

# WOCHENPLAN

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Uhrzeit\*** | **MO** | **DI** | **MI** | **DO** | **FR** | **SA** | **SO** |
| 7-8 Uhr |  |  |  |  |  |  |  |
| 8-9 Uhr |  |  |  |  |  |  |  |
| 9-10 Uhr |  |  |  |  |  |  |  |
| 10-11 Uhr |  |  |  |  |  |  |  |
| 11-12 Uhr |  |  |  |  |  |  |  |
| 12-13 Uhr |  |  |  |  |  |  |  |
| 13-14 Uhr |  |  |  |  |  |  |  |
| 14-15 Uhr |  |  |  |  |  |  |  |
| 15-16 Uhr |  |  |  |  |  |  |  |
| 16-17 Uhr |  |  |  |  |  |  |  |
| 17-18 Uhr |  |  |  |  |  |  |  |
| 18-19 Uhr |  |  |  |  |  |  |  |
| 19-20 Uhr |  |  |  |  |  |  |  |
| 20-21 Uhr |  |  |  |  |  |  |  |
| 21-22 Uhr |  |  |  |  |  |  |  |
| 22-23 Uhr |  |  |  |  |  |  |  |
| 23-24 Uhr |  |  |  |  |  |  |  |

\* Zeitangaben als Beispiel, nach individuellen Schlaf-Wach-Gewohnheiten abwandeln!