

|      |     |   |       |      |               |  |
|------|-----|---|-------|------|---------------|--|
| 2023 | Jan | 1 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 1 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 1 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 1 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 1 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 1 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 1 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 1 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 1 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 1 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 1 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 1 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 1 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 1 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 1 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 1 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 1 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 1 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 1 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 1 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 1 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 1 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 1 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 1 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 1 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 1 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 1 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 1 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 1 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 1 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 1 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 1 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 1 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 2 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 2 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 2 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 2 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 2 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 2 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 2 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 2 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 2 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 2 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 2 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 2 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 2 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 2 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 2 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 2 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 2 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 2 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 2 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 2 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 2 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 2 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 2 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 2 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 2 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 2 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 2 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 2 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 2 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 2 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 2 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 2 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 2 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 3 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 3 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 3 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 3 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 3 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 3 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 3 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 3 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 3 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 3 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 3 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 3 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 3 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 3 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 3 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 3 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 3 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 3 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 3 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 3 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 3 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 3 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 3 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 3 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 3 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 3 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 3 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 3 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 3 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 3 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 3 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 3 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 3 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 4 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 4 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 4 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 4 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 4 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 4 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 4 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 4 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 4 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 4 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 4 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 4 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 4 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 4 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 4 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 4 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 4 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 4 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 4 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 4 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 4 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 4 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 4 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 4 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 4 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 4 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 4 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 4 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 4 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 4 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 4 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 4 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 4 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 5 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 5 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 5 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 5 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 5 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 5 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 5 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 5 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 5 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 5 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 5 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 5 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 5 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 5 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 5 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 5 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 5 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 5 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 5 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 5 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 5 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 5 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 5 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 5 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 5 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 5 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 5 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 5 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 5 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 5 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 5 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 5 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 5 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 6 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 6 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 6 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 6 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 6 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 6 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 6 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 6 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 6 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 6 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 6 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 6 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 6 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 6 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 6 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 6 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 6 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 6 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 6 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 6 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 6 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 6 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 6 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 6 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 6 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 6 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 6 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 6 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 6 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 6 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 6 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 6 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 6 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 7 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 7 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 7 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 7 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 7 | 10:00 | Home | Read book     |  |
| 2023 | Jan | 7 | 10:30 | Home | Wrote journal |  |
| 2023 | Jan | 7 | 11:00 | Home | Drank tea     |  |
| 2023 | Jan | 7 | 11:30 | Home | Relaxed       |  |
| 2023 | Jan | 7 | 12:00 | Home | Had lunch     |  |
| 2023 | Jan | 7 | 12:30 | Home | Washed dishes |  |
| 2023 | Jan | 7 | 13:00 | Home | Read book     |  |
| 2023 | Jan | 7 | 13:30 | Home | Wrote journal |  |
| 2023 | Jan | 7 | 14:00 | Home | Drank tea     |  |
| 2023 | Jan | 7 | 14:30 | Home | Relaxed       |  |
| 2023 | Jan | 7 | 15:00 | Home | Had dinner    |  |
| 2023 | Jan | 7 | 15:30 | Home | Washed dishes |  |
| 2023 | Jan | 7 | 16:00 | Home | Read book     |  |
| 2023 | Jan | 7 | 16:30 | Home | Wrote journal |  |
| 2023 | Jan | 7 | 17:00 | Home | Drank tea     |  |
| 2023 | Jan | 7 | 17:30 | Home | Relaxed       |  |
| 2023 | Jan | 7 | 18:00 | Home | Had dinner    |  |
| 2023 | Jan | 7 | 18:30 | Home | Washed dishes |  |
| 2023 | Jan | 7 | 19:00 | Home | Read book     |  |
| 2023 | Jan | 7 | 19:30 | Home | Wrote journal |  |
| 2023 | Jan | 7 | 20:00 | Home | Drank tea     |  |
| 2023 | Jan | 7 | 20:30 | Home | Relaxed       |  |
| 2023 | Jan | 7 | 21:00 | Home | Had dinner    |  |
| 2023 | Jan | 7 | 21:30 | Home | Washed dishes |  |
| 2023 | Jan | 7 | 22:00 | Home | Read book     |  |
| 2023 | Jan | 7 | 22:30 | Home | Wrote journal |  |
| 2023 | Jan | 7 | 23:00 | Home | Drank tea     |  |
| 2023 | Jan | 7 | 23:30 | Home | Relaxed       |  |
| 2023 | Jan | 7 | 00:00 | Home | Woke up       |  |
| 2023 | Jan | 8 | 08:00 | Home | Woke up       |  |
| 2023 | Jan | 8 | 08:30 | Home | Brushed teeth |  |
| 2023 | Jan | 8 | 09:00 | Home | Had breakfast |  |
| 2023 | Jan | 8 | 09:30 | Home | Washed dishes |  |
| 2023 | Jan | 8 | 10:00 |      |               |  |