PLEASE FILL IN EVERY DAY OF THE EXPERIMENTAL WEEK:

DAY 1: 30/10/2023 MONDAY

	00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00
	-	-	-	-	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00
Light	01:00 X	02:00 X	03:00 X	04:00 X	X	X	X	v	I+E		1	1	1	0	1	I	0	E	E	E	L+E			
Activity	1	1	1	1	1	1	1	1	2	3	5	5	5	3	5	5	3	5	5	5	5	5	5	2

DAY 2: 31/10/2023 TUESDAY

DALL								07.00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00
	00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	00.00	03.00	10.00	_	_	_	_	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00
	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10.00				0			0		L+E	L+E				
Light			V	X	X	X	W	W	I+E	0	I+E		I+E	0	I+L	I+L	0	L+E		L. L				
source	X	X	X									1	0				-	1	2	2				
		1	1	1	1	1	1	1	2	7	2	2	2	3	5	5	3	2	1-					
Activity	1	1	-	_	-			1			-													

DAY 3: 01/11/2023 WEDNESDAY

DAY	00:00 - 01:00	01:00	02:00 - 03:00	03:00 - 04:00	04:00 - 05:00	05:00 - 06:00	06:00 - 07:00	07:00 - 08:00	08:00	09:00	10:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	-	20:00 - 21:00	21:00 - 22:00	22:00 - 23:00	23:00 - 24:00
Light source Activity																								