

TERMINE	
06:00 10:00	
10:00 12:00	
12:00 14:00	
14:00 16:00	
16:00 18:00	
18:00 20:00	
20:00 00:00	
00:00 06:00	

JAN	FEB	MAR	APR	MAI	JUN	
JUL	AUG	SEP	OKT	NOV	DEZ	
MO	DI	MI	DO	FR	SA	SO
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TO DO

MAHLZEITEN	TRINKEN	FITNESS / SPAZIEREN
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!WICHTIG!
