

Date	Day	Month	Year	Time	Activity	Notes
2023-02-21	10	February	2023	10:00 AM	Workout	45 min cardio
2023-02-21	11	February	2023	11:00 AM	Breakfast	Smoothie bowl
2023-02-21	12	February	2023	12:00 PM	Lunch	Salad with hummus
2023-02-21	13	February	2023	01:00 PM	Workout	30 min strength
2023-02-21	14	February	2023	02:00 PM	Breakfast	Protein smoothie
2023-02-21	15	February	2023	03:00 PM	Snack	Carrot sticks
2023-02-21	16	February	2023	04:00 PM	Workout	20 min cardio
2023-02-21	17	February	2023	05:00 PM	Dinner	Grilled chicken, rice, vegetables
2023-02-21	18	February	2023	06:00 PM	Relaxation	Reading book
2023-02-21	19	February	2023	07:00 PM	Bedtime	Preparation for next day