

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 — |
|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | 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 | 24:00 |
| Light source | X | X | X | X | X | X | X | X | I+E | O | I | I | I | O | I | I | O | E | E | E | L+E | L+E | L+E | 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

| | 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 — |
|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | 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 | 24:00 |
| Light source | X | X | X | X | X | X | W | W | I+E | O | I+E | I+E | I+E | O | I+L | I+L | O | L+E | L+E | L+E | L+E | L+E | L+E | L+E |
| Activity | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 7 | 2 | 2 | 2 | 3 | 5 | 5 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

DAY 3: 01/11/2023 WEDNESDAY

| | 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 — |
|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------------------|------------|------------|------------|------------|------------|------------|
| | 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 | 24:00 |
| Light source | X | X | X | X | X | X | X | X | E+L | I+E | I+E | I+E | I+E | I+E | I+E | L+E | L+E | L+E | L+E | L+E | L+E | L+E | L+E | L |
| Activity | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 5 | 5 | 5 | 2 | 2 | 8 workout Indoor | 2 | 2 | 2 | 5 | 2 | 2 |