

Mein Monatsplaner

Monat:

Montag

Dienstag

Mittwoch

Donnerstag

1 2 3 4 5

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Ich fühle mich

Symptom

Freitag

Samstag

Sonntag

Symptome

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28	●	●	●	●
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30	●	●	●	●
31	●	●	●	●

Das hat diesen Monat gut oder weniger gut funktioniert:

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Monat:

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