

| E-Mail | | Woche: | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------|--|------------------|------------|----------|----------|------------|----------|----------|---------|
| | | Tages-Priorität! | | | | | | | |
| | | 07:00 Uhr | | | | | | | |
| | | 08:00 Uhr | | | | | | | |
| | | 09:00 Uhr | | | | | | | |
| Telefon | | 10:00 Uhr | | | | | | | |
| | | 11:00 Uhr | | | | | | | |
| | | 12:00 Uhr | | | | | | | |
| | | 13:00 Uhr | | | | | | | |
| | | 14:00 Uhr | | | | | | | |
| | | 15:00 Uhr | | | | | | | |
| Kaufen | | 16:00 Uhr | | | | | | | |
| | | 17:00 Uhr | | | | | | | |
| | | 18:00 Uhr | | | | | | | |
| | | 19:00 Uhr | | | | | | | |
| | | 20:00 Uhr | | | | | | | |
| | | 21:00 Uhr | | | | | | | |
| Orga | | 22:00 Uhr | | | | | | | |
| | | 23:00 Uhr | | | | | | | |
| | | Arbeit | Gesundheit | | Haushalt | | Freizeit | Soziales | |
| | | | | | | | | | |
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