

# WOCHE /WEEKLY PLANNER

Datum/Dates    /    /    —    /    /    /

1/Montag/Monday	Schwerpunktthema dieser Woche/ This week's focus _____ _____ _____																																																	
2/Dienstag/Tuesday	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">Gewohnheiten</div> <table style="border-collapse: collapse;"> <tr><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td><td style="border-right: 1px solid black; text-align: center;">●</td></tr> </table> </div>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●														
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3/Mittwoch/Wednesday																																																		
4/Donnerstag/Thursday																																																		
5/Freitag/Friday																																																		
6/Samstag/Saturday	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">Mood / Energy level</div> <table style="border-collapse: collapse;"> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> <tr><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td><td style="border-right: 1px solid black; text-align: center;">☹</td></tr> </table> </div>	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
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