

Year	Month	Day	Time	Location	Activity	Notes
2023	1	1	08:00	Home	Wake up	
2023	1	2	08:00	Home	Wake up	
2023	1	3	08:00	Home	Wake up	
2023	1	4	08:00	Home	Wake up	
2023	1	5	08:00	Home	Wake up	
2023	1	6	08:00	Home	Wake up	
2023	1	7	08:00	Home	Wake up	
2023	1	8	08:00	Home	Wake up	
2023	1	9	08:00	Home	Wake up	
2023	1	10	08:00	Home	Wake up	
2023	1	11	08:00	Home	Wake up	
2023	1	12	08:00	Home	Wake up	
2023	1	13	08:00	Home	Wake up	
2023	1	14	08:00	Home	Wake up	
2023	1	15	08:00	Home	Wake up	
2023	1	16	08:00	Home	Wake up	
2023	1	17	08:00	Home	Wake up	
2023	1	18	08:00	Home	Wake up	
2023	1	19	08:00	Home	Wake up	
2023	1	20	08:00	Home	Wake up	
2023	1	21	08:00	Home	Wake up	
2023	1	22	08:00	Home	Wake up	
2023	1	23	08:00	Home	Wake up	
2023	1	24	08:00	Home	Wake up	
2023	1	25	08:00	Home	Wake up	
2023	1	26	08:00	Home	Wake up	
2023	1	27	08:00	Home	Wake up	
2023	1	28	08:00	Home	Wake up	
2023	1	29	08:00	Home	Wake up	
2023	1	30	08:00	Home	Wake up	
2023	2	1	08:00	Home	Wake up	
2023	2	2	08:00	Home	Wake up	
2023	2	3	08:00	Home	Wake up	
2023	2	4	08:00	Home	Wake up	
2023	2	5	08:00	Home	Wake up	
2023	2	6	08:00	Home	Wake up	
2023	2	7	08:00	Home	Wake up	
2023	2	8	08:00	Home	Wake up	
2023	2	9	08:00	Home	Wake up	
2023	2	10	08:00	Home	Wake up	
2023	2	11	08:00	Home	Wake up	
2023	2	12	08:00	Home	Wake up	
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2023	2	14	08:00	Home	Wake up	
2023	2	15	08:00	Home	Wake up	
2023	2	16	08:00	Home	Wake up	
2023	2	17	08:00	Home	Wake up	
2023	2	18	08:00	Home	Wake up	
2023	2	19	08:00	Home	Wake up	
2023	2	20	08:00	Home	Wake up	
2023	2	21	08:00	Home	Wake up	
2023	2	22	08:00	Home	Wake up	
2023	2	23	08:00	Home	Wake up	
2023	2	24	08:00	Home	Wake up	
2023	2	25	08:00	Home	Wake up	
2023	2	26	08:00	Home	Wake up	
2023	2	27	08:00	Home	Wake up	
2023	2	28	08:00	Home	Wake up	
2023	2	29	08:00	Home	Wake up	
2023	2	30	08:00	Home	Wake up	
2023	3	1	08:00	Home	Wake up	
2023	3	2	08:00	Home	Wake up	
2023	3	3	08:00	Home	Wake up	
2023	3	4	08:00	Home	Wake up	
2023	3	5	08:00	Home	Wake up	
2023	3	6	08:00	Home	Wake up	
2023	3	7	08:00	Home	Wake up	
2023	3	8	08:00	Home	Wake up	
2023	3	9	08:00	Home	Wake up	
2023	3	10	08:00	Home	Wake up	
2023	3	11	08:00	Home	Wake up	
2023	3	12	08:00	Home	Wake up	
2023	3	13	08:00	Home	Wake up	
2023	3	14	08:00	Home	Wake up	
2023	3	15	08:00	Home	Wake up	
2023</						