

Year	Month	Day	Time	Location	Activity	Duration	Notes
2023	Jan	1	08:00	Home	Waking up	5 min	
2023	Jan	1	08:15	Home	Brushing teeth	10 min	
2023	Jan	1	08:30	Home	Getting dressed	15 min	
2023	Jan	1	08:45	Home	Breakfast	20 min	
2023	Jan	1	09:00	Home	Leaving for work	5 min	
2023	Jan	1	09:15	Office	Arriving at work	5 min	
2023	Jan	1	09:30	Office	Starting work	15 min	
2023	Jan	1	10:00	Office	Meeting	30 min	
2023	Jan	1	10:30	Office	Working	15 min	
2023	Jan	1	11:00	Office	Break	10 min	
2023	Jan	1	11:30	Office	Working	15 min	
2023	Jan	1	12:00	Office	Lunch	30 min	
2023	Jan	1	12:30	Office	Working	15 min	
2023	Jan	1	13:00	Office	Meeting	30 min	
2023	Jan	1	13:30	Office	Working	15 min	
2023	Jan	1	14:00	Office	Break	10 min	
2023	Jan	1	14:30	Office	Working	15 min	
2023	Jan	1	15:00	Office	Meeting	30 min	
2023	Jan	1	15:30	Office	Working	15 min	
2023	Jan	1	16:00	Office	Break	10 min	
2023	Jan	1	16:30	Office	Working	15 min	
2023	Jan	1	17:00	Office	Leaving work	5 min	
2023	Jan	1	17:15	Home	Arriving home	5 min	
2023	Jan	1	17:30	Home	Changing clothes	10 min	
2023	Jan	1	17:45	Home	Dinner	20 min	
2023	Jan	1	18:15	Home	Watching TV	30 min	
2023	Jan	1	19:00	Home	Reading	15 min	
2023	Jan	1	19:30	Home	Bedtime	10 min	
2023	Jan	1	20:00	Home	Asleep	5 min	
2023	Jan	2	08:00	Home	Waking up	5 min	
2023	Jan	2	08:15	Home	Brushing teeth	10 min	
2023	Jan	2	08:30	Home	Getting dressed	15 min	
2023	Jan	2	08:45	Home	Breakfast	20 min	
2023	Jan	2	09:00	Home	Leaving for work	5 min	
2023	Jan	2	09:15	Office	Arriving at work	5 min	
2023	Jan	2	09:30	Office	Starting work	15 min	
2023	Jan	2	10:00	Office	Meeting	30 min	
2023	Jan	2	10:30	Office	Working	15 min	
2023	Jan	2	11:00	Office	Break	10 min	
2023	Jan	2	11:30	Office	Working	15 min	
2023	Jan	2	12:00	Office	Lunch	30 min	
2023	Jan	2	12:30	Office	Working	15 min	
2023	Jan	2	13:00	Office	Meeting	30 min	
2023	Jan	2	13:30	Office	Working	15 min	
2023	Jan	2	14:00	Office	Break	10 min	
2023	Jan	2	14:30	Office	Working	15 min	
2023	Jan	2	15:00	Office	Meeting	30 min	
2023	Jan	2	15:30	Office	Working	15 min	
2023	Jan	2	16:00	Office	Break	10 min	
2023	Jan	2	16:30	Office	Working	15 min	
2023	Jan	2	17:00	Office	Leaving work	5 min	
2023	Jan	2	17:15	Home	Arriving home	5 min	
2023	Jan	2	17:30	Home	Changing clothes	10 min	
2023	Jan	2	17:45	Home	Dinner	20 min	
2023	Jan	2	18:15	Home	Watching TV	30 min	
2023	Jan	2	19:00	Home	Reading	15 min	
2023	Jan	2	19:30	Home	Bedtime	10 min	
2023	Jan	2	20:00	Home	Asleep	5 min	
2023	Jan	3	08:00	Home	Waking up	5 min	
2023	Jan	3	08:15	Home	Brushing teeth	10 min	
2023	Jan	3	08:30	Home	Getting dressed	15 min	
2023	Jan	3	08:45	Home	Breakfast	20 min	
2023	Jan	3	09:00	Home	Leaving for work	5 min	
2023	Jan	3	09:15	Office	Arriving at work	5 min	
2023	Jan	3	09:30	Office	Starting work	15 min	
2023	Jan	3	10:00	Office	Meeting	30 min	
2023	Jan	3	10:30	Office	Working	15 min	
2023	Jan	3	11:00	Office	Break	10 min	
2023	Jan	3	11:30	Office	Working	15 min	
2023	Jan	3	12:00	Office	Lunch	30 min	
2023	Jan	3	12:30	Office	Working	15 min	
2023	Jan	3	13:00	Office	Meeting	30 min	
2023	Jan	3	13:30	Office	Working	15 min	
2023	Jan	3	14:00	Office	Break	10 min	
2023	Jan	3	14:30	Office	Working	15 min	
2023	Jan	3	15:00	Office	Meeting	30 min	
2023	Jan	3	15:30	Office	Working	15 min	
2023	Jan	3	16:00	Office	Break	10 min	
2023	Jan	3	16:30	Office	Working	15 min	
2023	Jan	3	17:00	Office	Leaving work	5 min	
2023	Jan	3	17:15	Home	Arriving home	5 min	
2023	Jan	3	17:30	Home	Changing clothes	10 min	
2023	Jan	3	17:45	Home	Dinner	20 min	
2023	Jan	3	18:15	Home	Watching TV	30 min	
2023	Jan	3	19:00	Home	Reading	15 min	
2023	Jan	3	19:30	Home	Bedtime	10 min	
2023	Jan	3	20:00	Home	Asleep	5 min	

Item	Code	Description	Unit	Quantity	Price	Total	Remarks
1	001	...	...	...	...	...	...
2	002	...	...	...	...	...	...
3	003	...	...	...	...	...	...
4	004	...	...	...	...	...	...
5	005	...	...	...	...	...	...
6	006	...	...	...	...	...	...
7	007	...	...	...	...	...	...
8	008	...	...	...	...	...	...
9	009	...	...	...	...	...	...
10	010	...	...	...	...	...	...
11	011	...	...	...	...	...	...
12	012	...	...	...	...	...	...
13	013	...	...	...	...	...	...
14	014	...	...	...	...	...	...
15	015	...	...	...	...	...	...
16	016	...	...	...	...	...	...
17	017	...	...	...	...	...	...
18	018	...	...	...	...	...	...
19	019	...	...	...	...	...	...
20	020	...	...	...	...	...	...
21	021	...	...	...	...	...	...
22	022	...	...	...	...	...	...
23	023	...	...	...	...	...	...
24	024	...	...	...	...	...	...
25	025	...	...	...	...	...	...
26	026	...	...	...	...	...	...
27	027	...	...	...	...	...	...
28	028	...	...	...	...	...	...
29	029	...	...	...	...	...	...
30	030	...	...	...	...	...	...
31	031	...	...	...	...	...	...
32	032	...	...	...	...	...	...
33	033	...	...	...	...	...	...
34	034	...	...	...	...	...	...
35	035	...	...	...	...	...	...
36	036	...	...	...	...	...	...
37	037	...	...	...	...	...	...
38	038	...	...	...	...	...	...
39	039	...	...	...	...	...	...
40	040	...	...	...	...	...	...
41	041	...	...	...	...	...	...
42	042	...	...	...	...	...	...
43	043	...	...	...	...	...	...
44	044	...	...	...	...	...	...
45	045	...	...	...	...	...	...
46	046	...	...	...	...	...	...
47	047	...	...	...	...	...	...
48	048	...	...	...	...	...	...
49	049	...	...	...	...	...	...
50	050	...	...	...	...	...	...
51	051	...	...	...	...	...	...
52	052	...	...	...	...	...	...
53	053	...	...	...	...	...	...
54	054	...	...	...	...	...	...
55	055	...	...	...	...	...	...
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57	057	...	...	...	...	...	...
58	058	...	...	...	...	...	...
59	059	...	...	...	...	...	...
60	060	...	...	...	...	...	...
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67	067	...	...	...	...	...	...
68	068	...	...	...	...	...	...
69	069	...	...	...	...	...	...
70	070	...	...	...	...	...	...
71	071	...	...	...	...	...	...
72	072	...	...	...	...	...	...
73	073	...	...	...	...	...	...
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75	075	...	...	...	...	...	...
76	076	...	...	...	...	...	...
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79	079	...	...	...	...	...	...
80	080	...	...	...	...	...	...
81	081	...	...	...	...	...	...
82	082	...	...	...	...	...	...
83	083	...	...	...	...	...	...
84	084	...	...	...	...	...	...
85	085	...	...	...	...	...	...
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87	087	...	...	...	...	...	...
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89	089	...	...	...	...	...	...
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