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| |  | | --- | | TAGESKALENDER | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | DATUM | |  | | |  |  |  |  | | --- | --- | --- | --- | | TRINKEN! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Aufgabenliste | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | Was wird gegessen? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Wichtige Hinweise | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Muss kaufen | |  | | | |  | | --- | | Körperliche Betätigung | |  | |
| |  | | --- | | Aufgewendet | |  | | |  | | --- | | 3 positive Gedanken des Tages | |  | | |