**Zeiteinteilung während einer Woche: von \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mo** | **Di** | **Mi** | **Do** | **Fr** | **Sa** | **So** |  | was | proWo-che | Øpro Tag |
| *1 h* |  |  |  |  |  |  |  |  |  |  |
| *2 h* |  |  |  |  |  |  |  | schlafen |  |  |
| *3 h* |  |  |  |  |  |  |  | essen |  |  |
| *4 h* |  |  |  |  |  |  |  | Schulweg |  |  |
| *5 h* |  |  |  |  |  |  |  | Schule |  |  |
| *6 h* |  |  |  |  |  |  |  | Aufgaben |  |  |
| *7 h* |  |  |  |  |  |  |  | arbeiten |  |  |
| *8 h* |  |  |  |  |  |  |  | Freizeit |  |  |
| *9 h* |  |  |  |  |  |  |  | Training |  |  |
| *10 h* |  |  |  |  |  |  |  |  |  |  |
| *11 h* |  |  |  |  |  |  |  |  |  |  |
| *12 h* |  |  |  |  |  |  |  |  |  |  |
| *13 h* |  |  |  |  |  |  |  |  |  |  |
| *14 h* |  |  |  |  |  |  |  |  |  |  |
| *15 h* |  |  |  |  |  |  |  |  |  |  |
| *16 h* |  |  |  |  |  |  |  |  |  |  |
| *17 h* |  |  |  |  |  |  |  |  |  |  |
| *18 h* |  |  |  |  |  |  |  |  |  |  |
| *19 h* |  |  |  |  |  |  |  |  |  |  |
| *20 h* |  |  |  |  |  |  |  |  |  |  |
| *21 h* |  |  |  |  |  |  |  |  |  |  |
| *22 h* |  |  |  |  |  |  |  |  |  |  |
| *23 h* |  |  |  |  |  |  |  | *(Bildschirm)* |  |  |
| *24 h* |  |  |  |  |  |  |  |  |  |  |