

ROSÉ-GOLD-EDITION



Digitaler Kalender 2024

JAHRESPLAN, MONATSPLAN, TAGESPLAN,
geeignet für GoodNotes



**DIGITALER
DOWNLOAD**

direkt nach
dem Kauf

Jahresplan

Ziele definieren

Egal, ob das Erreichen Deines Dream-Life für dieses Jahr realistisch ist, welche Schritte sind für dieses Jahr umsetzbar.

A large, empty rectangular box with a dark brown, textured border, intended for writing the steps to achieve one's dream life for the year.

Jahresplan

Zwischenziele festlegen

JANUAR

FEBRUAR

MÄRZ

APRIL

MAI

JUNI

JULI

AUGUST

SEPTEMBER

OKTOBER

NOVEMBER

DEZEMBER

2024



Januar

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
Neujahr 1	2	3	4	5	Heilige Drei Könige 6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2024



Februar

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentinstag	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

2024



März

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
				1	2	3
4	5	6	7	8 Frauentag	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Karfreitag	30	31 Ostersonntag

2024



April

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
<div>Ostermontag</div> <div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>
<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>
<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>
<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>
<div>29</div>	<div>30</div>					

2024



Mai

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
		1 Tag der Arbeit	2	3	4	5
6	7	8	9 Christi Himmelfahrt	10	11	12 Muttertag
13	14	15	16	17	18	19 Pfingstsonntag
20 Pfingst- montag	21	22	23	24	25	26
27	28	29	30 Fronleichnam	31		

2024



Juni

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2024



Juli

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2024



Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	Mariä Himmelfahrt15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2024



Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

2024



Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
	1	2	Tag der Einheit3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Reformations- tag31			

2024



November

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
				1 Allerheiligen	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	Buß- und Betttag 20	21	22	23	24
25	26	27	28	29	30	

2024



Dezember

Monatsziele

Mo	Di	Mi	Do	Fr	Sa	So
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	Heiligabend24	1.Weihnachts-feiertag25	2.Weihnachts-feiertag26	27	28	29
30	Silvester31	Neujahr1	2	3	4	5

ROUTINENTRACKER

2024



WASSERTRACKER



Sonntag

TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

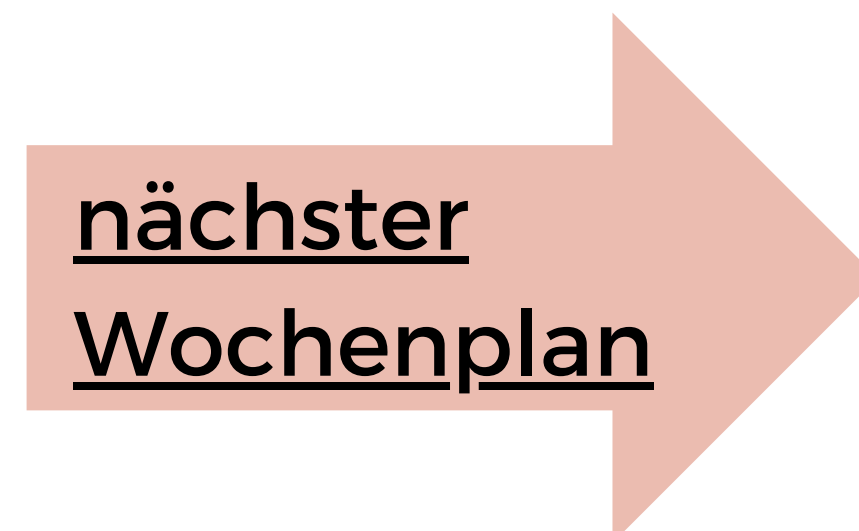
Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan



Neujahr

Montag

ROUTINENTRACKER

2024

WOCHENPLAN

Dienstag

TERMINE

WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

5 JANUAR

J F M A M J J A S O N D

JANUAR 6

ROUTINENTRACKER

2024

WOCHENPLAN

Heilige Drei Könige

Freitag

TERMINE

TO DO

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WASSERTRACKER

Samstag

TERMINE

TO DO

MEMO

SELF-CARE

SELF-CARE

MEMO

7 JANUAR

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024



WOCHENPLAN



Montag

TERMINE

TO DO

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WASSERTRACKER



Dienstag

TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

14 JANUAR

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

15 JANUAR

J F M A M J J A S O N D

JANUAR 16

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

17 JANUAR

J F M A M J J A S O N D

JANUAR 18

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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SELF-CARE

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ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

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ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

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SELF-CARE

SELF-CARE

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Mittwoch

Donnerstag

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ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

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Samstag

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

28 JANUAR

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

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Dienstag

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SELF-CARE

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ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

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ROUTINENTRACKER

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2024



WASSERTRACKER

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

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Samstag

Sonntag

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Wochenplan

ROUTINENTRACKER

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WOCHENPLAN

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MEMO

SELF-CARE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WOCHENPLAN



Freitag

TERMINE

Four horizontal lines for scheduling appointments.

TO DO

Four checkboxes followed by four horizontal lines for a to-do list.

MEMO

A large rectangular area for notes, framed by a brown border.

SELF-CARE

A large rectangular area for self-care notes, with a light pink background and rounded corners.

WASSERTRACKER



Four horizontal lines for scheduling appointments.

TO DO

Four horizontal lines for a to-do list.

MEMO

A large rectangular area for notes, framed by a brown border.

SELF-CARE

A large rectangular area for self-care notes, with a light pink background and rounded corners.

Samstag

TERMINE

11 FEBRUAR

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

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WASSERTRACKER

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MEMO

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SELF-CARE

MEMO

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Mittwoch

TERMINE

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MEMO

2024



ROUTINENTRACKER

WASSERTRACKER



SELF-CARE

WOCHENPLAN



Donnerstag

TERMINE

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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MEMO

SELF-CARE

WASSERTRACKER



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SELF-CARE

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MEMO

ROUTINENTRACKER

2024

WASSERTRACKER

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SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

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Dienstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

1 MÄRZ

J F M A M J J A S O N D

MÄRZ 2

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

3 MÄRZ

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

4 MÄRZ

J F M A M J J A S O N D

MÄRZ 5

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

6 MÄRZ

J F M A M J J A S O N D

MÄRZ 7

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

10 MÄRZ

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



Sonntag

TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

13 MÄRZ

J F M A M J J A S O N D

MÄRZ 14

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

15 MÄRZ

J F M A M J J A S O N D

MÄRZ 16

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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MEMO

WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

17 MÄRZ

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024



WOCHENPLAN



Montag

TERMINE

TO DO

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MEMO

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

22 MÄRZ

J F M A M J J A S O N D

MÄRZ 23

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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WASSERTRACKER

Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

24 MÄRZ

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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SELF-CARE

SELF-CARE

MEMO

MEMO

27 MÄRZ

J F M A M J J A S O N D

MÄRZ 28

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER

TERMINE

TO DO

MEMO

SELF-CARE

SELF-CARE

MEMO

Kartfreitag

Freitag

TERMINE

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MEMO

2024



ROUTINENTRACKER

WASSERTRACKER



SELF-CARE

WOCHENPLAN



Samstag

TERMINE

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MEMO

SELF-CARE

31 MÄRZ

J F M A M J J A S O N D

LETZTER WOCHENPLAN

Ostersonntag

2024

ROUTINENTRACKER



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

1 APRIL

Ostermontag

Montag

TERMINE

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MEMO

J F M A M J J A S O N D

ROUTINENTRACKER

2024



WASSERTRACKER



SELF-CARE

WOCHENPLAN



APRIL 2

Dienstag

TERMINE

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

5 APRIL

J F M A M J J A S O N D

APRIL 6

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

7 APRIL

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

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MEMO

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

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ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

14 APRIL

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

15 APRIL

J F M A M J J A S O N D

APRIL 16

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

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MEMO

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

17 APRIL

J F M A M J J A S O N D

APRIL 18

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

21 APRIL

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

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Dienstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

24 APRIL

J F M A M J J A S O N D

APRIL 25

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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MEMO

SELF-CARE

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ROUTINENTRACKER

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WOCHENPLAN

Freitag

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Samstag

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

28 APRIL

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

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Dienstag

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

1 MAI

J F M A M J J A S O N D

MAI 2

Tag der Arbeit

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

3 MAI

J F M A M J J A S O N D

MAI 4

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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WASSERTRACKER

Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

5 MAI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

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MEMO

SELF-CARE

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MEMO

ROUTINENTRACKER

Christi Himmelfahrt

Mittwoch

2024



WOCHENPLAN



Donnerstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

10 MAI

J F M A M J J A S O N D

MAI 11

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

12 MAI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

Muttertag

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

13 MAI

J F M A M J J A S O N D

MAI 14

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

15 MAI

J F M A M J J A S O N D

MAI 16

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

17 MAI

J F M A M J J A S O N D

MAI 18

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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MEMO

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

19 MAI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

Pfingstsonntag

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

20 MAI

Pfingstmontag

Montag

TERMINE

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MEMO

J F M A M J J A S O N D

ROUTINENTRACKER

2024



WASSERTRACKER



SELF-CARE

WOCHENPLAN



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MEMO

MAI 21

Dienstag

TERMINE

SELF-CARE

22 MAI

J F M A M J J A S O N D

MAI 23

ROUTINENTRACKER

Mittwoch

2024

WOCHENPLAN

Donnerstag

TERMINE

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WASSERTRACKER

MEMO

SELF-CARE

SELF-CARE

MEMO

24^{MAI}

J F M A M J J A S O N D

MAI 25

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

26 MAI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

27^{MAI}

J F M A M J J A S O N D

MAI 28

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

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WASSERTRACKER

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MEMO

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Fronleichnam

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

31^{MAI}

J F M A M J J A S O N D

JUNI 1

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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WASSERTRACKER



Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

2 JUNI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

3 JUNI

J F M A M J J A S O N D

JUNI 4

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

5 JUNI

J F M A M J J A S O N D

JUNI 6

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

7 JUNI

J F M A M J J A S O N D

JUNI 8

ROUTINENTRACKER

2024



WOCHENPLAN



Freitag

TERMINE

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WASSERTRACKER



Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

9 JUNI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

10 JUNI

J F M A M J J A S O N D

JUNI 11

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

12 JUNI

J F M A M J J A S O N D

JUNI 13

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

14 JUNI

J F M A M J J A S O N D

JUNI 15

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

16 JUNI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

17 JUNI

J F M A M J J A S O N D

JUNI 18

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

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WASSERTRACKER

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MEMO

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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Samstag

TERMINE

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SELF-CARE

SELF-CARE

MEMO

MEMO

23 JUNI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

24 JUNI

J F M A M J J A S O N D

JUNI 25

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

26 JUNI

J F M A M J J A S O N D

JUNI 27

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

28 JUNI

J F M A M J J A S O N D

JUNI 29

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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WASSERTRACKER

Samstag

TERMINE

TO DO

MEMO

SELF-CARE

SELF-CARE

MEMO

30 JUNI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

1 JULI

J F M A M J J A S O N D

JULI 2

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

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WASSERTRACKER

Dienstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

3 JULI

J F M A M J J A S O N D

JULI 4

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

TERMINE

WASSERTRACKER



TERMINE

TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

5 JULI

J F M A M J J A S O N D

JULI 6

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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MEMO

WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

7 JULI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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MEMO

WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

10 JULI

J F M A M J J A S O N D

JULI 11

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

12 JULI

J F M A M J J A S O N D

JULI 13

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

14 JULI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

15 JULI

J F M A M J J A S O N D

JULI 16

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

17 JULI

J F M A M J J A S O N D

JULI 18

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

21 JULI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

22 JULI

J F M A M J J A S O N D

JULI 23

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

24 JULI

J F M A M J J A S O N D

JULI 25

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

26 JULI

J F M A M J J A S O N D

JULI 27

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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WASSERTRACKER



Samstag

TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

28 JULI

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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SELF-CARE

SELF-CARE

MEMO

MEMO

31 JULI

J F M A M J J A S O N D

AUGUST 1

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

4 AUGUST

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

5 AUGUST

J F M A M J J A S O N D

AUGUST 6

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

WASSERTRACKER

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Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

11 AUGUST

J F M A M J J A S O N D

LETZTER WOCHENPLAN

Sonntag

TERMINE

TO DO

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ROUTINENTRACKER



WASSERTRACKER



Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

MEMO

SELF-CARE

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mariä Himmelfahrt

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

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WASSERTRACKER

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Samstag

TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

18 AUGUST

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

23 AUGUST

J F M A M J J A S O N D

AUGUST 24

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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WASSERTRACKER

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Samstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

25 AUGUST

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

28 AUGUST

J F M A M J J A S O N D

AUGUST 29

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

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TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

1 SEPTEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



Sonntag

TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

8 SEPTEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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SELF-CARE

SELF-CARE

MEMO

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER

TO DO

TO DO

MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

15 SEPTEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

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Dienstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

Sonntag

TERMINE

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MEMO

2024



ROUTINENTRACKER

WASSERTRACKER



SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

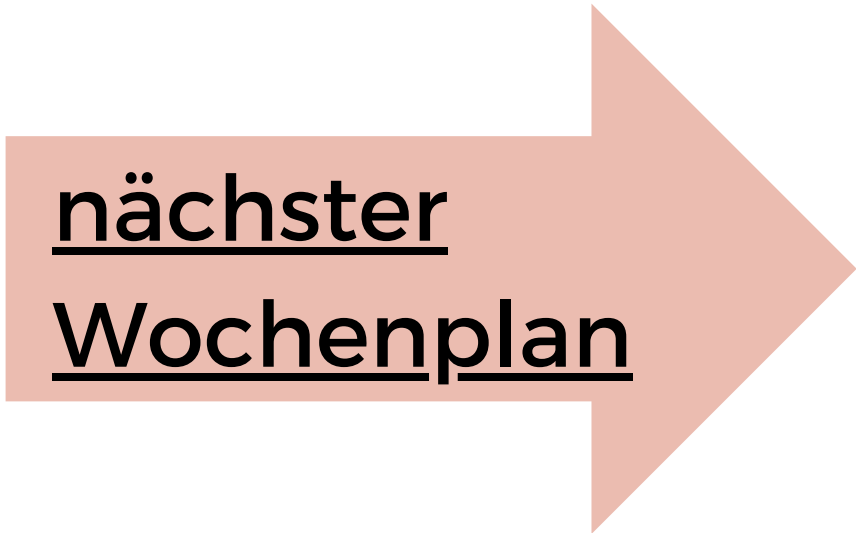
Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan



ROUTINENTRACKER

2024



WOCHENPLAN



Montag

TERMINE

TO DO

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MEMO

SELF-CARE

WASSERTRACKER



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MEMO

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ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

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ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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WASSERTRACKER

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Samstag

TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

29 SEPTEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Tag der Einheit

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

4 OKTOBER

J F M A M J J A S O N D

OKTOBER 5

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

6 OKTOBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

Handwritten 'Sonntag' in cursive script.

Five horizontal lines for scheduling appointments.

TO DO

Four checkboxes followed by four horizontal lines for a to-do list.

MEMO

A large rectangular box for taking notes or a memo.

SELF-CARE

A large rectangular box for self-care notes or reflections.

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

TERMINE

WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

13 OKTOBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

20 OKTOBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

Handwritten 'Sonntag' in cursive script.

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

23 OKTOBER

J F M A M J J A S O N D

OKTOBER 24

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

TO DO

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WASSERTRACKER

TERMINE

TO DO

MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

TO DO

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

27 OKTOBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Reformationstag

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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TERMINE

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

Allerheiligen

Freitag

TERMINE

TO DO

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MEMO

2024



ROUTINENTRACKER

WASSERTRACKER



SELF-CARE

WOCHENPLAN



Samstag

TERMINE

TO DO

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MEMO

3 NOVEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Mittwoch

Freitag

Sonntag

Dienstag

Donnerstag

Samstag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WOCHENPLAN



Freitag

TERMINE

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MEMO

SELF-CARE

WASSERTRACKER



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MEMO

SELF-CARE

10 NOVEMBER

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LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

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WOCHENPLAN

Freitag

Samstag

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

17 NOVEMBER

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LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

Buß- und Bettag

Mittwoch

TERMINE

TO DO

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MEMO

2024



ROUTINENTRACKER

WASSERTRACKER



SELF-CARE

WOCHENPLAN



Donnerstag

TERMINE

TO DO

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MEMO

SELF-CARE

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

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MEMO

WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

TERMINE

TO DO

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Dienstag

TERMINE

TO DO

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WASSERTRACKER

MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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Samstag

TERMINE

TO DO

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SELF-CARE

SELF-CARE

MEMO

MEMO

1 DEZEMBER

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



Sonntag

TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

TERMINE

WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

8 DEZEMBER

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LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024



WOCHENPLAN



Montag

TERMINE

TO DO

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WASSERTRACKER



Dienstag

TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Mittwoch

Donnerstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

Samstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

15 DEZEMBER

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LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024



WOCHENPLAN



Mittwoch

Donnerstag

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WASSERTRACKER



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MEMO

SELF-CARE

SELF-CARE

MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

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Samstag

TERMINE

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WASSERTRACKER

SELF-CARE

SELF-CARE

MEMO

MEMO

ROUTINENTRACKER

2024



WASSERTRACKER



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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

nächster
Wochenplan

ROUTINENTRACKER

2024

WOCHENPLAN

Heiligabend

Montag

Dienstag

TERMINE

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WASSERTRACKER

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TERMINE

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MEMO

SELF-CARE

SELF-CARE

MEMO

Mittwoch

Donnerstag

ROUTINENTRACKER

2024

WOCHENPLAN

WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

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MEMO

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

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MEMO

SELF-CARE

WASSERTRACKER

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SELF-CARE

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MEMO

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Wochenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

ROUTINENTRACKER

2024

WOCHENPLAN

Montag

Dienstag

TERMINE

TERMINE

WASSERTRACKER



TO DO

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MEMO

SELF-CARE

SELF-CARE

MEMO

Neujahr

Mittwoch

TERMINE

Four horizontal lines for scheduling appointments.

TO DO

Four checkboxes followed by four horizontal lines for a to-do list.

MEMO

A large rectangular area for notes, framed by a brown border.

SELF-CARE

A large rectangular area for self-care notes, with a light pink background and rounded corners.

ROUTINENTRACKER

2024



WASSERTRACKER



WOCHENPLAN



Donnerstag

TERMINE

Four horizontal lines for scheduling appointments.

TO DO

Four checkboxes followed by four horizontal lines for a to-do list.

MEMO

A large rectangular area for notes, framed by a brown border.

SELF-CARE

A large rectangular area for self-care notes, with a light pink background and rounded corners.

ROUTINENTRACKER

2024

WOCHENPLAN

Freitag

TERMINE

TO DO

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MEMO

WASSERTRACKER

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TERMINE

TO DO

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MEMO

SELF-CARE

SELF-CARE

5 JANUAR

J F M A M J J A S O N D

LETZTER WOCHENPLAN

ROUTINENTRACKER

2024



WASSERTRACKER



TERMINE

TO DO

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MEMO

SELF-CARE

Happy

New Year

2025