

Date	Morning		Afternoon		Evening		Night		Total		Remarks
	Activity	Duration	Activity	Duration	Activity	Duration	Activity	Duration	Activity	Duration	
2025-08-01	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed morning session
2025-08-02	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed afternoon session
2025-08-03	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed evening session
2025-08-04	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed night session
2025-08-05	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed day session
2025-08-06	08:00 - 09:00	01:00	09:00 - 12:00	03:00	12:00 - 01:00	01:00	01:00 - 02:00	01:00	02:00 - 03:00	01:00	Completed week session