

DAY 4: 02/11/2023 THURSDAY

	00:00 – 01:00	01:00 – 02:00	02:00 – 03:00	03:00 – 04:00	04:00 – 05:00	05:00 – 06:00	06:00 – 07:00	07:00 – 08:00	08:00 – 09:00	09:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 13:00	13:00 – 14:00	14:00 – 15:00	15:00 – 16:00	16:00 – 17:00	17:00 – 18:00	18:00 – 19:00	19:00 – 20:00	20:00 – 21:00	21:00 – 22:00	22:00 – 23:00	23:00 – 24:00
Light source	X	X	X	X	X	X	X	I	I	I	O	I+E	I+E	I+E	I	O	I	I	O	L+E	L+E	L+E	L+E	L+E
Activity	1	1	1	1	1	1	1	2	5	5	3	2	2	2	5	3	5	5	3	2	2	2	2	2

DAY 5: 03/11/2023 FRIDAY

[illegible]

DAY 6: 04/11/2023 SATURDAY

[illegible]

DAY 7: 05/11/2023 SUNDAY

[illegible]