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|-------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 12:00 | Bedtime/Sleep |
| 1AM | Bedtime/Sleep |
| 2AM | Bedtime/Sleep |
| 3AM | Bedtime/Sleep |
| 4M | Bedtime/Sleep |
| 5AM | Bedtime/Sleep |
| 6AM | Bedtime/Sleep |

Pleasure: 0-10 / Mastery: 0-10