

mein WOCHENPLAN

VOM _____ BIS _____



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

MEINE TO DOS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEINE TOP-PRIORITÄTEN

- 1 _____
- 2 _____
- 3 _____

NOTIZEN

meine GEWOHNHEITSLISTE

VOM _____ BIS _____



MORGEN
ROUTINEN

M	D	M	D	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●



TAGES
ROUTINEN

M	D	M	D	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●



ABEND
ROUTINEN

M	D	M	D	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

MEINE *Stimmung*

M	D	M	D	F	S	S
○	○	○	○	○	○	○

