

DAY	HR	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1	☾	2.2	2.5	2.7	2.8	2.7	2.4	2.0	1.4	1.0	0.7	0.6	0.7	1.0	1.3	1.7	2.1	2.4	2.5	2.6	2.5	2.3	2.1	1.9	1.9
2		2.0	2.2	2.4	2.6	2.6	2.5	2.3	2.0	1.6	1.2	0.9	0.7	0.8	0.9	1.2	1.6	2.0	2.3	2.5	2.6	2.6	2.5	2.2	1.9
3		1.8	1.8	2.0	2.2	2.4	2.5	2.5	2.4	2.2	1.9	1.5	1.1	0.8	0.7	0.9	1.1	1.5	1.9	2.2	2.5	2.7	2.7	2.5	2.2
4		1.8	1.6	1.6	1.7	1.9	2.2	2.4	2.6	2.6	2.5	2.2	1.7	1.2	0.9	0.7	0.8	1.1	1.5	1.9	2.3	2.7	2.9	2.8	2.5
5		2.0	1.6	1.3	1.3	1.4	1.7	2.1	2.4	2.7	2.9	2.8	2.4	1.9	1.3	0.9	0.7	0.8	1.1	1.6	2.0	2.5	2.9	3.0	2.8
6		2.3	1.8	1.3	0.9	0.9	1.2	1.6	2.1	2.5	2.9	3.1	3.0	2.5	1.9	1.3	0.9	0.7	0.9	1.3	1.7	2.3	2.7	3.0	3.0
7		2.6	2.0	1.4	0.8	0.6	0.7	1.1	1.6	2.2	2.7	3.1	3.3	3.1	2.6	2.0	1.3	0.9	0.8	1.1	1.5	2.0	2.5	3.0	3.2
8	●	2.9	2.3	1.7	1.0	0.4	0.3	0.5	1.0	1.6	2.2	2.8	3.3	3.4	3.1	2.6	2.0	1.3	0.9	1.0	1.4	1.8	2.3	2.8	3.1
9		3.2	2.7	2.0	1.3	0.6	0.1	0.1	0.5	1.1	1.7	2.3	2.9	3.3	3.4	3.1	2.6	2.0	1.3	1.1	1.3	1.7	2.1	2.6	3.0
10		3.2	3.0	2.4	1.7	1.0	0.3	0.0	0.1	0.6	1.1	1.7	2.3	2.9	3.3	3.2	3.0	2.5	1.9	1.4	1.3	1.6	2.0	2.4	2.8
11		3.1	3.2	2.8	2.2	1.5	0.7	0.2	0.0	0.3	0.7	1.2	1.8	2.4	2.9	3.1	3.1	2.8	2.4	1.8	1.5	1.6	1.9	2.2	2.6
12		2.9	3.1	3.0	2.6	1.9	1.2	0.6	0.2	0.2	0.4	0.8	1.3	1.9	2.4	2.8	2.9	2.9	2.7	2.2	1.8	1.6	1.8	2.0	2.4
13		2.7	2.9	3.0	2.8	2.3	1.7	1.1	0.6	0.3	0.4	0.6	1.0	1.5	1.9	2.4	2.6	2.8	2.7	2.5	2.1	1.8	1.8	1.9	2.2
14		2.4	2.7	2.8	2.8	2.6	2.1	1.6	1.1	0.7	0.5	0.6	0.8	1.1	1.6	2.0	2.3	2.5	2.6	2.6	2.3	2.0	1.9	1.8	2.0
15	☽	2.2	2.4	2.6	2.6	2.6	2.4	2.0	1.6	1.2	0.9	0.8	0.8	1.0	1.3	1.6	1.9	2.2	2.4	2.5	2.4	2.3	2.1	1.9	1.9
16		2.0	2.1	2.3	2.4	2.4	2.4	2.2	1.9	1.6	1.3	1.1	1.0	1.0	1.1	1.3	1.6	1.9	2.2	2.4	2.4	2.4	2.3	2.1	1.9
17		1.8	1.9	2.0	2.1	2.2	2.2	2.2	2.2	2.0	1.8	1.5	1.3	1.1	1.0	1.2	1.4	1.6	1.9	2.2	2.4	2.5	2.4	2.3	2.0
18		1.8	1.7	1.7	1.8	1.9	2.0	2.2	2.2	2.2	2.1	2.0	1.7	1.4	1.1	1.1	1.2	1.4	1.7	2.0	2.3	2.5	2.5	2.4	2.2
19		1.9	1.6	1.4	1.4	1.6	1.8	2.0	2.2	2.3	2.4	2.3	2.1	1.8	1.4	1.1	1.1	1.2	1.5	1.8	2.1	2.5	2.6	2.6	2.4
20		2.0	1.6	1.3	1.1	1.2	1.4	1.7	2.0	2.3	2.5	2.6	2.5	2.2	1.8	1.3	1.1	1.1	1.3	1.6	2.0	2.4	2.7	2.7	2.6
21		2.2	1.7	1.3	0.9	0.9	1.1	1.4	1.7	2.1	2.5	2.7	2.7	2.5	2.2	1.7	1.3	1.1	1.2	1.5	1.8	2.2	2.6	2.9	2.8
22		2.4	1.9	1.4	0.9	0.6	0.7	1.0	1.4	1.8	2.3	2.7	2.9	2.8	2.5	2.1	1.6	1.2	1.2	1.4	1.7	2.1	2.5	2.9	2.9
23	○	2.7	2.2	1.6	1.0	0.5	0.4	0.7	1.1	1.5	2.0	2.5	2.8	2.9	2.8	2.5	2.0	1.4	1.2	1.3	1.7	2.0	2.3	2.7	3.0
24		2.9	2.5	1.9	1.2	0.6	0.3	0.4	0.7	1.2	1.6	2.1	2.6	2.9	2.9	2.7	2.4	1.8	1.4	1.3	1.6	1.9	2.2	2.6	2.9
25		3.0	2.8	2.2	1.6	0.9	0.3	0.2	0.4	0.8	1.3	1.8	2.3	2.7	2.9	2.9	2.7	2.3	1.7	1.3	1.4	1.8	2.1	2.5	2.8
26		3.0	3.0	2.6	1.9	1.3	0.6	0.2	0.2	0.5	0.9	1.4	1.9	2.4	2.8	2.9	2.8	2.6	2.1	1.6	1.4	1.6	2.0	2.3	2.7
27		2.9	3.0	2.8	2.3	1.7	1.0	0.4	0.1	0.3	0.6	1.1	1.6	2.1	2.5	2.8	2.8	2.7	2.5	2.0	1.6	1.5	1.7	2.1	2.5
28		2.8	3.0	3.0	2.7	2.2	1.5	0.8	0.3	0.2	0.4	0.7	1.2	1.7	2.2	2.6	2.8	2.8	2.7	2.3	1.9	1.6	1.6	1.8	2.2
29		2.5	2.8	3.0	2.9	2.6	2.0	1.4	0.8	0.4	0.3	0.5	0.8	1.3	1.8	2.2	2.6	2.7	2.8	2.6	2.3	1.9	1.6	1.6	1.8
30		2.1	2.5	2.8	2.9	2.8	2.5	2.0	1.4	0.9	0.5	0.4	0.6	0.9	1.3	1.8	2.2	2.5	2.7	2.7	2.6	2.2	1.8	1.6	1.6
31	☾	1.8	2.1	2.4	2.6	2.7	2.7	2.4	2.0	1.5	1.0	0.7	0.6	0.7	1.0	1.4	1.8	2.2	2.5	2.7	2.7	2.5	2.2	1.8	1.5