



Year	Month	Day	Time	Location	Activity	Duration	Frequency	Intensity	Notes
2023	Jan	1	08:00	Home	Wake up	15 min	1	Low	
2023	Jan	1	08:30	Home	Breakfast	30 min	1	Low	
2023	Jan	1	09:00	Home	Work	120 min	1	Medium	
2023	Jan	1	12:00	Home	Lunch	30 min	1	Low	
2023	Jan	1	13:00	Home	Work	120 min	1	Medium	
2023	Jan	1	18:00	Home	Dinner	30 min	1	Low	
2023	Jan	1	19:00	Home	Relax	60 min	1	Low	
2023	Jan	1	22:00	Home	Sleep	800 min	1	Low	
2023	Jan	2	08:00	Home	Wake up	15 min	1	Low	
2023	Jan	2	08:30	Home	Breakfast	30 min	1	Low	
2023	Jan	2	09:00	Home	Work	120 min	1	Medium	
2023	Jan	2	12:00	Home	Lunch	30 min	1	Low	
2023	Jan	2	13:00	Home	Work	120 min	1	Medium	
2023	Jan	2	18:00	Home	Dinner	30 min	1	Low	
2023	Jan	2	19:00	Home	Relax	60 min	1	Low	
2023	Jan	2	22:00	Home	Sleep	800 min	1	Low	
2023	Jan	3	08:00	Home	Wake up	15 min	1	Low	
2023	Jan	3	08:30	Home	Breakfast	30 min	1	Low	
2023	Jan	3	09:00	Home	Work	120 min	1	Medium	
2023	Jan	3	12:00	Home	Lunch	30 min	1	Low	
2023	Jan	3	13:00	Home	Work	120 min	1	Medium	
2023	Jan	3	18:00	Home	Dinner	30 min	1	Low	
2023	Jan	3	19:00	Home	Relax	60 min	1	Low	
2023	Jan	3	22:00	Home	Sleep	800 min	1	Low	
2023	Jan	4	08:00	Home	Wake up	15 min	1	Low	
2023	Jan	4	08:30	Home	Breakfast	30 min	1	Low	
2023	Jan	4	09:00	Home	Work	120 min	1	Medium	
2023	Jan	4	12:00	Home	Lunch	30 min	1	Low	
2023	Jan	4	13:00	Home	Work	120 min	1	Medium	
2023	Jan	4	18:00	Home	Dinner	30 min	1	Low	
2023	Jan	4	19:00	Home	Relax	60 min	1	Low	
2023	Jan	4	22:00	Home	Sleep	800 min	1	Low	
2023	Jan	5	08:00	Home	Wake up	15 min	1	Low	
2023	Jan	5	08:30	Home	Breakfast	30 min	1	Low	
2023	Jan	5	09:00	Home	Work	120 min	1	Medium	
2023	Jan	5	12:00	Home	Lunch	30 min	1	Low	
2023	Jan	5	13:00	Home	Work	120 min	1	Medium	
2023	Jan	5	18:00	Home	Dinner	30 min	1	Low	
2023	Jan	5	19:00	Home	Relax	60 min	1	Low	
2023	Jan	5	22:00	Home	Sleep	800 min	1	Low	