# Mein persönliches Zeitprofil 1/4

Woche vom bis

Name

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|  |  | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | **Sum** |
| **1** | **PERSÖNLICHES** |  |  |  |  |  |  |  |  |
| **2** | Schlafen (vgl. Freizeit) |  |  |  |  |  |  |  |  |
| **3** | Essen |  |  |  |  |  |  |  |  |
| **4** | Körperpflege |  |  |  |  |  |  |  |  |
| **5** | Sonstiges |  |  |  |  |  |  |  |  |

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|  |  | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | **Sum** |
| **6** | **SCHULE** |  |  |  |  |  |  |  |  |
| **8** | Unterricht (incl. Pausen) |  |  |  |  |  |  |  |  |
| **9** | Arbeitsgemeinschaften |  |  |  |  |  |  |  |  |
| **10** | „Freistunden“ |  |  |  |  |  |  |  |  |
| **11** | Mittagspause |  |  |  |  |  |  |  |  |
| **12** | Schulweg |  |  |  |  |  |  |  |  |
| **13** | Hausaufgaben |  |  |  |  |  |  |  |  |

# Mein persönliches Zeitprofil 2/4

Woche vom bis

Name

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|  |  | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | **Sum** |
| **14** | **HAUSHALT** |  |  |  |  |  |  |  |  |
| **15** | Kochen, Spülen, Putzen |  |  |  |  |  |  |  |  |
| **16** | Einkaufen, Besorgungen |  |  |  |  |  |  |  |  |
| **18** | Wäschepflege |  |  |  |  |  |  |  |  |
| **19** | Pflanzen- und Tierpflege |  |  |  |  |  |  |  |  |
| **20** | Fahrzeugpflege |  |  |  |  |  |  |  |  |
| **24** | Kinderbetreuung (auch jüngere Geschwister) |  |  |  |  |  |  |  |  |
| **26** | andere Tätigkeiten |  |  |  |  |  |  |  |  |
| **27** | **EHRENAMT/HILFEN** |  |  |  |  |  |  |  |  |

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|  |  | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | **Sum** |
| **31** | **ERWERBSTÄTIGKEIT** |  |  |  |  |  |  |  |  |
| **32** | „Nebenjobs“ |  |  |  |  |  |  |  |  |
| **33** | Weg zur Arbeit |  |  |  |  |  |  |  |  |

# Mein persönliches Zeitprofil 3/4

Woche vom bis

Name

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|  |  | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | **Sum** |
| **34** | **FREIZEIT** |  |  |  |  |  |  |  |  |
| **35** | „Mittagsschlaf“ |  |  |  |  |  |  |  |  |
| **37** | Telefonate |  |  |  |  |  |  |  |  |
| **39** | Brief |  |  |  |  |  |  |  |  |
| **41** | Familienrunde |  |  |  |  |  |  |  |  |
| **42** | Treffen mit Freunden |  |  |  |  |  |  |  |  |
| **43** | Besuche, Familienfeiern |  |  |  |  |  |  |  |  |
| **48** | Kino |  |  |  |  |  |  |  |  |
| **49** | Theater |  |  |  |  |  |  |  |  |
| **50** | Konzert |  |  |  |  |  |  |  |  |
| **51** | Ausstellung |  |  |  |  |  |  |  |  |
| **52** | Sportveranstaltung |  |  |  |  |  |  |  |  |
| **53** | Kirchgang |  |  |  |  |  |  |  |  |
| **54** | Ausflug |  |  |  |  |  |  |  |  |
| **58** | sich die Zeit vertreiben |  |  |  |  |  |  |  |  |
| **64** | sportliche Aktivitäten |  |  |  |  |  |  |  |  |

# Mein persönliches Zeitprofil 4/4

Woche vom bis

Name

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|  | **FREIZEIT (Fortsetzung)** |  |  |  |  |  |  |  |  |
| **70** | Hobbys/Spiele |  |  |  |  |  |  |  |  |
| **75** | Fernsehen/Video/DVD |  |  |  |  |  |  |  |  |
| **76** | Lesen |  |  |  |  |  |  |  |  |
| **77** | Musik/Radio hören |  |  |  |  |  |  |  |  |
| **82** | Internetsurfen |  |  |  |  |  |  |  |  |
| **83** | E-Mail |  |  |  |  |  |  |  |  |
| **84** | Chatten |  |  |  |  |  |  |  |  |
| **86** | Shopping (Ebay etc.) |  |  |  |  |  |  |  |  |
| **87** | Downloads |  |  |  |  |  |  |  |  |
| **89** | Computerspiele |  |  |  |  |  |  |  |  |
| **90** | Sonstiges |  |  |  |  |  |  |  |  |
| **91** | Anfahrtswege |  |  |  |  |  |  |  |  |
| **92** | … |  |  |  |  |  |  |  |  |

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|   |   | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | Sum |
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# Mein persönliches Zeitprofil

Woche vom bis

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|  |  | **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** | **Sum** |

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| **1** | **PERSÖNLICHES** |  |  |  |  |  |  |  |  |

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| **2** | **SCHULE** |  |  |  |  |  |  |  |  |

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| **3** | **HAUSHALT** |  |  |  |  |  |  |  |  |

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| **4** | **EHRENAMT/HILFEN** |  |  |  |  |  |  |  |  |

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| **5** | **ERWERBSTÄTIGKEIT** |  |  |  |  |  |  |  |  |

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| **6** | **FREIZEIT** |  |  |  |  |  |  |  |  |

# Tag: Mein persönliches Zeitprofil 1/4

Datum:

Name

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| --- | --- | --- | --- |
|  |  | Einzelaktivitäten | **Sum** |
| **1** | **PERSÖNLICHES** |  |  |  |  |  |  |  |  |
| **2** | Schlafen (vgl. Freizeit) |  |  |  |  |  |  |  |  |
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|  |  | Einzelaktivitäten | **Sum** |
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| **12** | Schulweg |  |  |  |  |  |  |  |  |
| **13** | Hausaufgaben |  |  |  |  |  |  |  |  |

# Tag: Mein persönliches Zeitprofil 2/4

Datum

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|  |  |  |  |
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|  |  | Einzelaktivitäten | **Sum** |
| **14** | **HAUSHALT** |  |  |  |  |  |  |  |  |
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