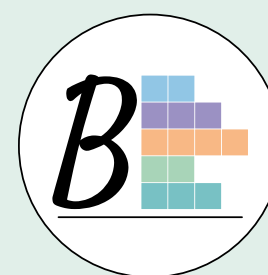
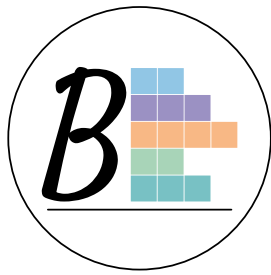


BILDUNGSELEMENTE



# Jahresjournal 2021



## Hinweis zur Benutzung

Das Jahresjournal liegt im PDF-Format vor und verfügt über interne Verlinkungen. Ein Import in eine Notiz-App (bspw. GoodNotes for iOS) ist möglich. Im Falle von GoodNotes bleiben die Links erhalten (im Betrachtungsmodus). Auf <https://bildungs-elemente.de> sind weitere Vorlagen zum Einfügen in das Journal verfügbar.

## Verfügbare Ansichten

Das Jahresjournal verfügt über drei integrierte Ansichten:

- Jahresübersicht mit Verlinkungen auf die Kalenderwochen
- Tagesansicht
- Wochenrückblick und Planung

Die Jahresübersicht zeigt alle Tage der Monate, wobei die Wochentage so angeordnet sind, dass die Wochen einheitlich waagrecht dargestellt werden. Samstag und Sonntag sind zur besseren Orientierung farblich abgesetzt. Die Wochen sind mit der jeweils ersten Tagesansicht verlinkt. Der Link befindet sich über dem Datum und Wochentag. In Goodnotes erreicht man diesen Link, indem man lange auf die jeweilige Stelle tippt. Im sich öffnenden Kontextmenü wählt man dann „Link öffnen“.

Die Tagesansicht bietet einen Zeitstrahl, ein Bereich für die wichtigsten Dinge des Tages, eine kurze Reflexion und ein großes Notizfeld.

Der Wochenrückblick leitet zum Review der vergangenen Woche an und erleichtert die Planung der kommenden Woche.

## Tipps zur Nutzung

In diesem Blogbeitrag habe ich für den Jahresplaner 2020 erklärt, wieso diese Form der Kalenderführung sinnvoll sein könnte und wie die Nutzung konkret bei mir aussieht.

[Blog-Beitrag: Jahresplaner 2020](#)

## Navigation

In den Tagesansichten befindet sich jeweils ein Link zurück zur Jahresansicht. So kann schnell auf einen weit entfernten Termin navigiert werden. Auf weitere Navigationsmöglichkeiten verzichtet das Jahresjournal.

## Version

1.0 (13.12.2020)

## Autor

Tobias Weiske

<https://bildungs-elemente.de>

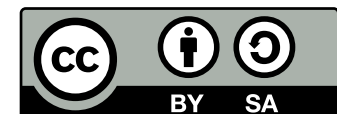
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## Beitrag zum Jahresjournal 2021

Hier geht es zum Beitrag vom Jahresjournal 2021, in dem auch weitere Vorlagen zu finden sind.

[Blog-Beitrag: Jahresjournal 2021](#)

## Feedback

Ich freue mich sehr über Feedback zum Jahresjournal 2021.

E-Mail: [mail@bildungs-elemente.de](mailto:mail@bildungs-elemente.de)

Twitter: [@tobiasweiske](https://twitter.com/tobiasweiske)

XING: [https://www.xing.com/profile/Tobias\\_Weiske/](https://www.xing.com/profile/Tobias_Weiske/)

Ko-fi: <https://ko-fi.com/bildungselemente>

(Buy me a coffee <3)

# 2021

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

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

Das Wichtigste

Time slots for appointments:

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Blank lines for 'Das Wichtigste' section.

Notizen

Dot grid for notes.

Reflexion

Blank lines for reflection.







# Samstag, der 2.1.2021

KW53 (2020)

Jahresübersicht

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## Das Wichtigste

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## Reflexion

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## Reflexion der Vorwoche

Routinen



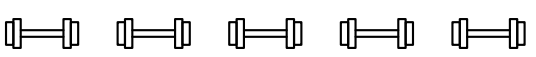
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







Termine

Das Wichtigste

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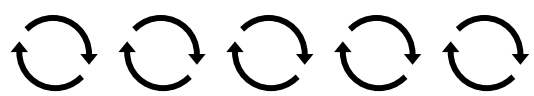




# KW2: 11.-17.1.2021

## Reflexion der Vorwoche

Routinen



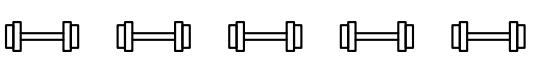
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.











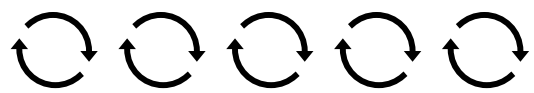




# KW3: 18.-24.1.2021

## Reflexion der Vorwoche

Routinen



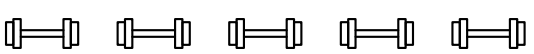
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

## Termine

## Das Wichtigste

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## Reflexion

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# Donnerstag, der 21.1.2021

KW3: 18.-24.1.2021

Jahresübersicht

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Das Wichtigste

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Notizen

Reflexion





### Termine

### Das Wichtigste

Time slots for appointments (Termine) from 00:00 to 24:00 in 15-minute intervals.

Horizontal lines for notes under 'Das Wichtigste'.

### Notizen

Grid for notes (Notizen) with a dot grid pattern.

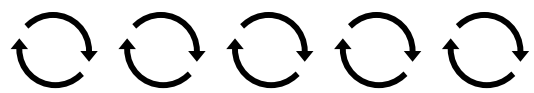
### Reflexion

Horizontal lines for reflection (Reflexion).

# KW4: 25.-31.1.2021

## Reflexion der Vorwoche

Routinen



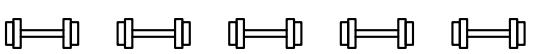
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.

## Termine

Time slots for appointments (Termine) in 15-minute increments from .00 to .45, repeated in four 30-minute blocks. A vertical line is present on the left side of the page.

## Das Wichtigste

Four horizontal lines for notes under 'Das Wichtigste'.

## Notizen

A large grid of dots for notes (Notizen) for the duration of the day.

## Reflexion

Three horizontal lines for reflection (Reflexion) at the end of the day.

## Termine

Time slots for appointments:

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## Das Wichtigste

Blank lines for important notes.

## Notizen

Dot grid area for notes.

## Reflexion

Blank lines for reflection.

## Termine

## Das Wichtigste

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## Notizen

## Reflexion





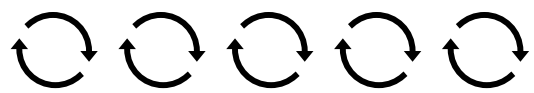




# KW5: 1.-7.2.2021

## Reflexion der Vorwoche

Routinen



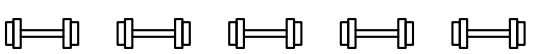
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











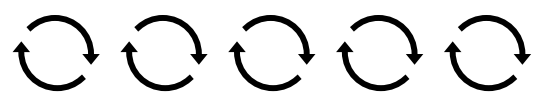




# KW6: 8.-14.2.2021

## Reflexion der Vorwoche

Routinen



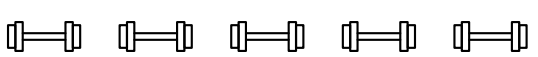
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.













Termine

Das Wichtigste

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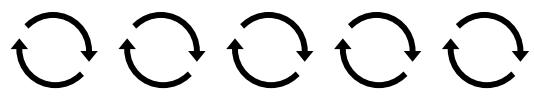
Reflexion

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# KW7: 15.-21.2.2021

## Reflexion der Vorwoche

Routinen



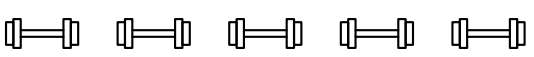
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





Termine

Das Wichtigste

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Notizen

Reflexion

# Donnerstag, der 18.2.2021

KW7: 15.-21.2.2021

Jahresübersicht

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Reflexion

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# KW8: 22.-28.2.2021

## Reflexion der Vorwoche

Routinen



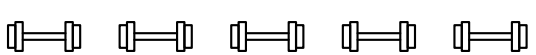
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











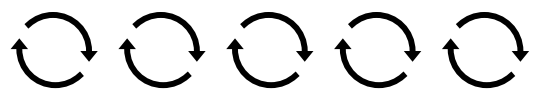




# KW9: 1.-7.3.2021

## Reflexion der Vorwoche

Routinen



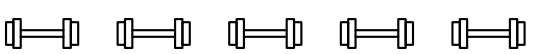
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.







# Donnerstag, der 4.3.2021

Termine

Das Wichtigste

.00

.15

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.15

.30

.45

.00

Notizen

Reflexion



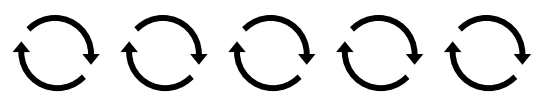




# KW10: 8.-14.3.2021

## Reflexion der Vorwoche

Routinen



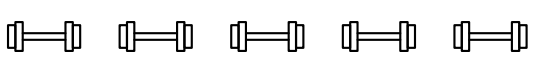
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



Termine

Das Wichtigste

.00

.15

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Notizen

Reflexion







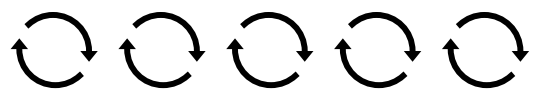




# KW11: 15.-21.3.2021

## Reflexion der Vorwoche

Routinen



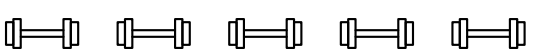
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

# Montag, der 15.3.2021

KW11: 15.-21.3.2021

Jahresübersicht

Termine

.00  
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Das Wichtigste

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Notizen

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Reflexion

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## Termine

## Das Wichtigste

Time slot labels on the left side of the page:

.00  
.15  
.30  
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.00  
.15  
.30  
.45  
.00

Four horizontal lines for writing 'Das Wichtigste'.

## Notizen

Dot grid area for taking notes.

## Reflexion

Four horizontal lines for writing 'Reflexion'.

## Termine

## Das Wichtigste

.00

.15

.30

.45

.00

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.45

.00

## Notizen

## Reflexion









## Reflexion der Vorwoche

Routinen



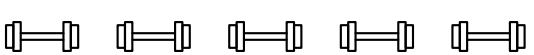
Inspiration



Soziales



Körper



Geist



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## Planung

Large grid area for planning.



Termine

Das Wichtigste

Vertical timeline with time markers from .00 to .00 in increments of .15, .30, .45.

Horizontal lines for notes under 'Das Wichtigste'.

Notizen

Grid of dots for notes.

Reflexion

Horizontal lines for notes under 'Reflexion'.





Termine

Das Wichtigste

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Notizen

Reflexion

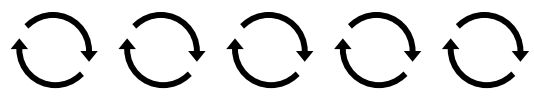




# KW13: 29.3.-4.4.2021

## Reflexion der Vorwoche

Routinen



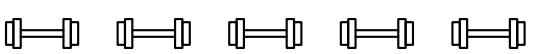
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

## Termine

## Das Wichtigste

.00  
.15  
.30  
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## Notizen

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## Reflexion

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# Dienstag, der 30.3.2021

KW13: 29.3.-4.4.2021

Jahresübersicht

Termine

Das Wichtigste

.00

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.30

.45

.00

Notizen

Reflexion



## Termine

## Das Wichtigste

Time slots for appointments (Termine):

.00  
.15  
.30  
.45  
.00  
.15  
.30  
.45  
.00  
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.30  
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.00  
.15  
.30  
.45  
.00

Blank lines for 'Das Wichtigste' notes.

## Notizen

Grid area for notes (Notizen).

## Reflexion

Blank lines for reflection (Reflexion).

### Termine

Time slots for appointments, labeled from .00 to .45 in 15-minute increments, with .00 at the top and .45 at the bottom of each hour. The grid consists of 20 rows and 4 columns of time slots.

### Das Wichtigste

Three horizontal lines for notes under the "Das Wichtigste" header.

### Notizen

A grid of 18 rows and 20 columns of small squares for notes, starting below the "Notizen" header.

### Reflexion

Three horizontal lines for notes under the "Reflexion" header.

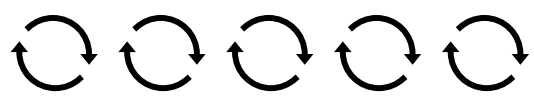




# KW14: 5.-11.4.2021

## Reflexion der Vorwoche

Routinen



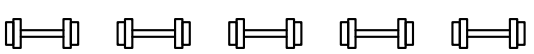
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.



# Dienstag, der 6.4.2021

KW14: 5.-11.4.2021

Jahresübersicht

Termine

Time slots for appointments (Termine) on the left side of the page. Each row is labeled with a time interval:

- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
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- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00

Das Wichtigste

Horizontal lines for 'Das Wichtigste' (The most important) notes.

Notizen

Grid area for 'Notizen' (Notes). The grid consists of 15 rows and 20 columns of small dots.

Reflexion

Horizontal lines for 'Reflexion' (Reflection) notes.









## Termine

.00  
.15  
.30  
.45  
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.15  
.30  
.45  
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.30  
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.00  
.15  
.30  
.45  
.00

## Das Wichtigste

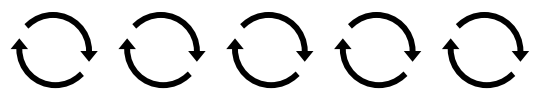
## Notizen

## Reflexion

# KW15: 12.-18.4.2021

## Reflexion der Vorwoche

Routinen



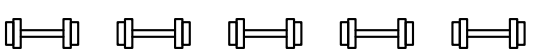
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.















# KW16: 19.-25.4.2021

## Reflexion der Vorwoche

Routinen



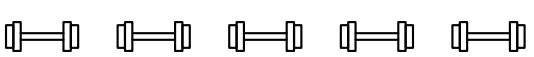
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





# Mittwoch, der 21.4.2021

KW16: 19.-25.4.2021

Jahresübersicht

Termine

Das Wichtigste

.00

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Notizen

Reflexion



# Freitag, der 23.4.2021

KW16: 19.-25.4.2021

Jahresübersicht

Termine

Das Wichtigste

.00

.15

.30

.45

.00

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.30

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.00

Notizen

Reflexion



## Termine

Time slots for appointments:

- .00
- .15
- .30
- .45
- .00
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- .30
- .45
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- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00

## Das Wichtigste

Blank lines for important notes.

## Notizen

Dot grid area for notes.

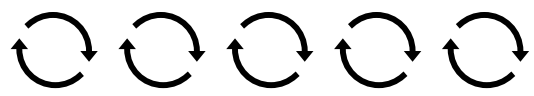
## Reflexion

Blank lines for reflection.

# KW17: 26.4.-2.5.2021

## Reflexion der Vorwoche

Routinen



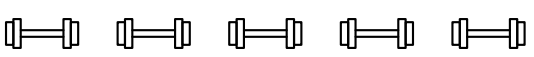
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.





Termine

Das Wichtigste

.00  
.15  
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Notizen

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Reflexion

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## Termine

Time slots for appointments (Termine) with a vertical axis on the left and horizontal lines for notes.

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## Das Wichtigste

Horizontal lines for important information (Das Wichtigste).

## Notizen

Grid area for notes (Notizen).

## Reflexion

Horizontal lines for reflection (Reflexion).



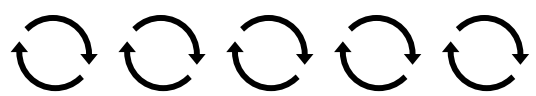




# KW18: 3.-9.5.2021

## Reflexion der Vorwoche

Routinen



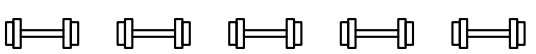
Inspiration



Soziales



Körper



Geist



## Planung







# Donnerstag, der 6.5.2021

KW18: 3.-9.5.2021

Jahresübersicht

Termine

Das Wichtigste

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Reflexion

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## Termine

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## Das Wichtigste

Horizontal lines for writing the most important points.

## Notizen

Grid area for notes with horizontal and vertical dotted lines.

## Reflexion

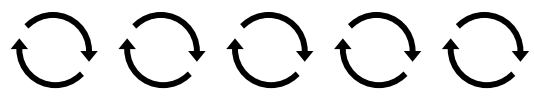
Horizontal lines for reflection.



# KW19: 10.-16.5.2021

## Reflexion der Vorwoche

Routinen



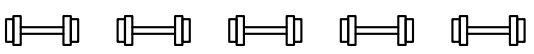
Inspiration



Soziales



Körper



Geist



## Planung

# Montag, der 10.5.2021

KW19: 10.-16.5.2021

Jahresübersicht

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Reflexion

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# Donnerstag, der 13.5.2021

KW19: 10.-16.5.2021

Jahresübersicht

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Reflexion

## Termine

## Das Wichtigste

Time slots for appointments (Termine):

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## Notizen

Blank lines for important notes (Das Wichtigste):

Dot grid for notes (Notizen):

## Reflexion

Blank lines for reflection (Reflexion):



# Sonntag, der 16.5.2021

KW19: 10.-16.5.2021

Jahresübersicht

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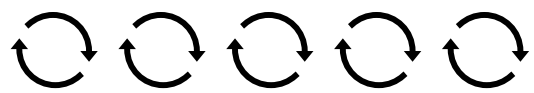
Das Wichtigste

Notizen

Reflexion

## Reflexion der Vorwoche

Routinen



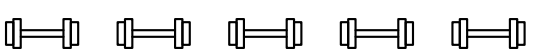
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.













## Termine

## Das Wichtigste

Time slots for appointments:

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Blank lines for 'Das Wichtigste' notes.

## Notizen

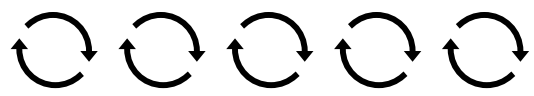
Grid for notes with 15 columns and 15 rows.

## Reflexion

Blank lines for 'Reflexion' notes.

## Reflexion der Vorwoche

Routinen



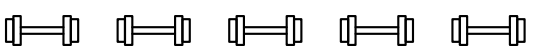
Inspiration



Soziales



Körper



Geist



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## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







# Donnerstag, der 27.5.2021

KW21: 24.-30.5.2021

Jahresübersicht

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Notizen

Reflexion



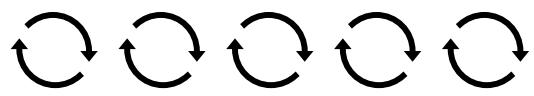




# KW22: 31.5.-6.6.2021

## Reflexion der Vorwoche

Routinen



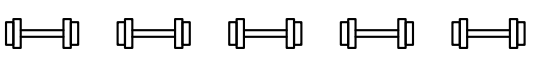
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











Termine

Das Wichtigste

Time slots for appointments (Termine):

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Blank lines for 'Das Wichtigste' section.

Notizen

Grid area for 'Notizen' (Notes).

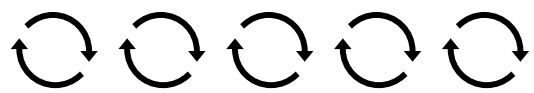
Reflexion

Blank lines for 'Reflexion' (Reflection) section.



## Reflexion der Vorwoche

Routinen



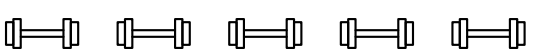
Inspiration



Soziales



Körper



Geist



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## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.





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## Das Wichtigste

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## Notizen


## Reflexion

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# Donnerstag, der 10.6.2021

KW23: 7.-13.6.2021

Jahresübersicht

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# Freitag, der 11.6.2021

KW23: 7.-13.6.2021

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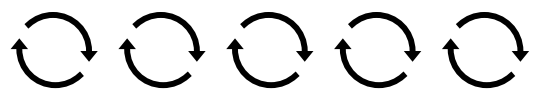




# KW24: 14.-20.6.2021

## Reflexion der Vorwoche

Routinen



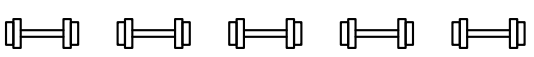
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

## Termine

## Das Wichtigste

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## Notizen

## Reflexion



# Mittwoch, der 16.6.2021

KW24: 14.-20.6.2021

Jahresübersicht

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# Sonntag, der 20.6.2021

KW24: 14.-20.6.2021

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Reflexion

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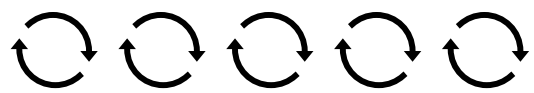


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# KW25: 21.-27.6.2021

## Reflexion der Vorwoche

Routinen



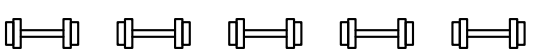
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











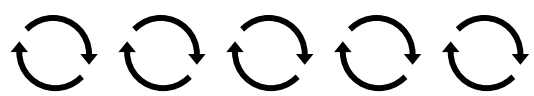




# KW26: 28.6.-4.7.2021

## Reflexion der Vorwoche

Routinen



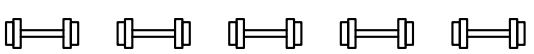
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







# Donnerstag, der 1.7.2021

KW26: 28.6.-4.7.2021

Jahresübersicht

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Reflexion

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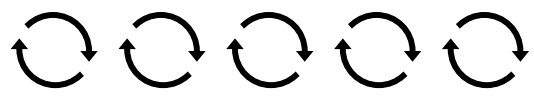




# KW27: 5.-11.7.2021

## Reflexion der Vorwoche

Routinen



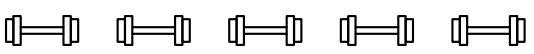
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.













Termine

Das Wichtigste

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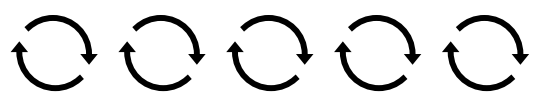
Reflexion

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# KW28: 12.-18.7.2021

## Reflexion der Vorwoche

Routinen



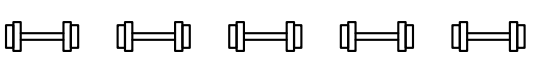
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









## Termine

## Das Wichtigste

Vertical time scale for appointments (Termine) with horizontal lines at .00, .15, .30, .45, and .00 intervals.

## Notizen

Grid area for notes (Notizen) consisting of horizontal lines and small dots forming a grid.

## Reflexion

Reflection section (Reflexion) with horizontal lines for notes.

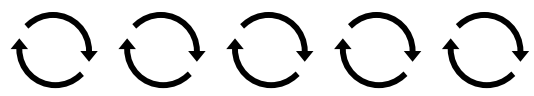




# KW29: 19.-25.7.2021

## Reflexion der Vorwoche

Routinen



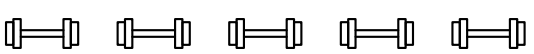
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.











Termine

Das Wichtigste

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Reflexion

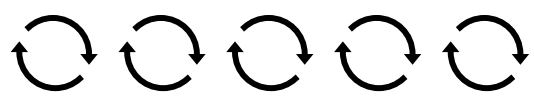
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# KW30: 26.7.-1.8.2021

## Reflexion der Vorwoche

Routinen



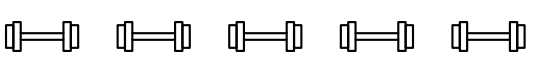
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







## Termine

Grid for recording appointments (Termine) with time markers from .00 to .45 on the left side. The grid consists of 20 rows, each with a time marker and a horizontal line for writing.

## Das Wichtigste

Four horizontal lines for writing the most important events of the week.

## Notizen

Dotted grid for taking notes.

## Reflexion

Three horizontal lines for writing reflections.





# Sonntag, der 1.8.2021

KW30: 26.7.-1.8.2021

Jahresübersicht

Termine

Das Wichtigste

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Notizen

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Reflexion

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## Reflexion der Vorwoche

Routinen



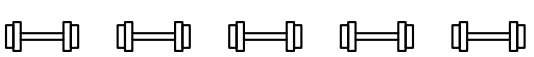
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









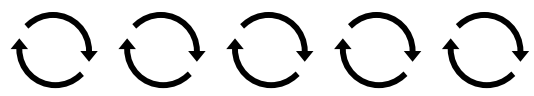






## Reflexion der Vorwoche

Routinen



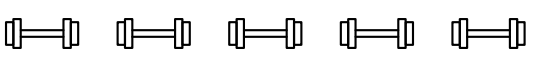
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





# Mittwoch, der 11.8.2021

KW32: 9.-15.8.2021

Jahresübersicht

Termine

Das Wichtigste

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Reflexion

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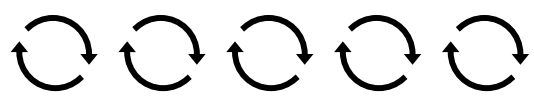




# KW33: 16.-22.8.2021

## Reflexion der Vorwoche

Routinen



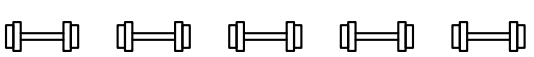
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







# Donnerstag, der 19.8.2021

KW33: 16.-22.8.2021

Jahresübersicht

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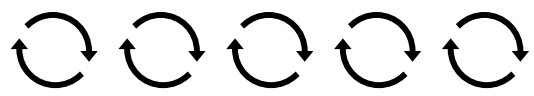




# KW34: 23.-29.8.2021

## Reflexion der Vorwoche

Routinen



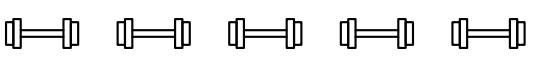
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



## Termine

## Das Wichtigste

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## Notizen

## Reflexion









## Termine

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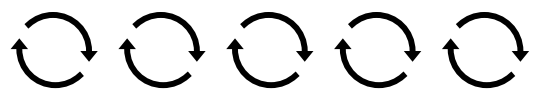
## Reflexion

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# KW35: 30.8.-5.9.2021

## Reflexion der Vorwoche

Routinen



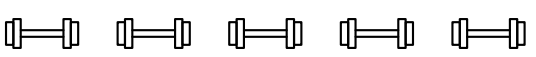
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 31.8.2021

KW35: 30.8.-5.9.2021

Jahresübersicht

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Reflexion

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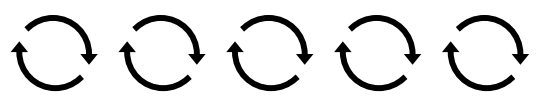




# KW36: 6.-12.9.2021

## Reflexion der Vorwoche

Routinen



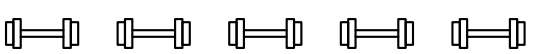
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









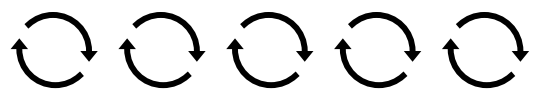






## Reflexion der Vorwoche

Routinen



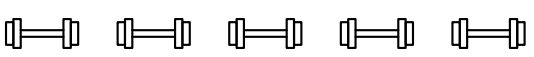
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 14.9.2021

KW37: 13.-19.9.2021

Jahresübersicht

Termine

Das Wichtigste

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Reflexion

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# Sonntag, der 19.9.2021

KW37: 13.-19.9.2021

Jahresübersicht

Termine

Das Wichtigste

Time slots for appointments (Termine) on the left side of the page, marked with .00, .15, .30, and .45.

Four horizontal lines for recording the most important items (Das Wichtigste) for the day.

Notizen

Grid area for notes (Notizen) with a dotted pattern for writing.

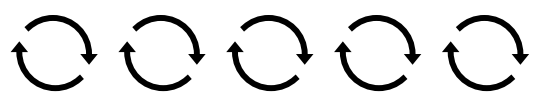
Reflexion

Four horizontal lines for reflection (Reflexion) at the bottom of the page.

# KW38: 20.-26.9.2021

## Reflexion der Vorwoche

Routinen



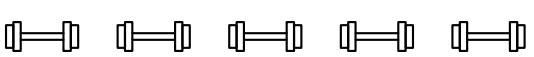
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



## Termine

## Das Wichtigste

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## Notizen

## Reflexion



Termine

Das Wichtigste

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Notizen

Reflexion



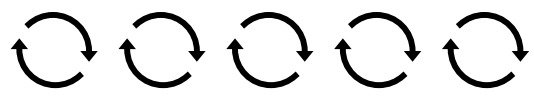




# KW39: 27.9.-3.10.2021

## Reflexion der Vorwoche

Routinen



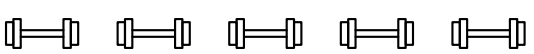
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









# Freitag, der 1.10.2021

KW39: 27.9.-3.10.2021

Jahresübersicht

Termine

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Das Wichtigste

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Notizen

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Reflexion

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# Sonntag, der 3.10.2021

KW39: 27.9.-3.10.2021

Jahresübersicht

Termine

Das Wichtigste

Time slot grid for appointments (Termine). The grid is divided into four sections by horizontal lines. Each section contains 12 time slots: .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45.

Space for 'Das Wichtigste' with horizontal lines for notes.

Notizen

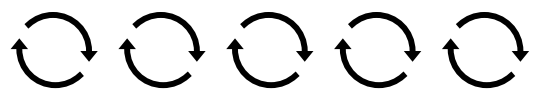
Large dotted grid for 'Notizen' (notes) covering the right side of the page.

Reflexion

Space for 'Reflexion' with horizontal lines for notes.

## Reflexion der Vorwoche

Routinen



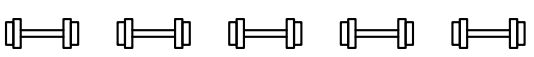
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



Termine

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Das Wichtigste


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Reflexion






## Termine

## Das Wichtigste

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## Notizen

## Reflexion



Termine

Das Wichtigste

Time slots for appointments:

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Blank lines for 'Das Wichtigste' section.

Notizen

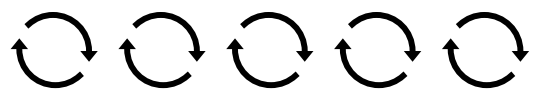
Grid for notes with dotted lines.

Reflexion

Blank lines for 'Reflexion' section.

## Reflexion der Vorwoche

Routinen



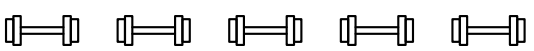
Inspiration



Soziales



Körper



Geist



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## Planung

Large grid area for planning.













## Termine

## Das Wichtigste

Time slots for appointments (Termine):

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Blank space for 'Das Wichtigste' (The most important).  
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## Notizen

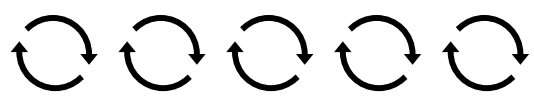
Blank space for 'Notizen' (Notes) with a dot grid pattern.

## Reflexion

Blank space for 'Reflexion' (Reflection).  
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## Reflexion der Vorwoche

Routinen



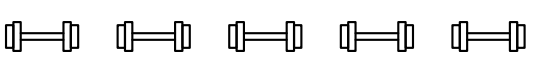
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

# Montag, der 18.10.2021

KW42: 18.-24.10.2021

## Jahresübersicht

### Termine

### Das Wichtigste

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### Notizen

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### Reflexion

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# Sonntag, der 24.10.2021

KW42: 18.-24.10.2021

Jahresübersicht

Termine

Time slots for appointments:

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Das Wichtigste

Four horizontal lines for notes.

Notizen

Dotted grid for notes.

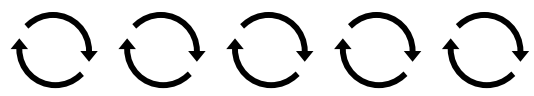
Reflexion

Four horizontal lines for reflection notes.

# KW43: 25.-31.10.2021

## Reflexion der Vorwoche

Routinen



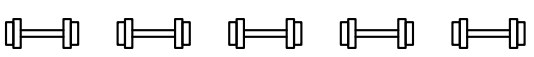
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











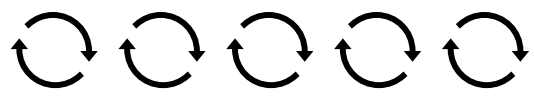




# KW44: 1.-7.11.2021

## Reflexion der Vorwoche

Routinen



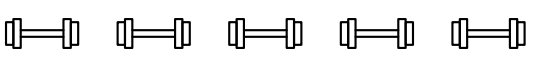
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.









Termine

Das Wichtigste

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Notizen

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Reflexion

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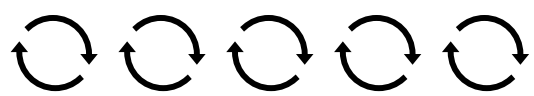
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## Reflexion der Vorwoche

Routinen



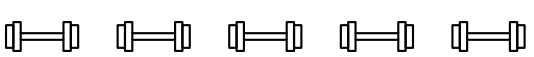
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



## Termine

## Das Wichtigste

Time slots for appointments:

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Blank lines for 'Das Wichtigste' notes.

## Notizen

Dot grid area for notes.

## Reflexion

Blank lines for 'Reflexion' notes.

# Mittwoch, der 10.11.2021

KW45: 8.-14.11.2021

Jahresübersicht

## Termine

## Das Wichtigste

Time slots for appointments:

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Blank lines for important notes.

## Notizen

Dot grid area for notes.

## Reflexion

Blank lines for reflection.





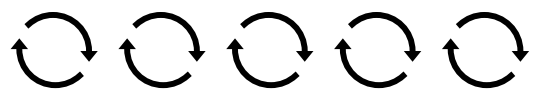




# KW46: 15.-21.11.2021

## Reflexion der Vorwoche

Routinen



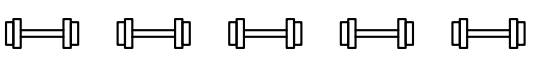
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









Termine

Das Wichtigste

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Notizen

Reflexion



# Sonntag, der 21.11.2021

KW46: 15.-21.11.2021

Jahresübersicht

## Termine

## Das Wichtigste

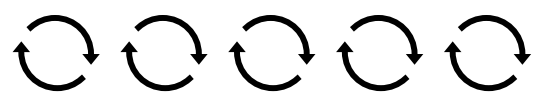
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## Notizen

## Reflexion

## Reflexion der Vorwoche

Routinen



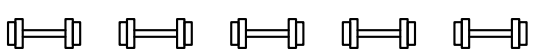
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

# Montag, der 22.11.2021

KW47: 22.-28.11.2021

Jahresübersicht

Termine

Time slots for appointments (Termine):

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Das Wichtigste

Handwritten notes for 'Das Wichtigste' (The Most Important):

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Notizen

Handwritten notes for 'Notizen' (Notes) in a grid format:


Reflexion

Handwritten notes for 'Reflexion' (Reflection):

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Termine

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Reflexion

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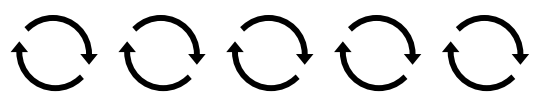




# KW48: 29.11.-5.12.2021

## Reflexion der Vorwoche

Routinen



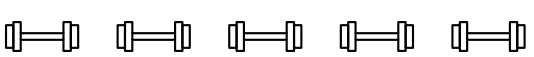
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.







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Reflexion

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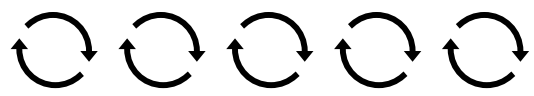






## Reflexion der Vorwoche

Routinen



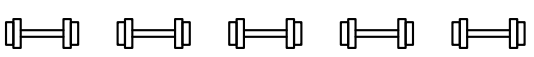
Inspiration



Soziales



Körper



Geist



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## Planung

Large grid area for planning.



Termine

Das Wichtigste

Time slot labels on the left side of the page, repeated every 15 minutes:

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Horizontal lines for 'Das Wichtigste' section.

Notizen

Grid for 'Notizen' section, consisting of a grid of dots.

Reflexion

Horizontal lines for 'Reflexion' section.





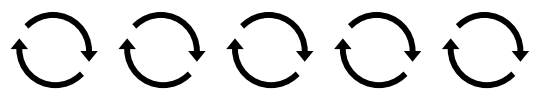






## Reflexion der Vorwoche

Routinen



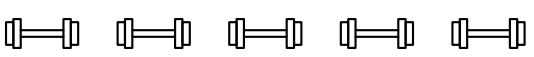
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.









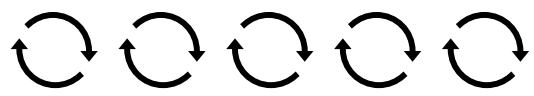






## Reflexion der Vorwoche

Routinen



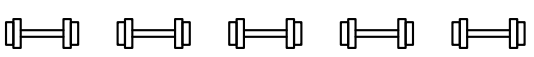
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 21.12.2021

KW51: 20.-26.12.2021

Jahresübersicht

Termine

Das Wichtigste

Time slot labels on the left side of the page:

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Four horizontal lines for writing "Das Wichtigste".

Notizen

Grid of dots for notes.

Reflexion

Three horizontal lines for writing "Reflexion".





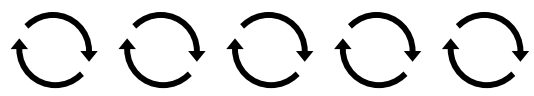






## Reflexion der Vorwoche

Routinen



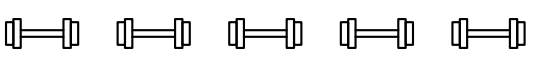
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











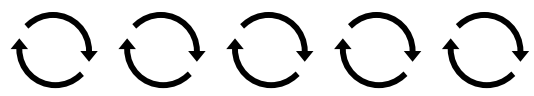




# KW1 (2022)

## Reflexion der Vorwoche

Routinen



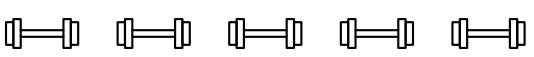
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

# 2022

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

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