**Wochenplan**

**Farben/ Symbole: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Zeit** | **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
| 05:00 - 07:00  |  |  |  |  |  |  |  |
| 07:00 - 09:00  |  |  |  |  |  |  |  |
| 09:00 – 11:00  |  |  |  |  |  |  |  |
| 11:00 – 13:00  |  |  |  |  |  |  |  |
| 13:00 – 15:00  |  |  |  |  |  |  |  |
| 15:00 – 17:00  |  |  |  |  |  |  |  |
| 17:00 – 19:00  |  |  |  |  |  |  |  |
| 19:00 - 21:00  |  |  |  |  |  |  |  |
| 21:00 - 23:00  |  |  |  |  |  |  |  |
| 23:00 – 05:00  |  |  |  |  |  |  |  |

**Wochenplan**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Zeit** | **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
| 07:00 - 09:00 |  |  |  |  |  |  |  |
| 09:00 – 11:00 |  |  |  |  |  |  |  |
| 11:00 – 13:00 |  |  |  |  |  |  |  |
| 13:00 – 15:00 |  |  |  |  |  |  |  |
| 15:00 – 17:00 |  |  |  |  |  |  |  |
| 17:00 – 19:00 |  |  |  |  |  |  |  |
| 19:00 - 21:00 |  |  |  |  |  |  |  |
| 21:00 – 23:00 |  |  |  |  |  |  |  |
| Erledigen, falls möglich (Tag) |  |  |  |  |  |  |  |
| Erledigen, falls möglich (Wo) |  |