

Wochenplan 24 Stunden

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|--------|----------|----------|------------|---------|---------|---------|
| 01:00 | | | | | | | |
| 02:00 | | | | | | | |
| 03:00 | | | | | | | |
| 04:00 | | | | | | | |
| 05:00 | | | | | | | |
| 06:00 | | | | | | | |
| 07:00 | | | | | | | |
| 08:00 | | | | | | | |
| 09:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | | | | | |
| 18:00 | | | | | | | |
| 19:00 | | | | | | | |
| 20:00 | | | | | | | |
| 21:00 | | | | | | | |
| 22:00 | | | | | | | |
| 23:00 | | | | | | | |
| 24:00 | | | | | | | |

Legende

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|--------|--|----------|--|--|--|--|--|--|
| Arbeit | | Schlafen | | | | | | |
| | | | | | | | | |

Markiere das Feld in der Legende und alle dazugehörigen Felder in der Wochenübersicht mit der selben Farbe