

Year	Month	Day	Time	Activity	Duration	Notes
2024	10	10	08:00	Morning Routine	15	
2024	10	10	08:15	Breakfast	15	
2024	10	10	08:30	Commute	15	
2024	10	10	08:45	Work Start	30	
2024	10	10	09:15	Meeting	15	Project X
2024	10	10	09:30	Work	30	
2024	10	10	10:00	Lunch	15	
2024	10	10	10:15	Work	30	
2024	10	10	10:45	Meeting	15	Project Y
2024	10	10	11:00	Work	30	
2024	10	10	11:30	Work	30	
2024	10	10	12:00	Lunch	15	
2024	10	10	12:15	Work	30	
2024	10	10	12:45	Meeting	15	Project Z
2024	10	10	13:00	Work	30	
2024	10	10	13:30	Work	30	
2024	10	10	14:00	Work	30	
2024	10	10	14:30	Meeting	15	Project A
2024	10	10	14:45	Work	30	
2024	10	10	15:15	Work	30	
2024	10	10	15:45	Meeting	15	Project B
2024	10	10	16:00	Work	30	
2024	10	10	16:30	Work	30	
2024	10	10	17:00	Work	30	
2024	10	10	17:30	Work	30	
2024	10	10	18:00	Work	30	
2024	10	10	18:30	Work	30	
2024	10	10	19:00	Work	30	
2024	10	10	19:30	Work	30	
2024	10	10	20:00	Work	30	
2024	10	10	20:30	Work	30	
2024	10	10	21:00	Work	30	
2024	10	10	21:30	Work	30	
2024	10	10	22:00	Work	30	
2024	10	10	22:30	Work	30	
2024	10	10	23:00	Work	30	
2024	10	10	23:30	Work	30	
2024	10	10	00:00	End of Day	0	





