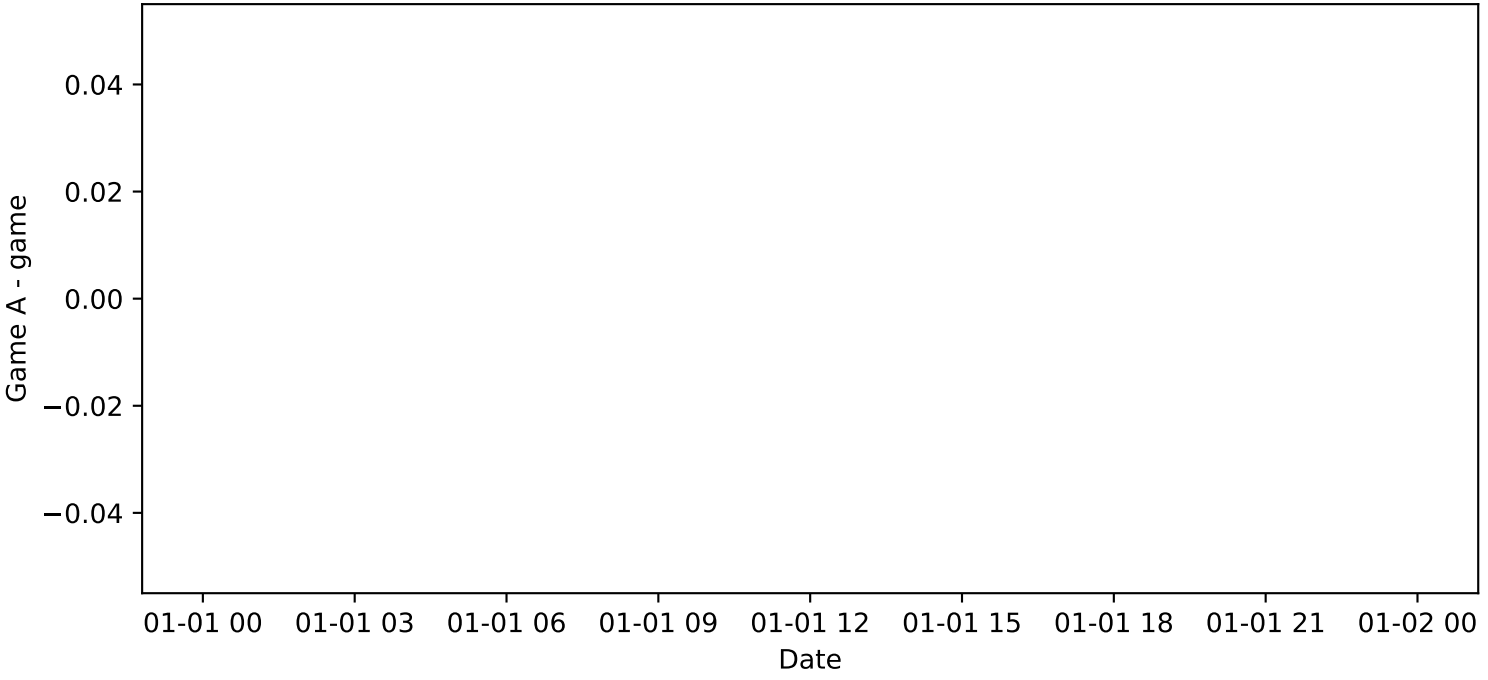

Career Prep - Interview A - link
Interview A - link
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

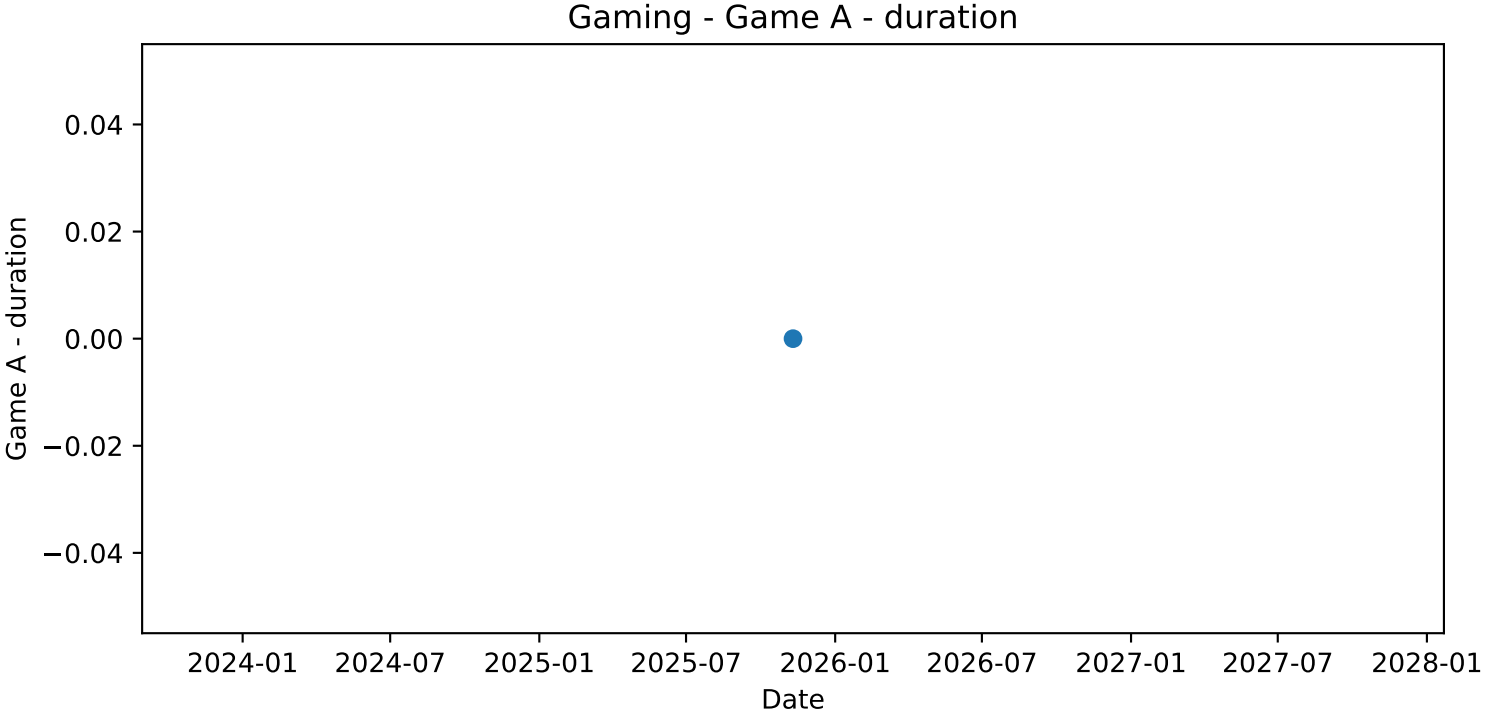

Career Prep - Applications - count
Applications - count
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

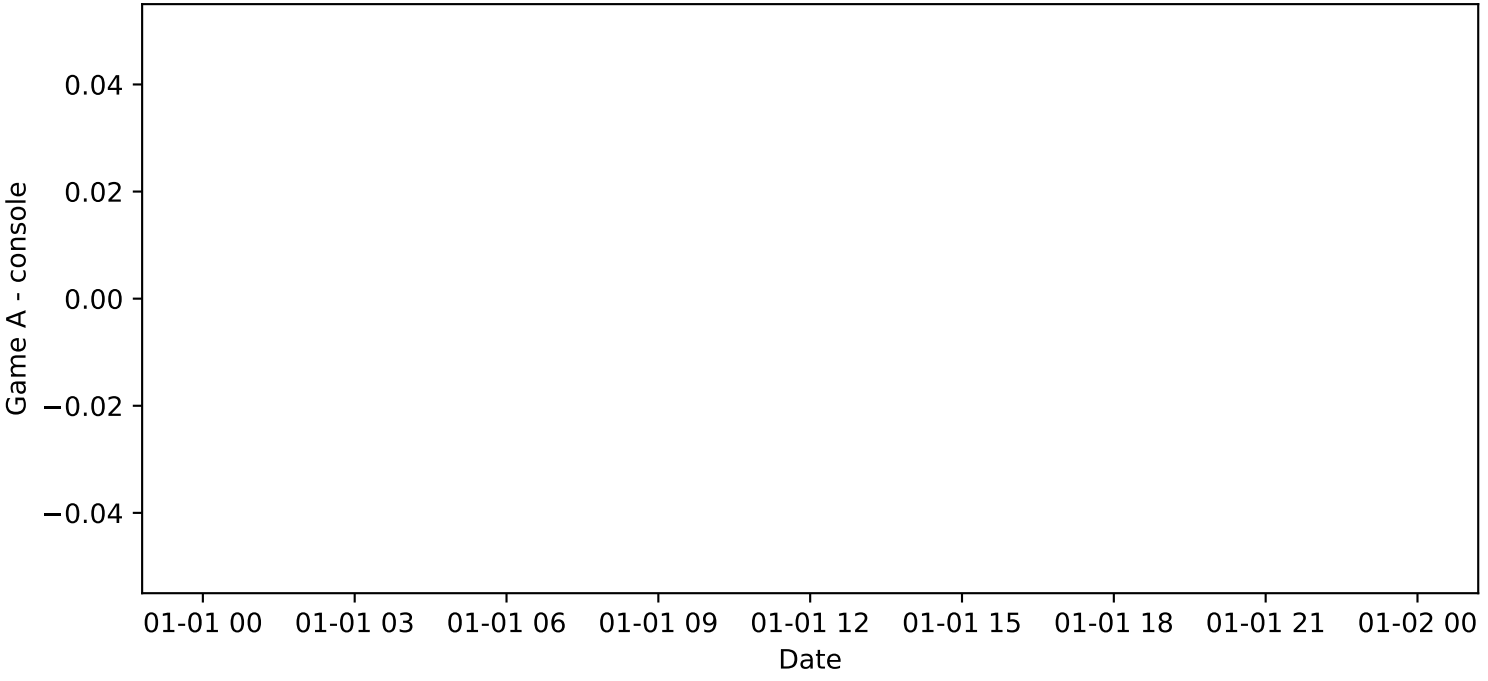

Music - Song A - song
0.04
0.02
0.00
−0.02
−0.04
Song A - song
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

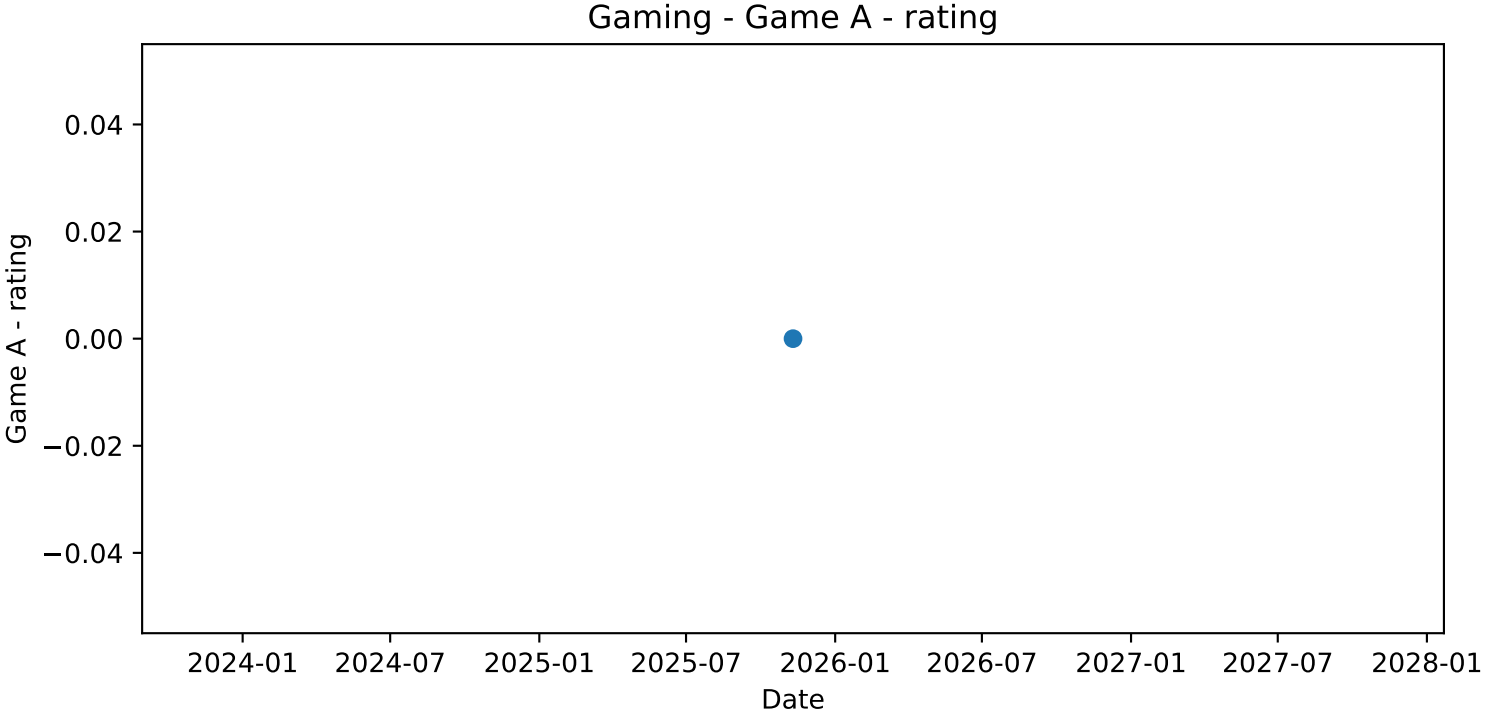

Music - Song A - duration
Song A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

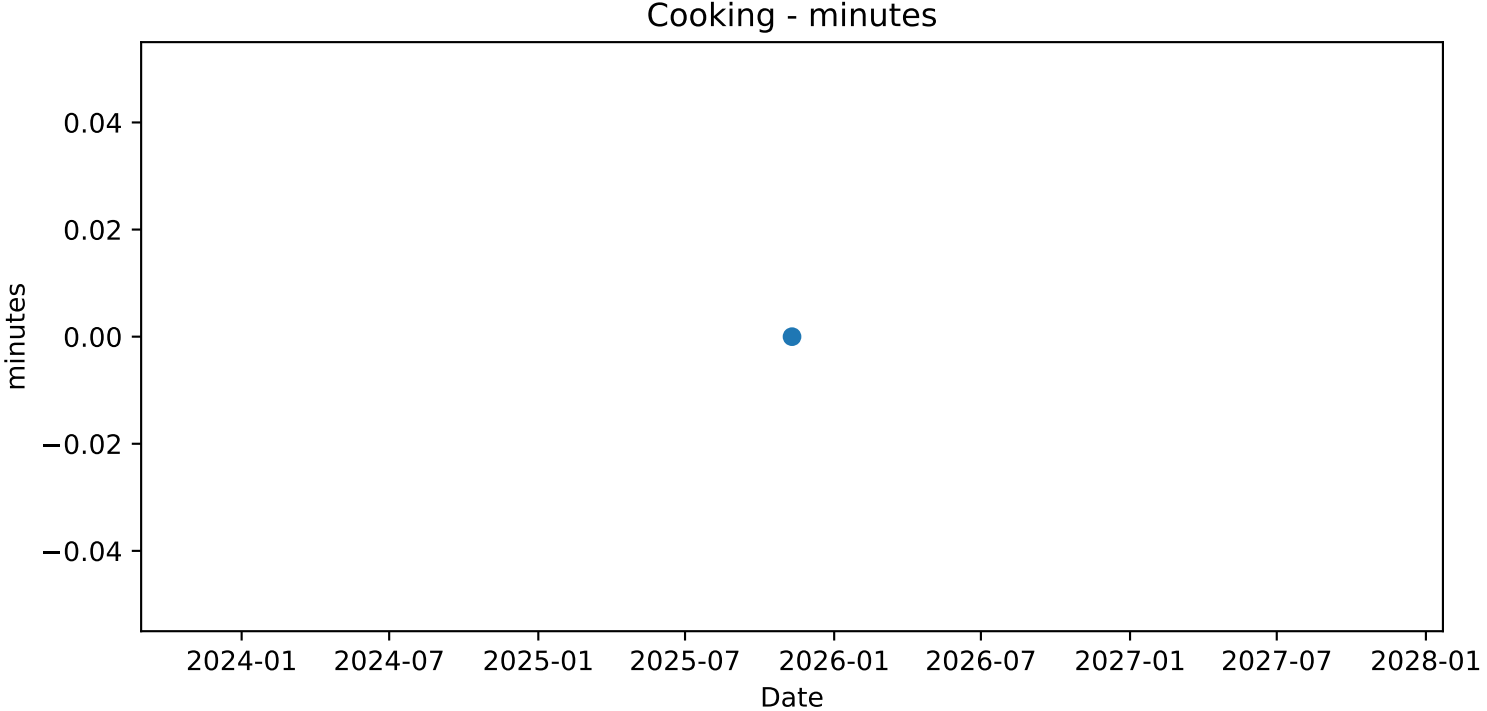

Music - Song A - rating
Song A - rating
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

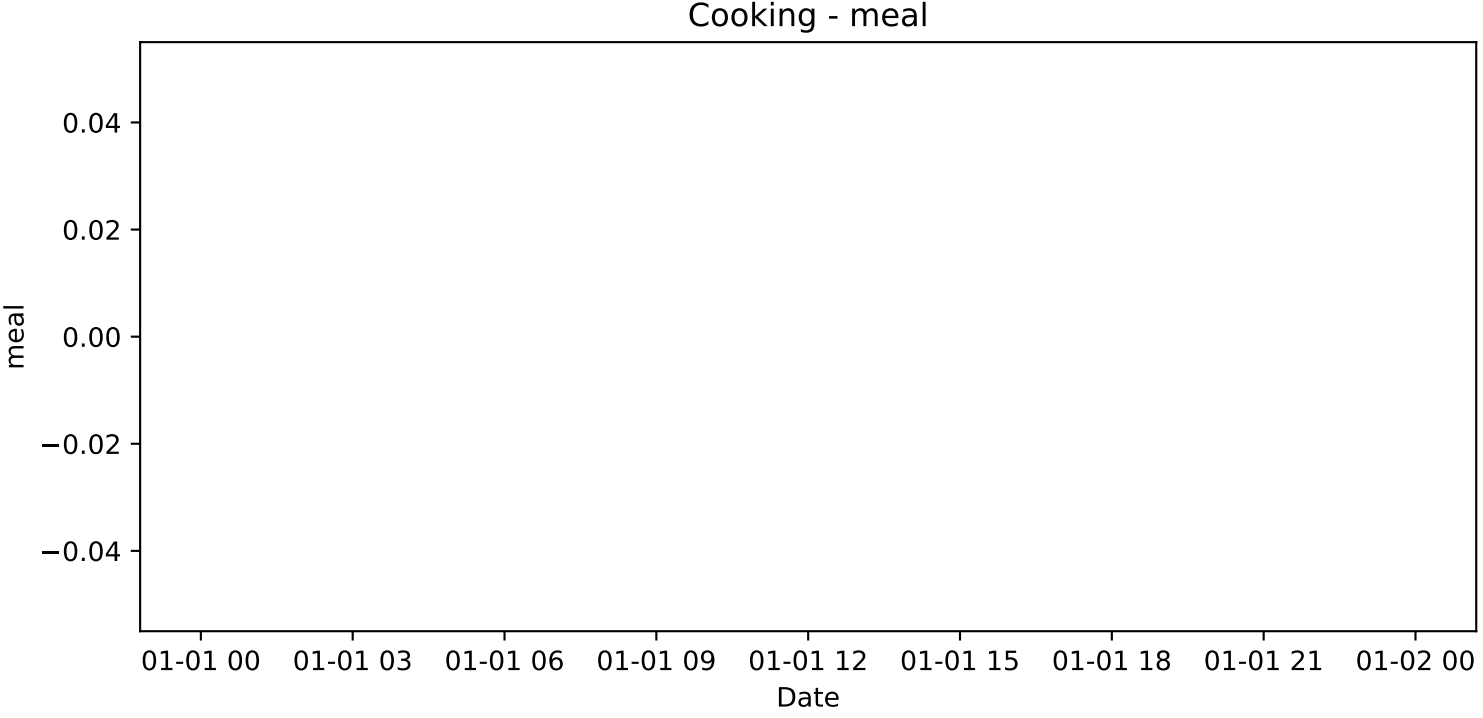

Gaming - Game A - game
Game A - game
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

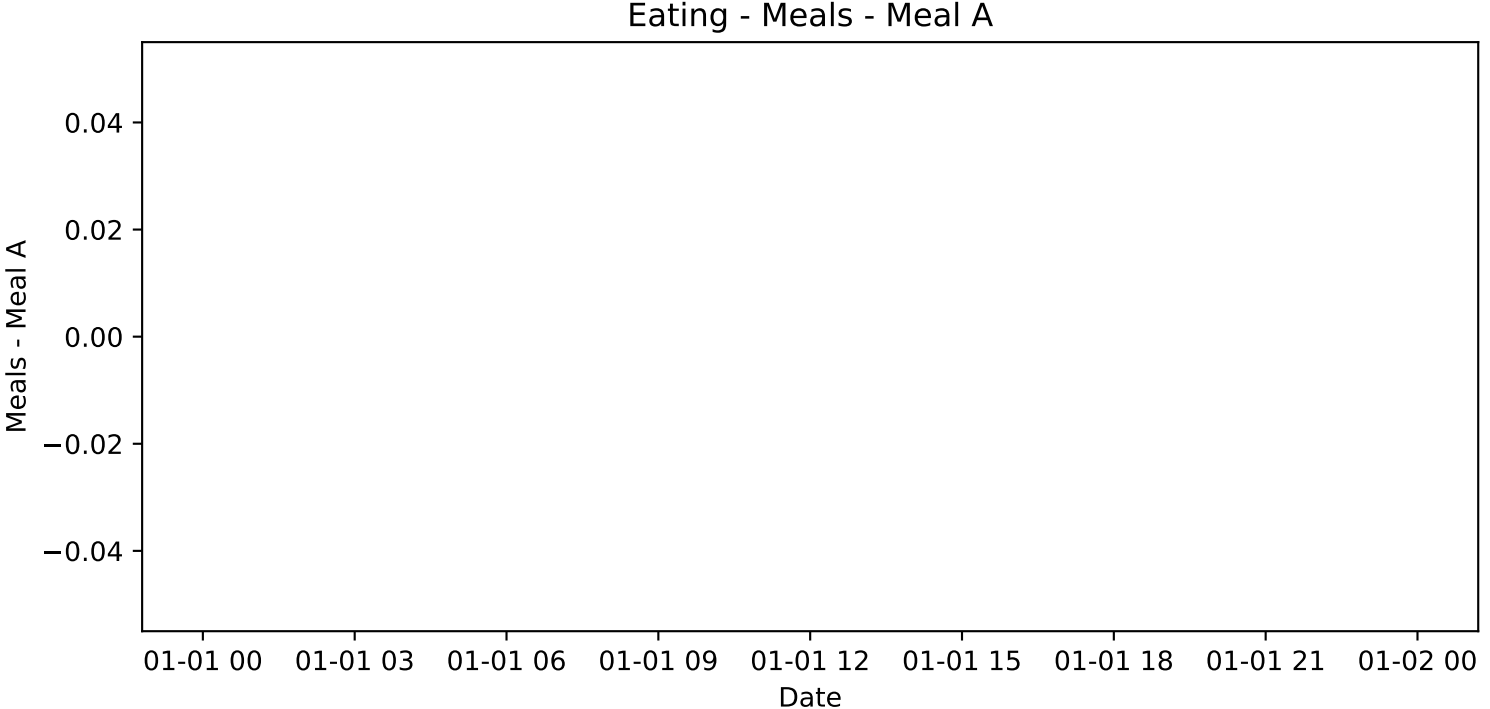

Gaming - Game A - duration
Game A - duration
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

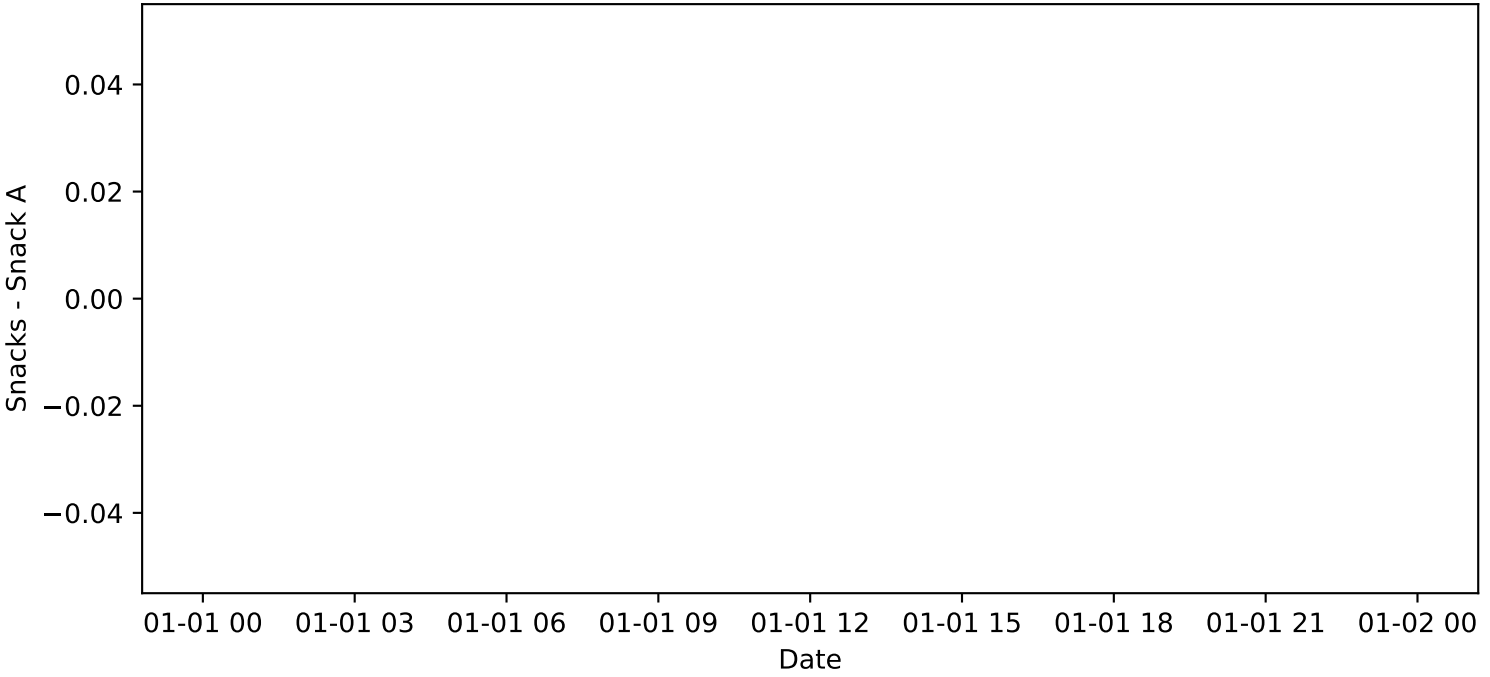

Gaming - Game A - console
Game A - console
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

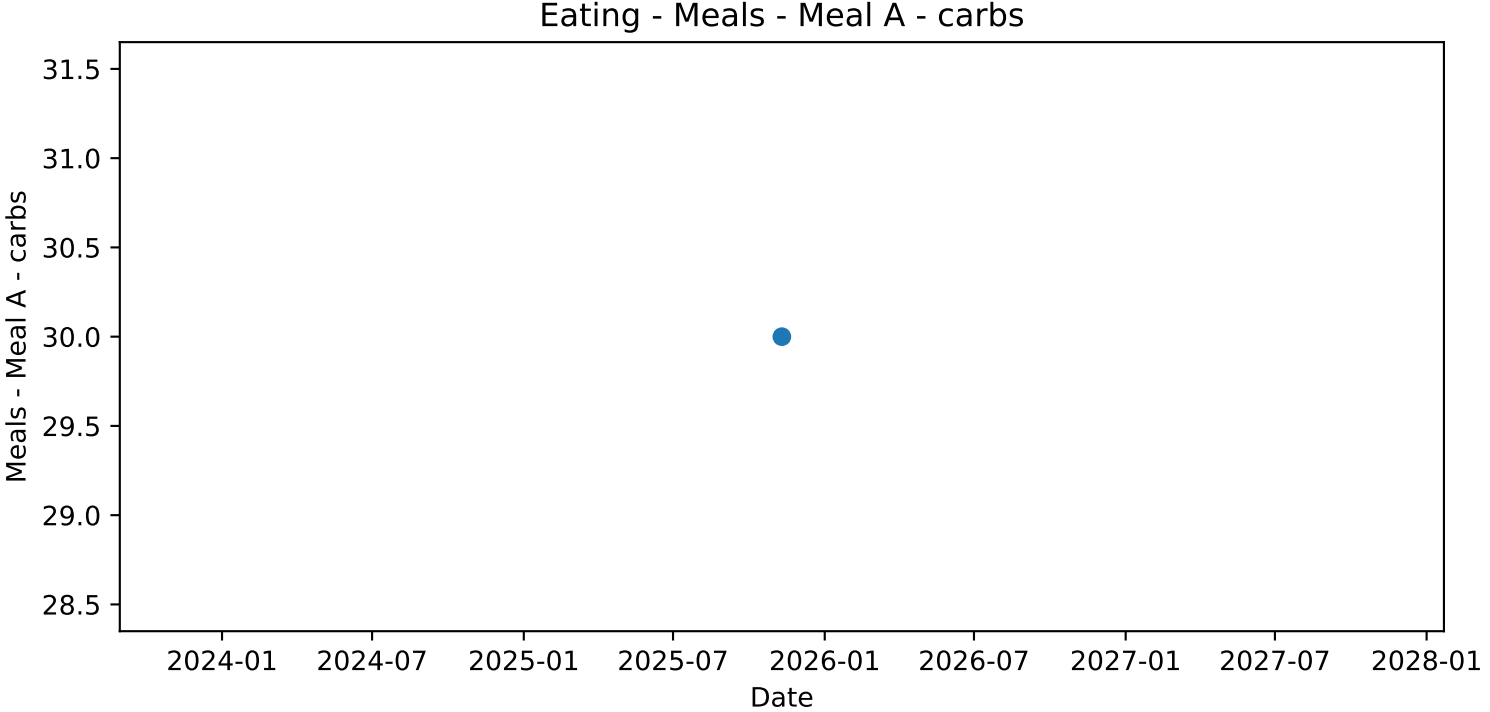

Gaming - Game A - rating
Game A - rating
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

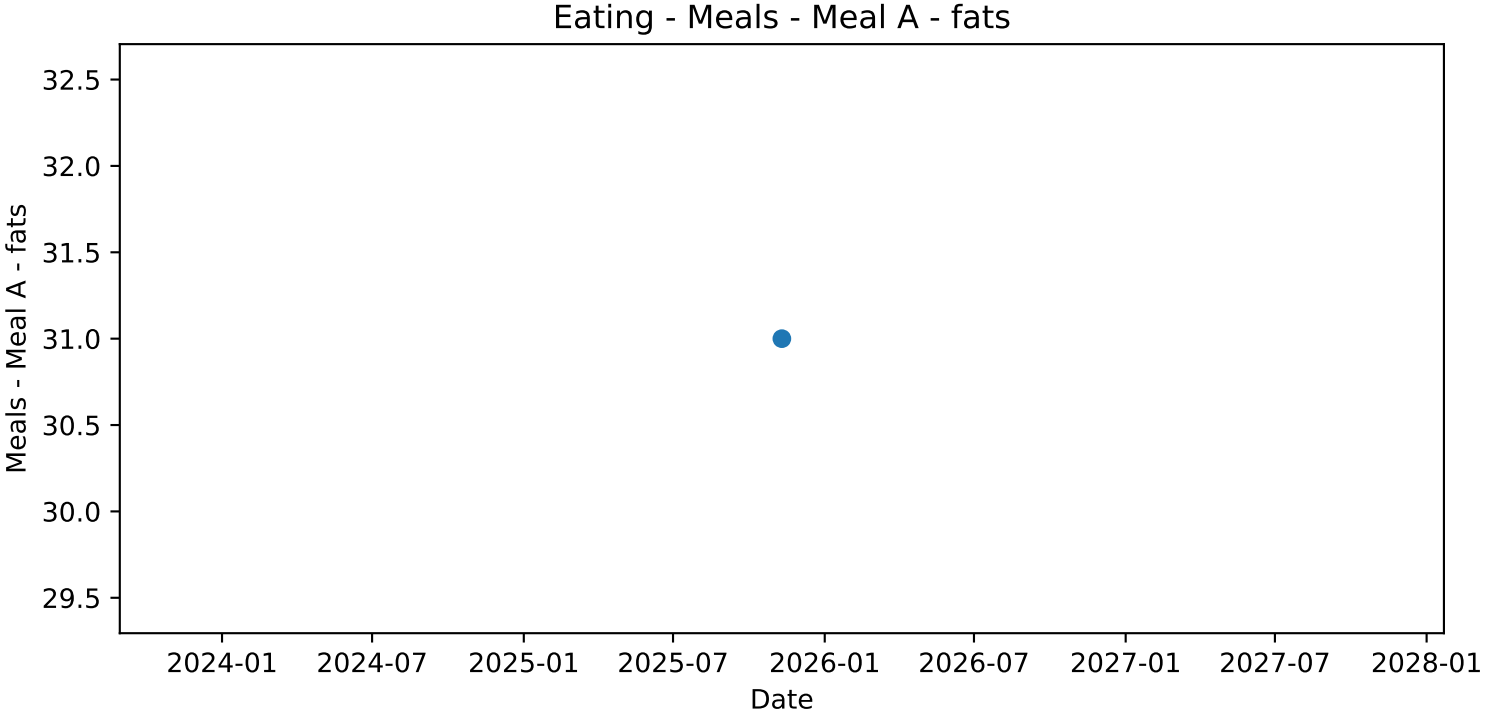

Cooking - minutes
0.04
0.02
0.00
−0.02
−0.04
minutes
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

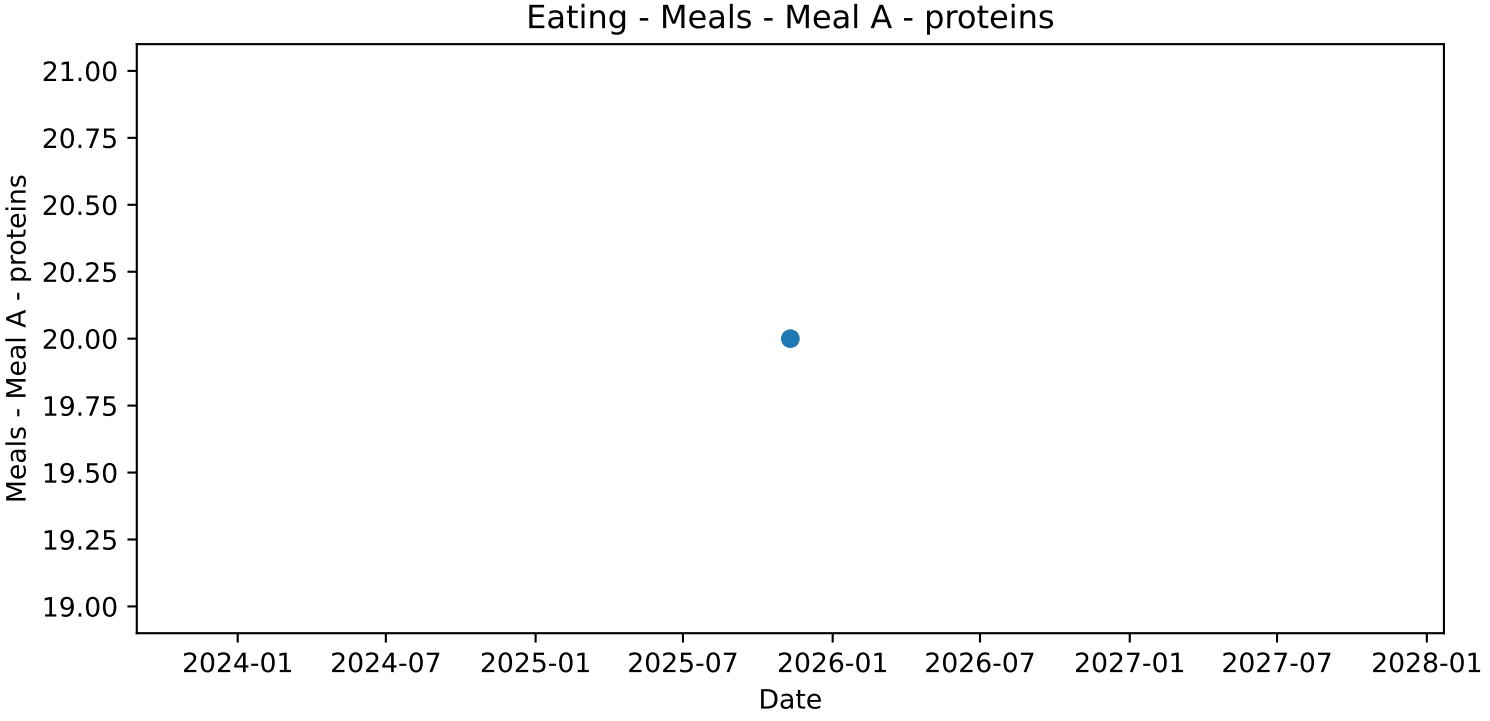

Cooking - meal
meal
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

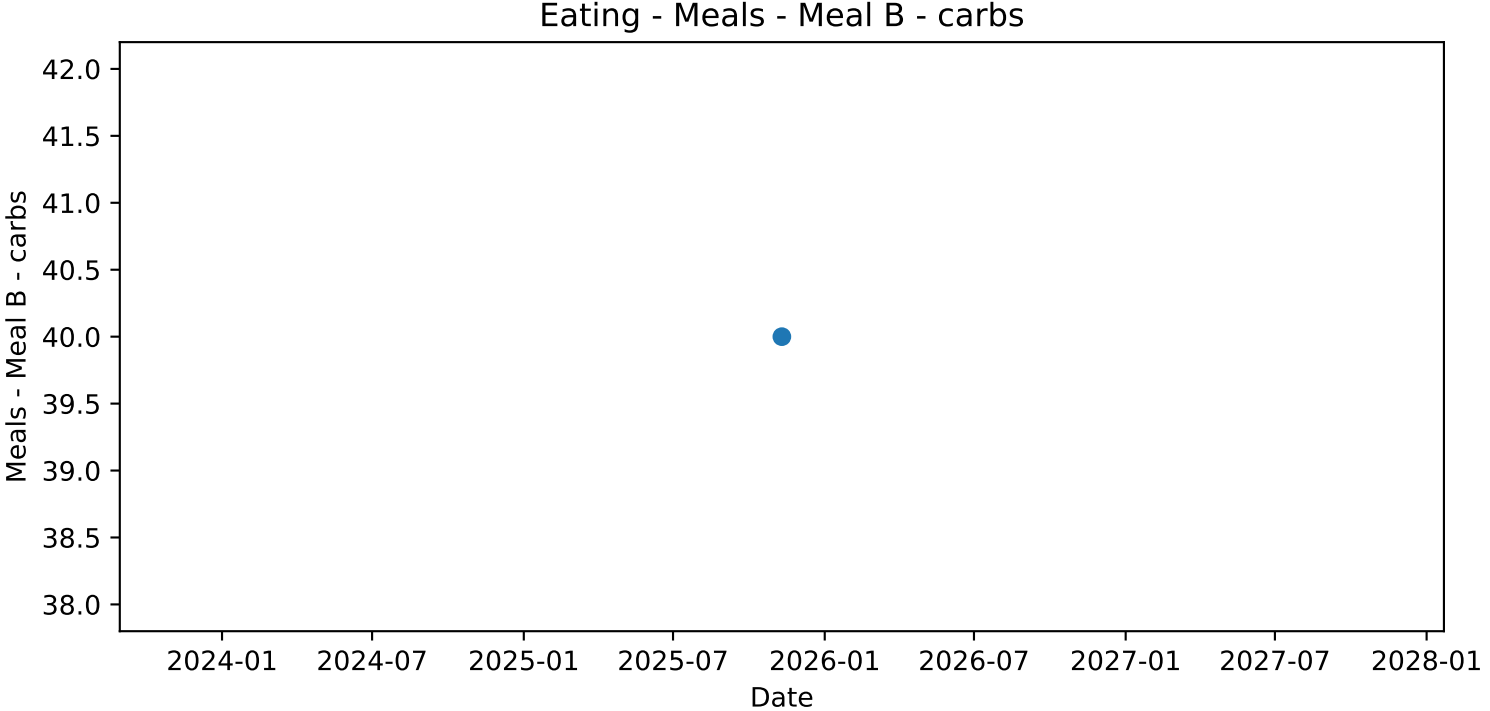

Eating - Meals - Meal A
Meals - Meal A
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

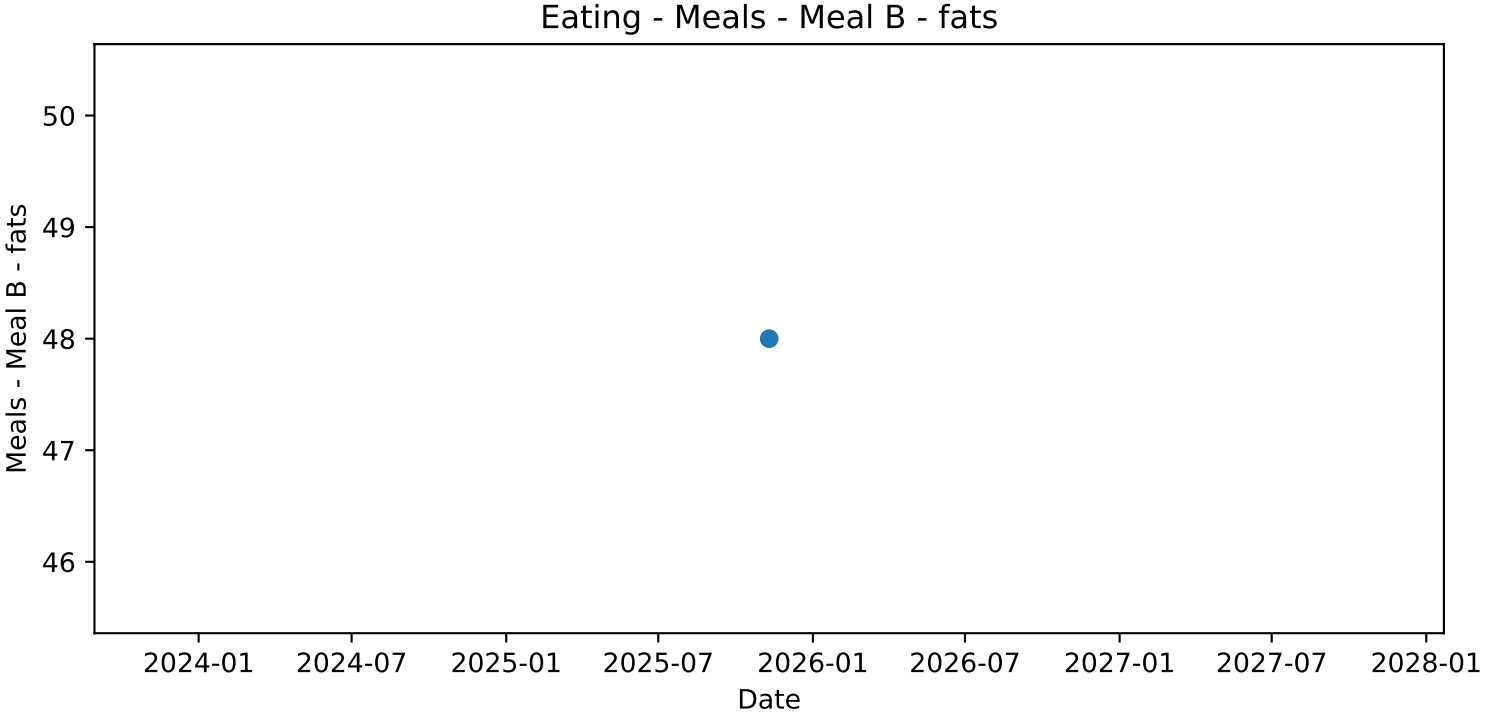

Eating - Snacks - Snack A
Snacks - Snack A
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

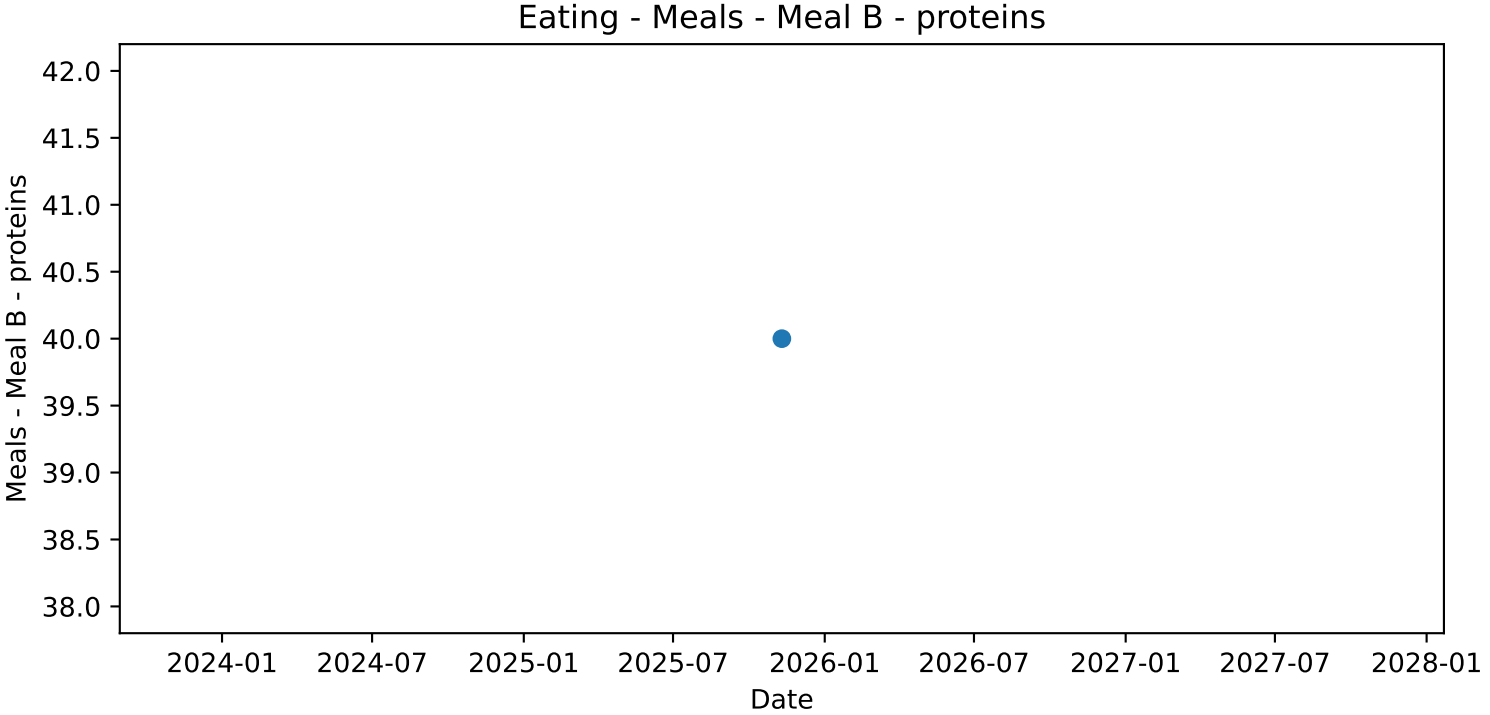

Eating - Meals - Meal A - carbs
Meals - Meal A - carbs
31.5
31.0
30.5
30.0
29.5
29.0
28.5
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

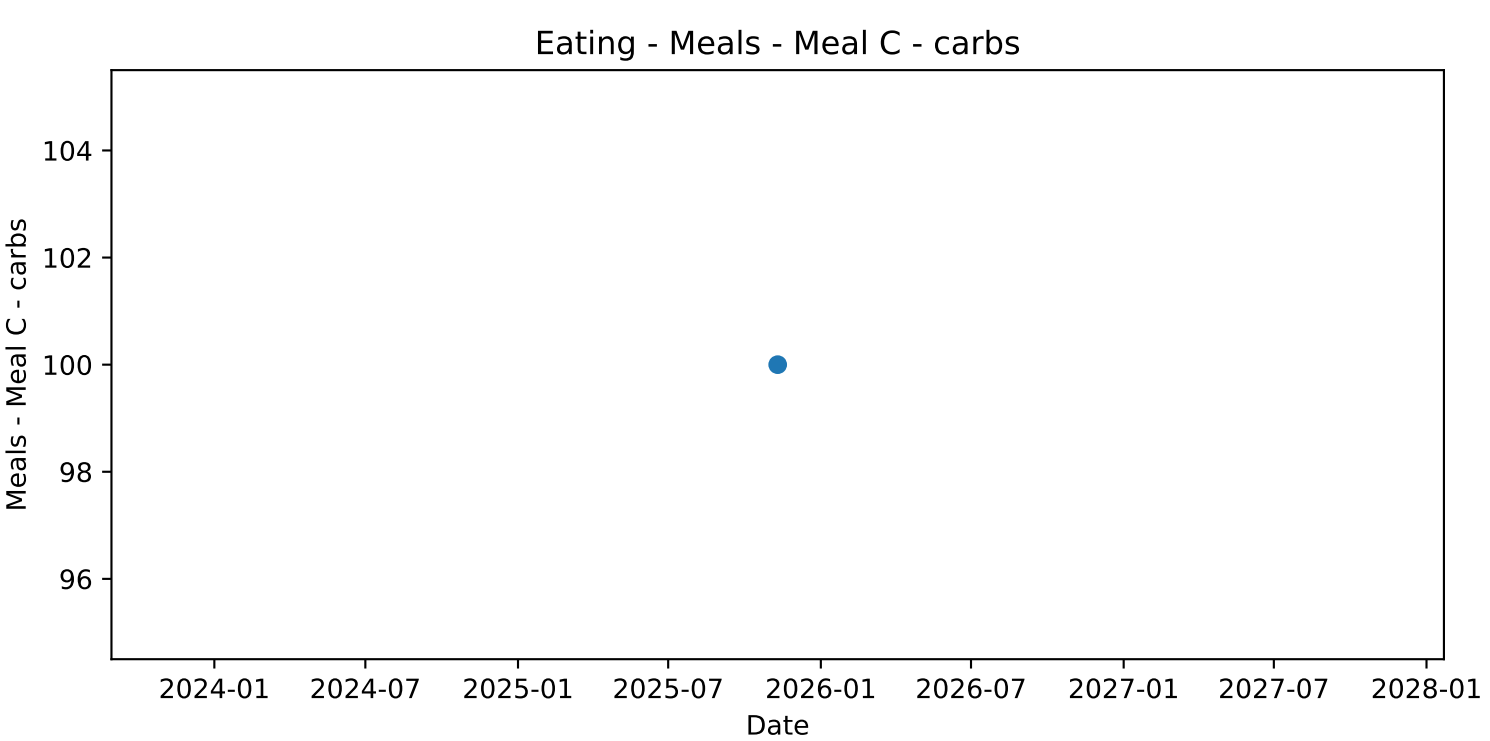

Eating - Meals - Meal A - fats
Meals - Meal A - fats
32.5
32.0
31.5
31.0
30.5
30.0
29.5
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

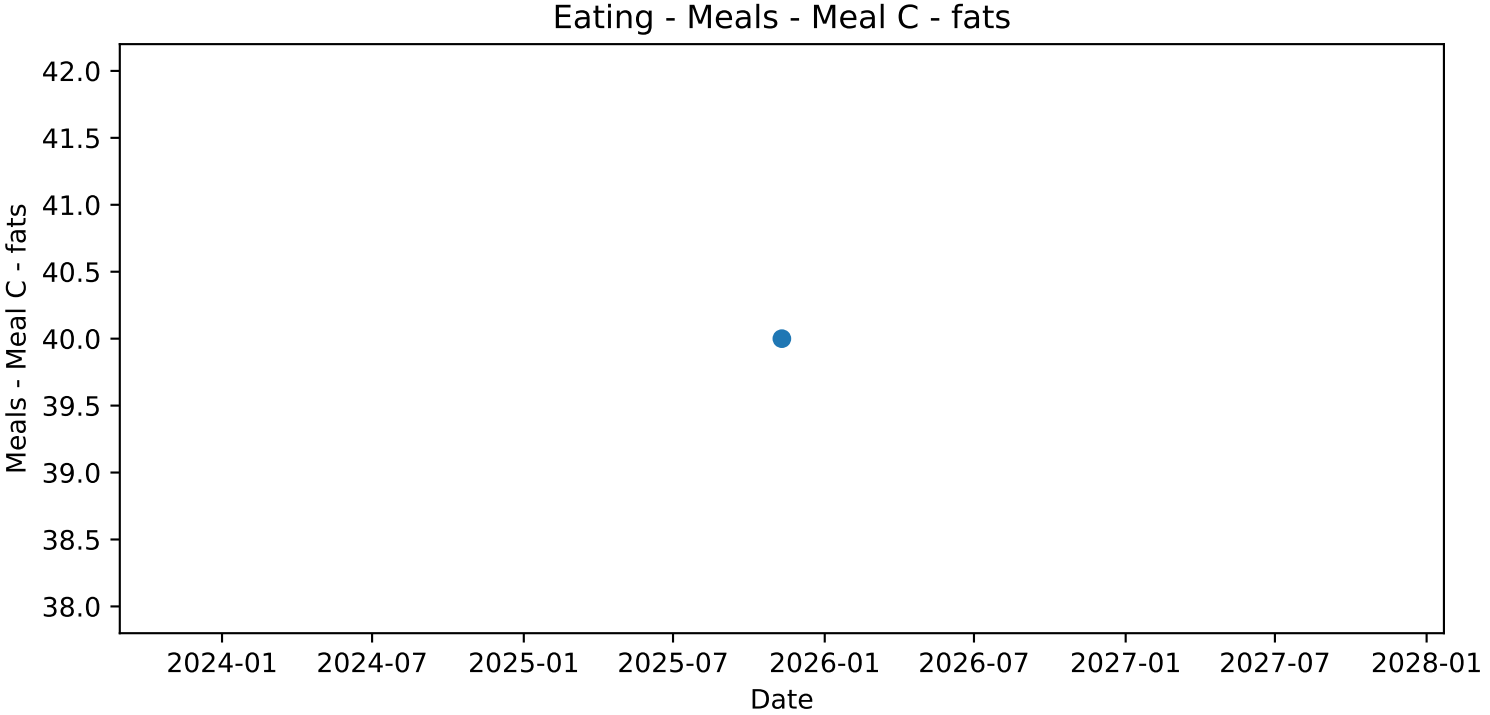

Eating - Meals - Meal A - proteins
Meals - Meal A - proteins
21.00
20.75
20.50
20.25
20.00
19.75
19.50
19.25
19.00
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

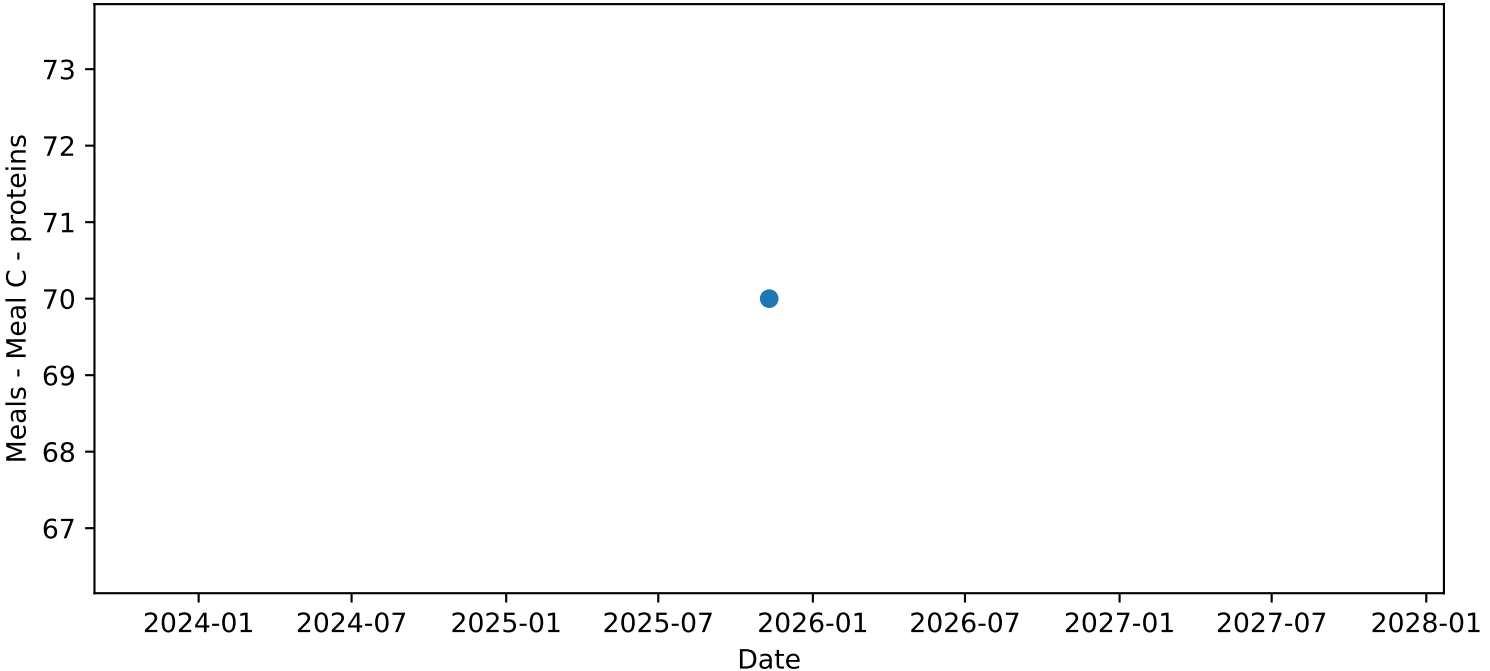

Eating - Meals - Meal B - carbs
Meals - Meal B - carbs
42.0
41.5
41.0
40.5
40.0
39.5
39.0
38.5
38.0
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

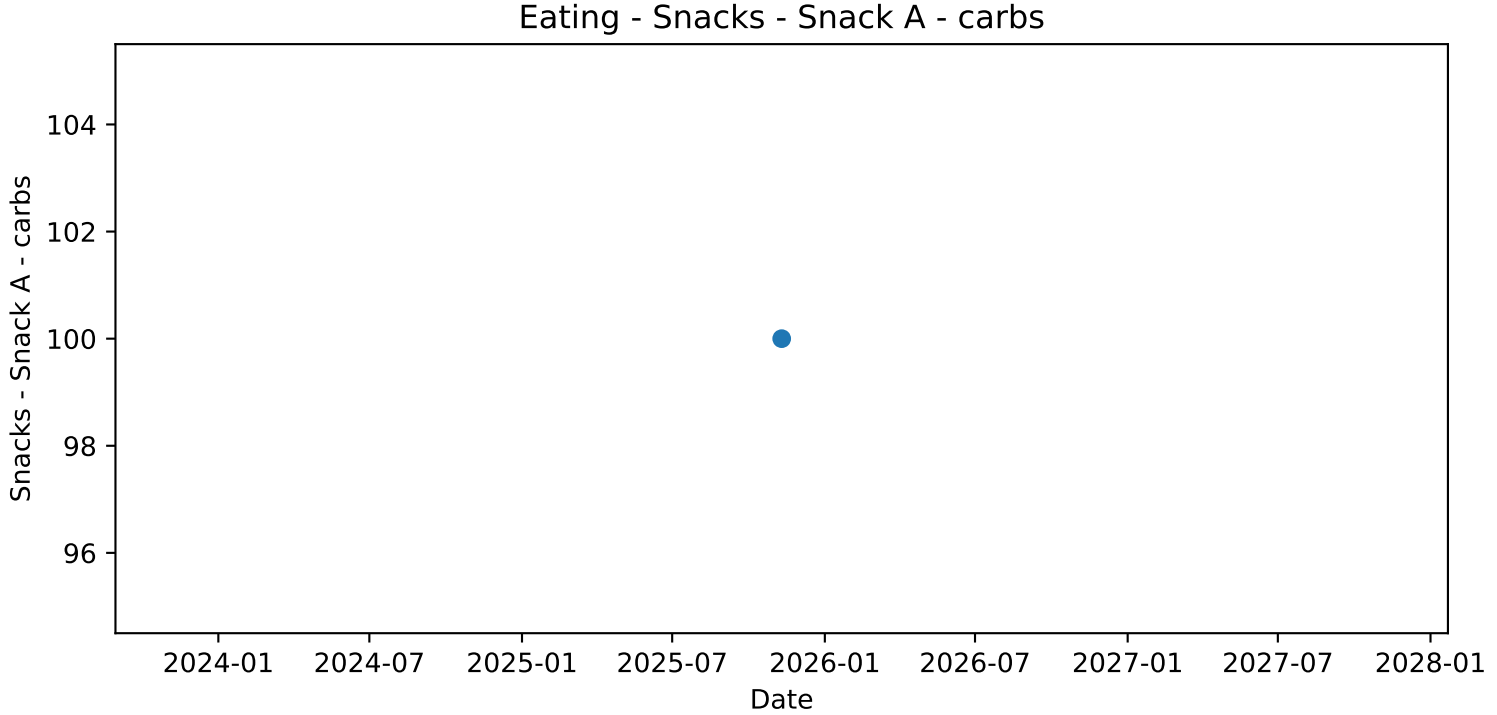

Eating - Meals - Meal B - fats
Meals - Meal B - fats
50
49
48
47
46
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

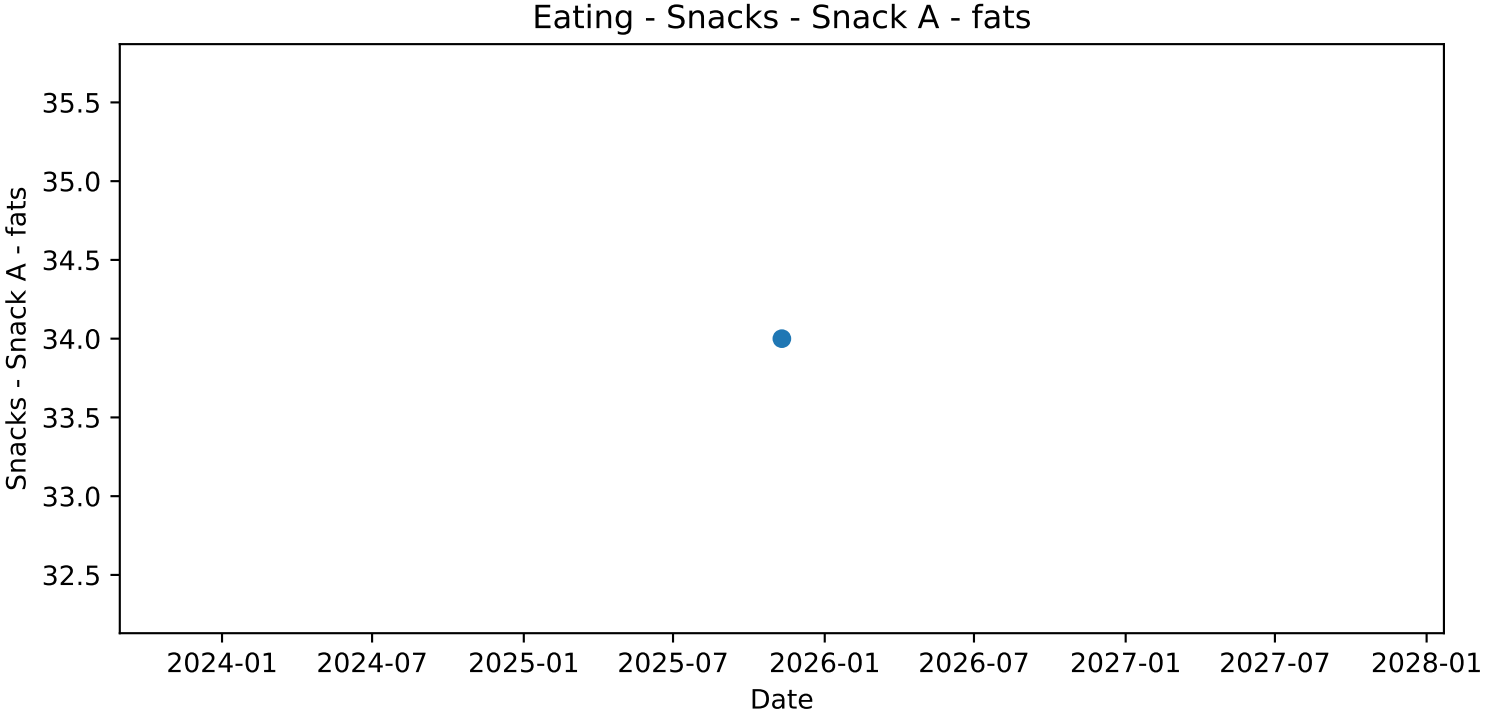

Eating - Meals - Meal B - proteins
Meals - Meal B - proteins
42.0
41.5
41.0
40.5
40.0
39.5
39.0
38.5
38.0
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

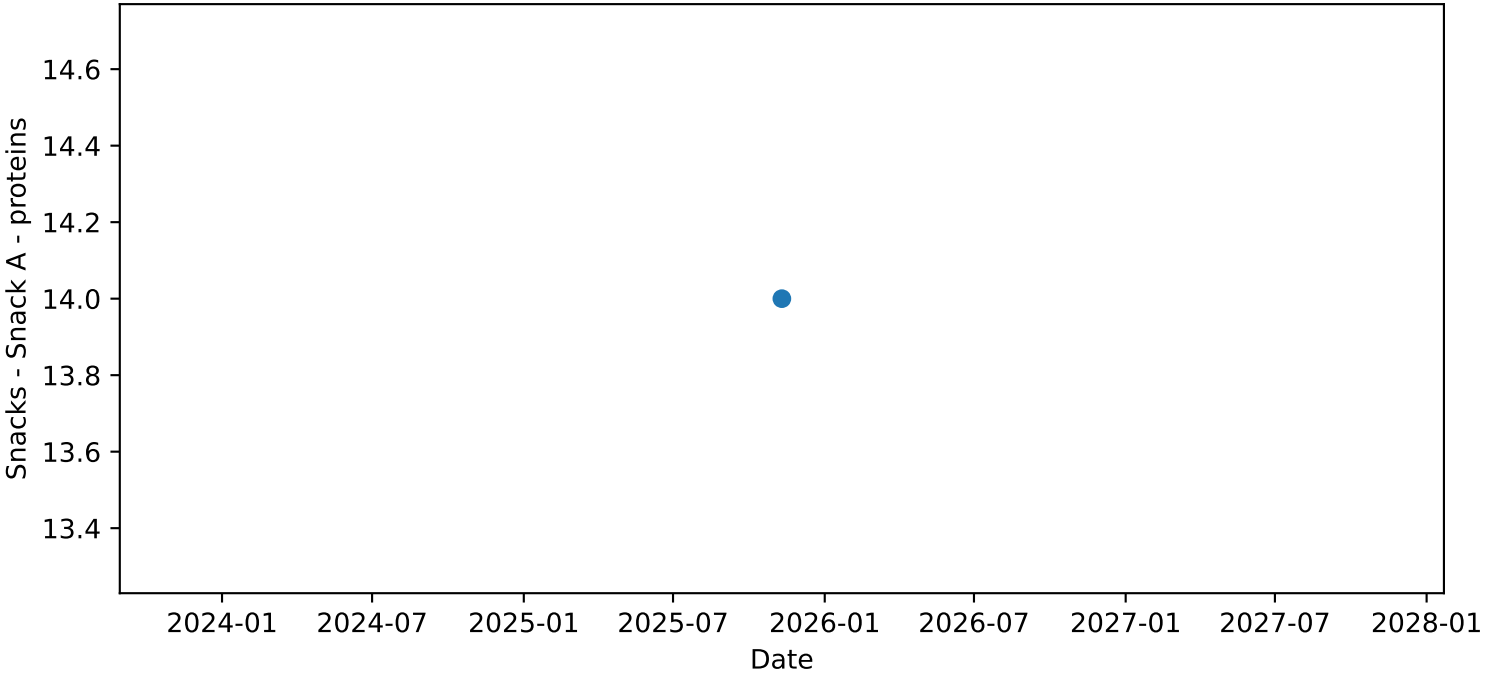

Eating - Meals - Meal C - carbs
Meals - Meal C - carbs
104
102
100
98
96
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

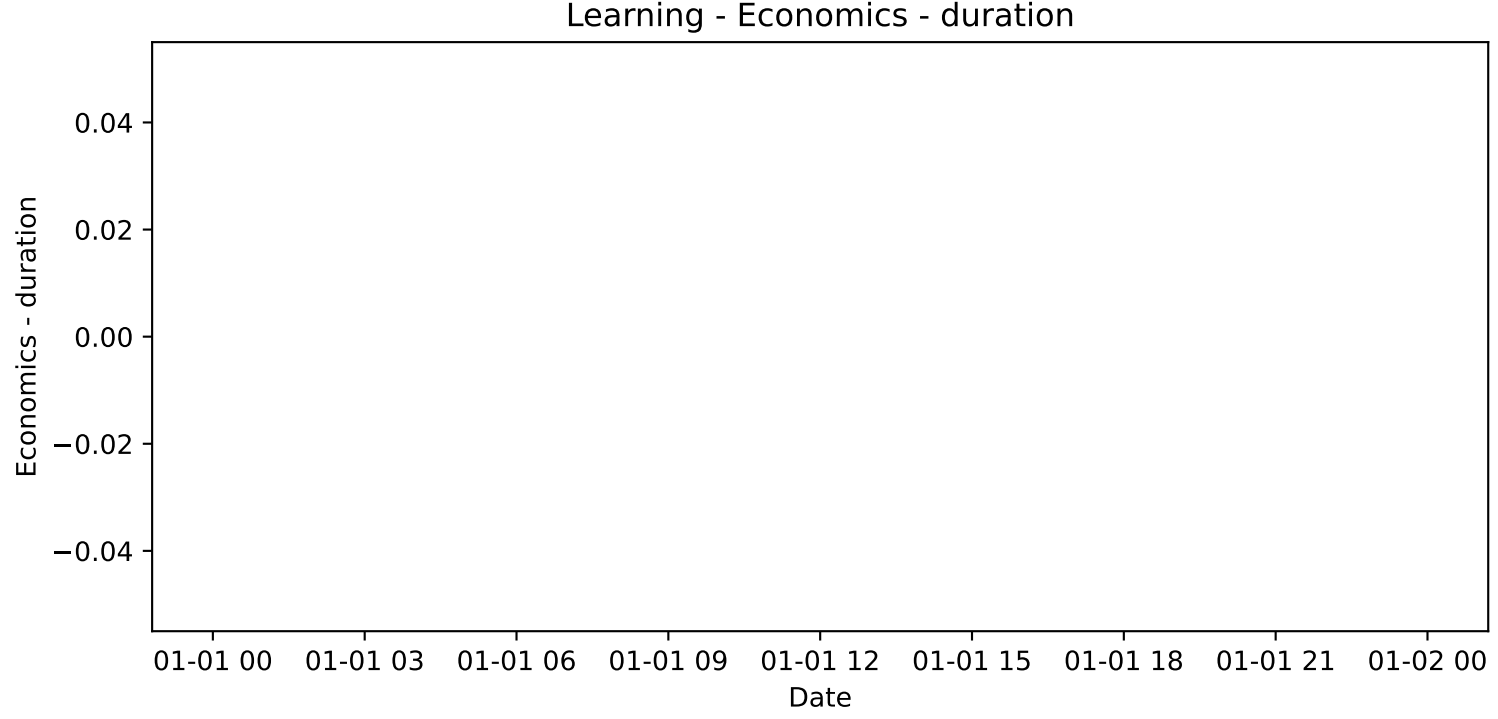

Eating - Meals - Meal C - fats
Meals - Meal C - fats
42.0
41.5
41.0
40.5
40.0
39.5
39.0
38.5
38.0
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

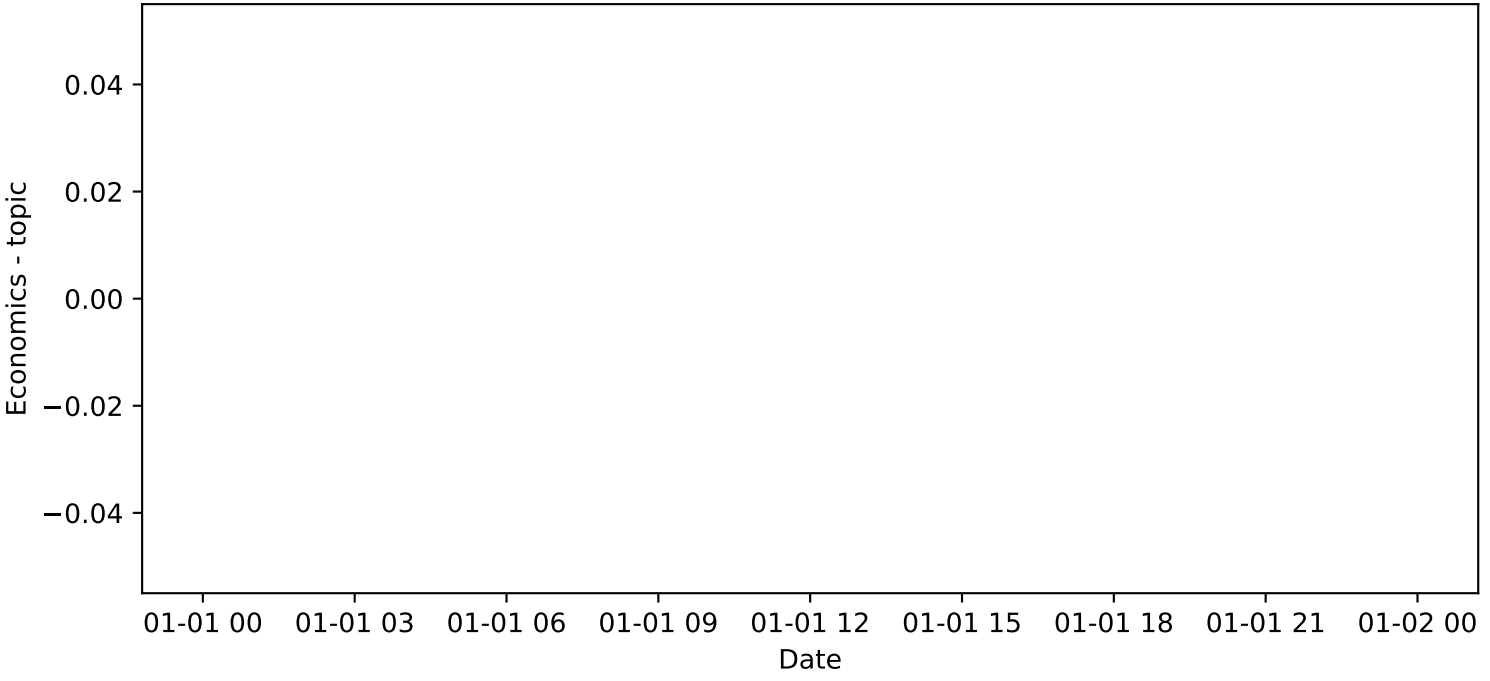

Eating - Meals - Meal C - proteins
Meals - Meal C - proteins
73
72
71
70
69
68
67
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

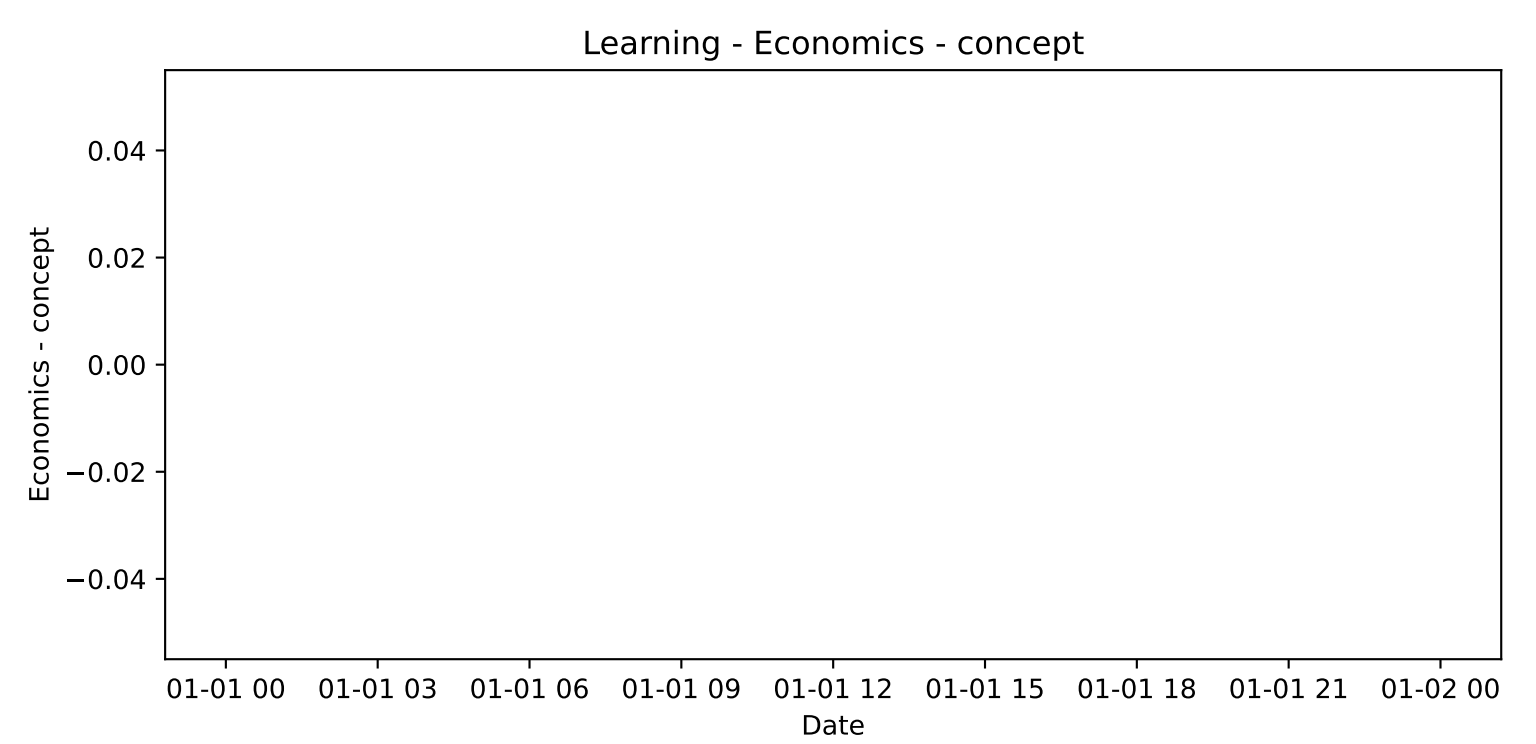

Eating - Snacks - Snack A - carbs
Snacks - Snack A - carbs
104
102
100
98
96
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

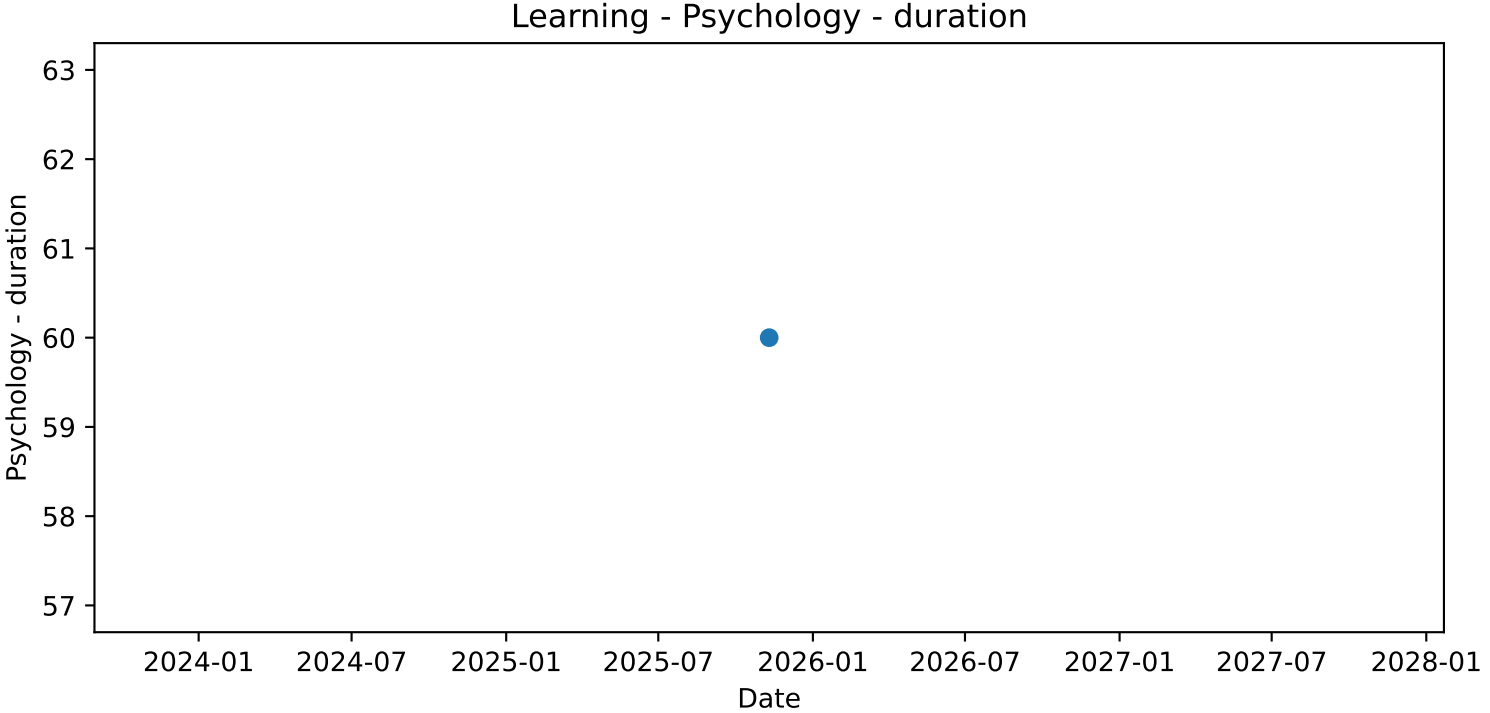

Eating - Snacks - Snack A - fats
Snacks - Snack A - fats
35.5
35.0
34.5
34.0
33.5
33.0
32.5
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

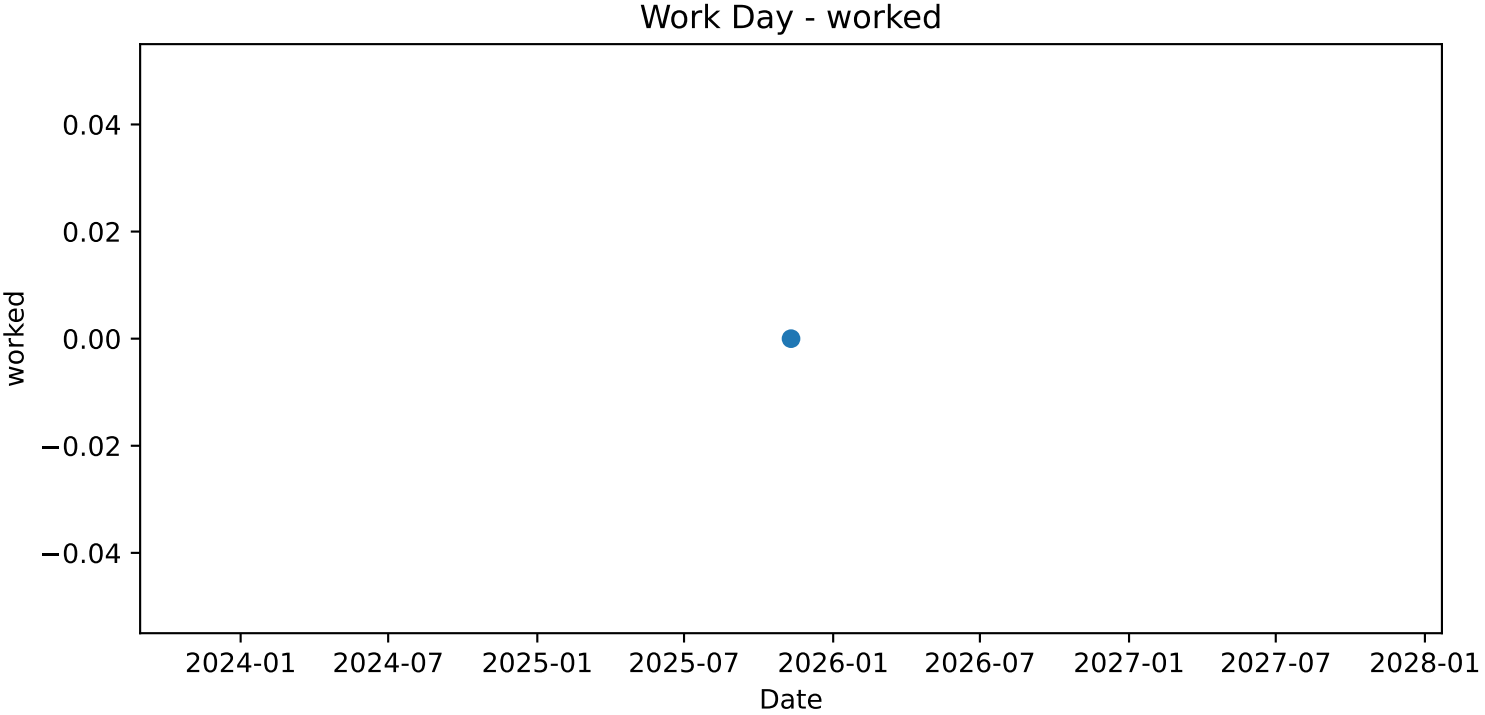

Eating - Snacks - Snack A - proteins
Snacks - Snack A - proteins
14.6
14.4
14.2
14.0
13.8
13.6
13.4
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

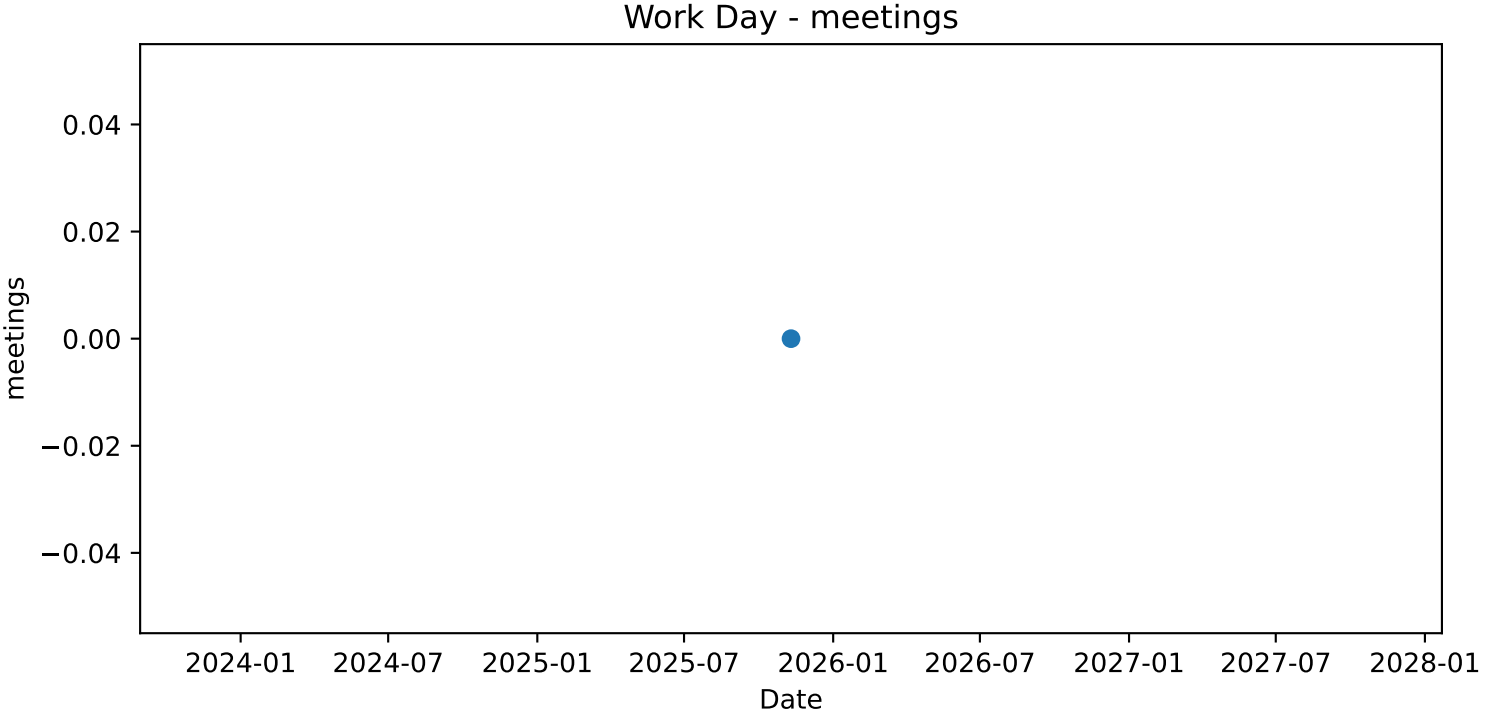

Learning - Economics - duration
Economics - duration
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

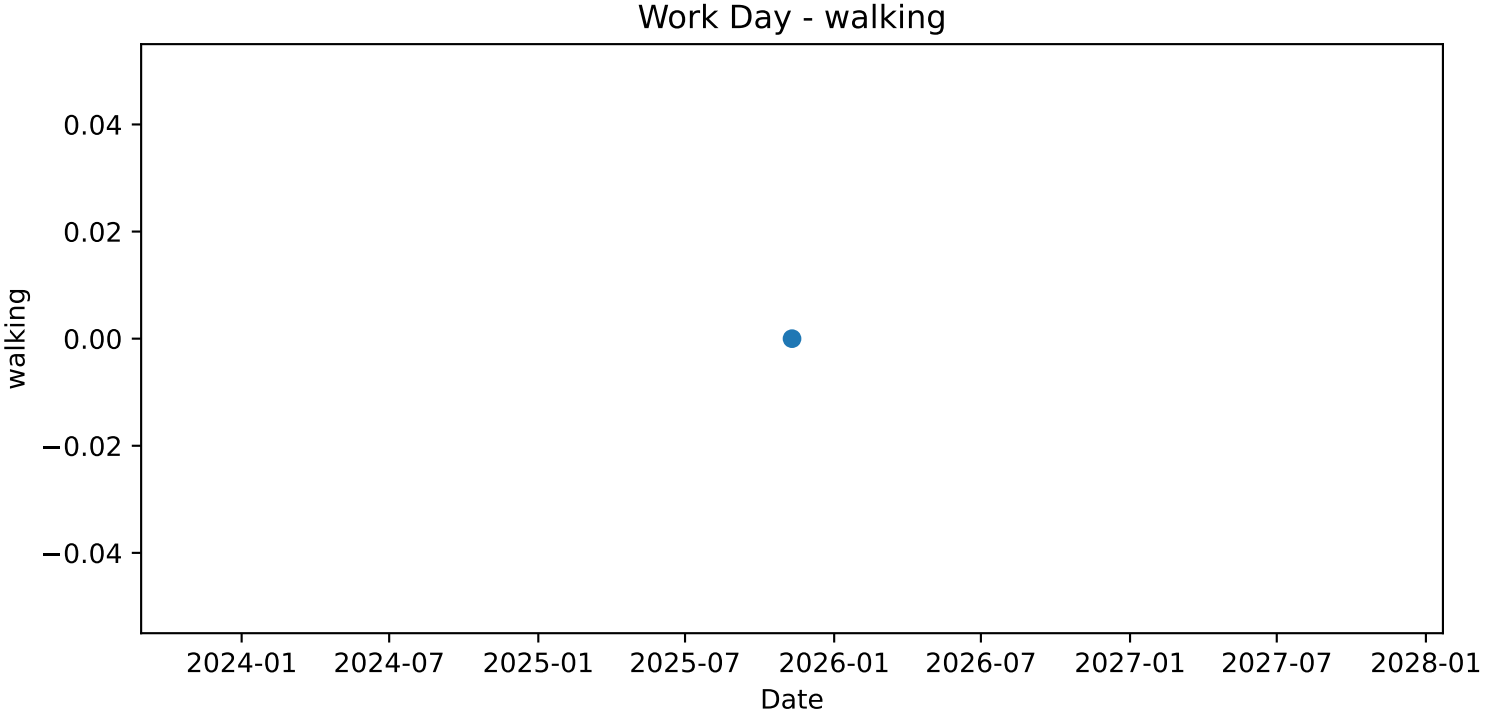

Learning - Economics - topic
Economics - topic
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

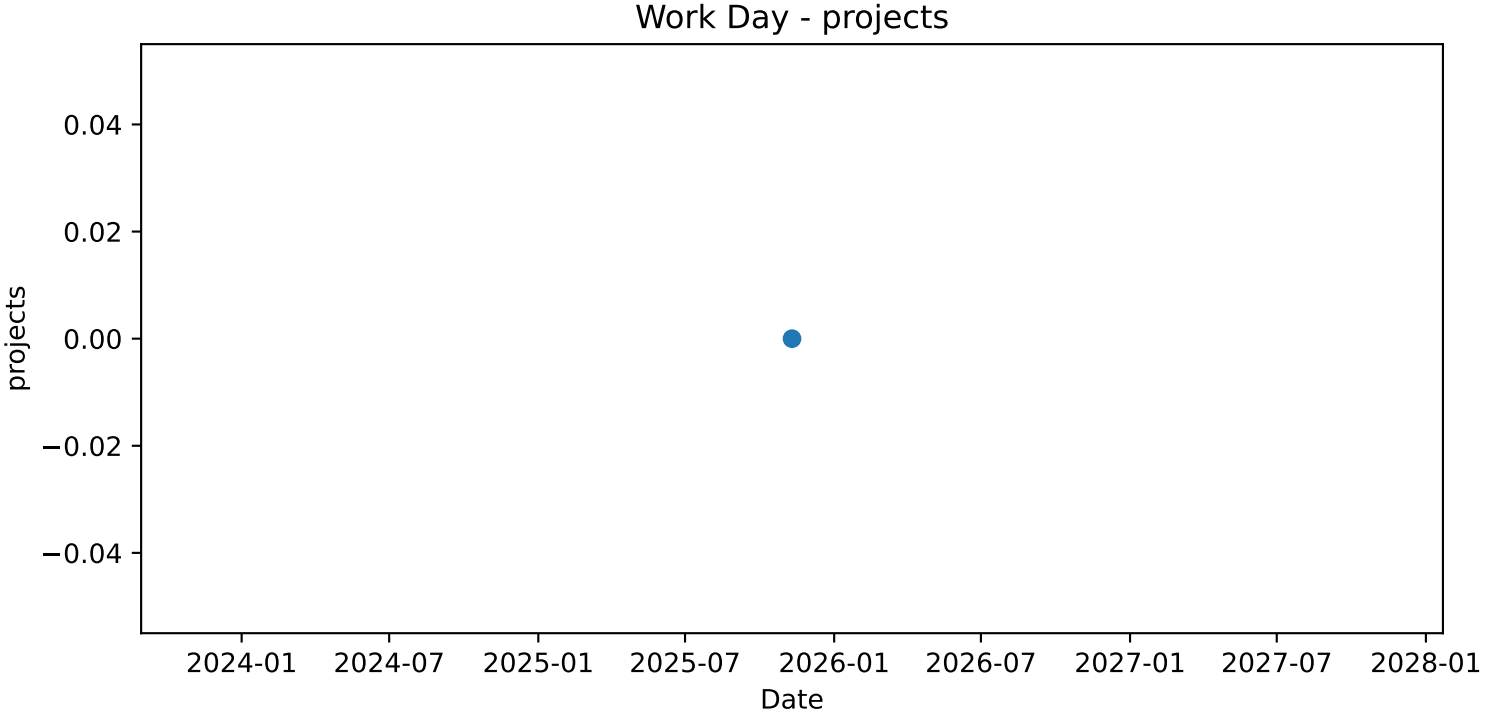

Learning - Economics - concept
Economics - concept
0.04
0.02
0.00
−0.02
−0.04
01-01 00
01-01 03
01-01 06
01-01 09
01-01 12
01-01 15
01-01 18
01-01 21
01-02 00
Date

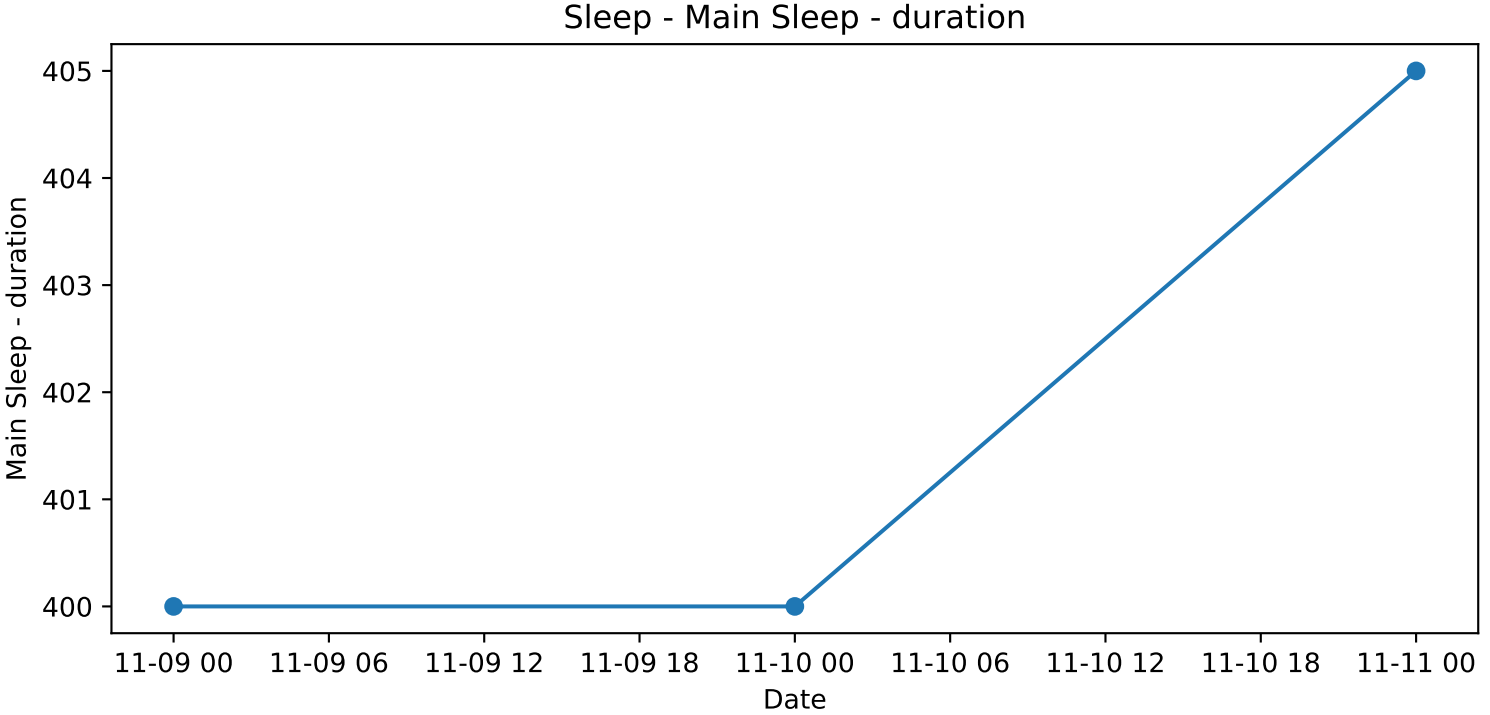

Learning - Psychology - duration
Psychology - duration
63
62
61
60
59
58
57
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

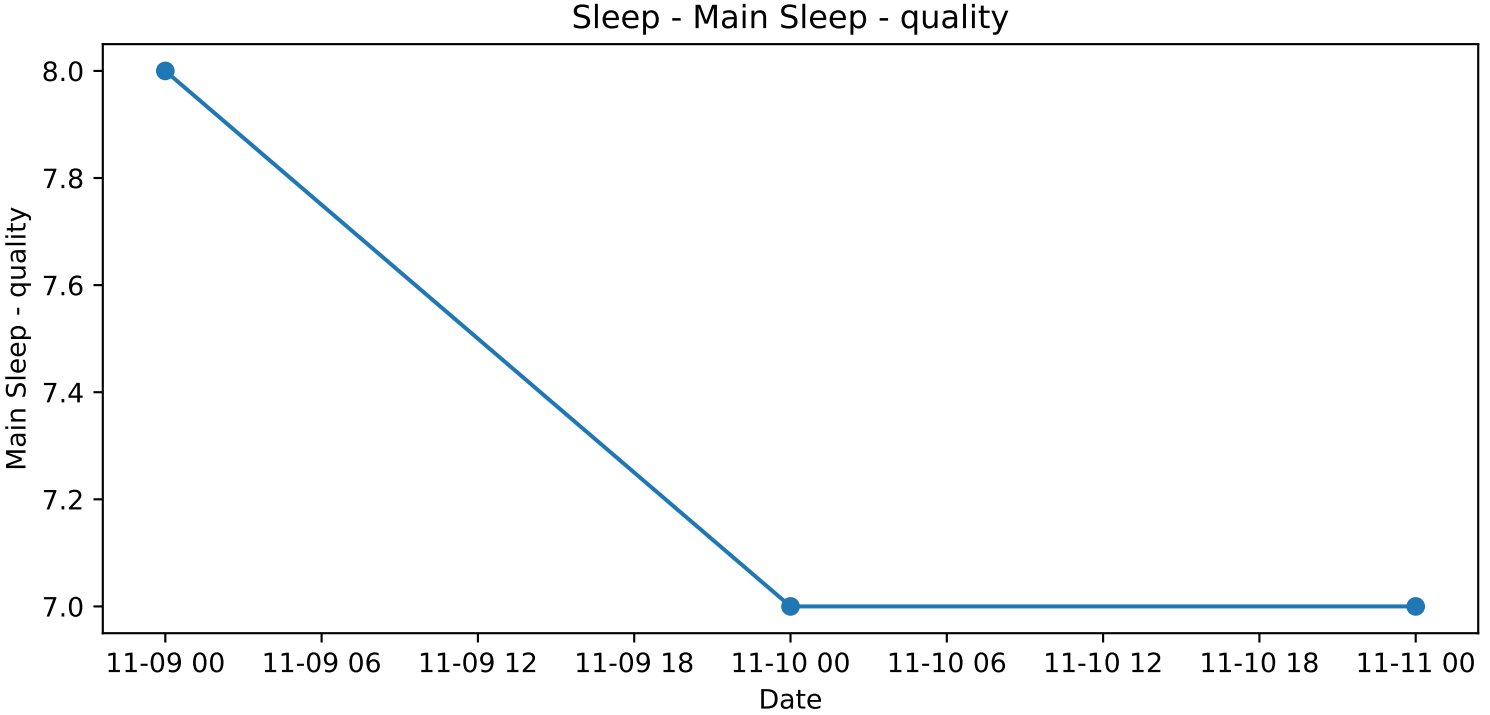

Work Day - worked
0.04
0.02
0.00
−0.02
−0.04
worked
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

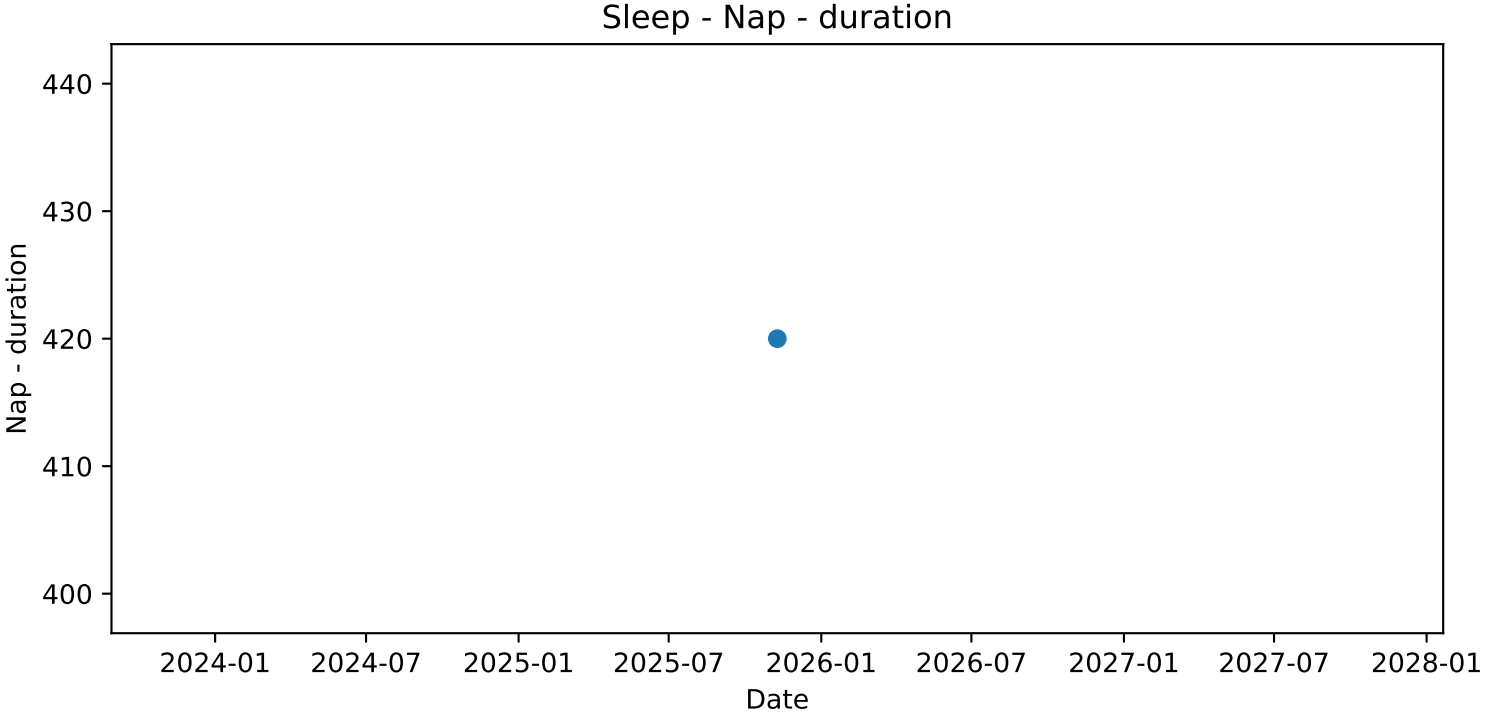

Work Day - meetings
meetings
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date

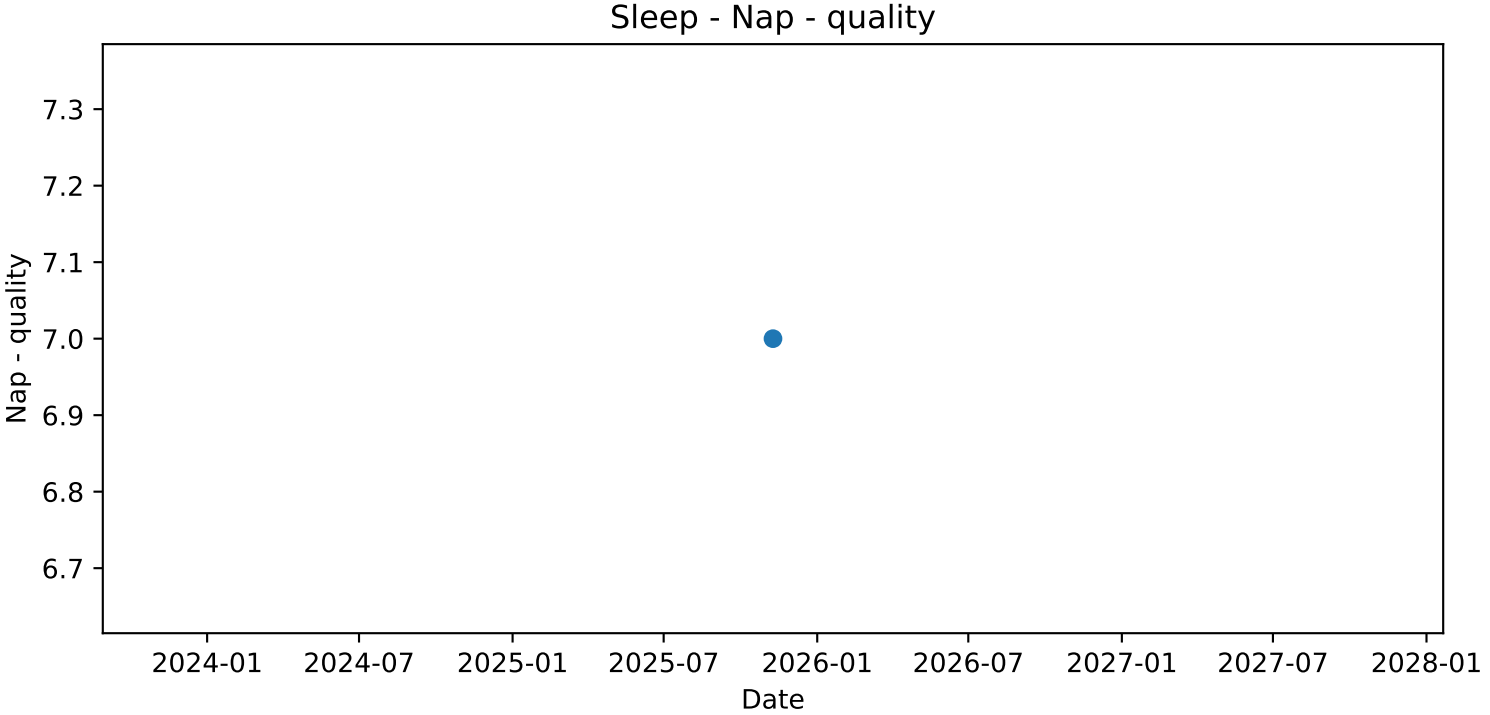

Work Day - walking
0.04
0.02
0.00
−0.02
−0.04
walking
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date


Work Day - projects
projects
0.04
0.02
0.00
−0.02
−0.04
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date


Sleep - Main Sleep - duration
Main Sleep - duration
405
404
403
402
401
400
11-09 00
11-09 06
11-09 12
11-09 18
11-10 00
11-10 06
11-10 12
11-10 18
11-11 00
Date


Sleep - Main Sleep - quality
Main Sleep - quality
8.0
7.8
7.6
7.4
7.2
7.0
11-09 00
11-09 06
11-09 12
11-09 18
11-10 00
11-10 06
11-10 12
11-10 18
11-11 00
Date


Sleep - Nap - duration
440
430
420
410
400
Nap - duration
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date


Sleep - Nap - quality
7.3
7.2
7.1
7.0
6.9
6.8
6.7
Nap - quality
2024-01
2024-07
2025-01
2025-07
2026-01
2026-07
2027-01
2027-07
2028-01
Date