



# PLANER 2023



# 2023

## Januar

S	M	D	M	D	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Februar

S	M	D	M	D	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## März

S	M	D	M	D	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## April

S	M	D	M	D	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Mai

S	M	D	M	D	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Juni

S	M	D	M	D	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## Juli

S	M	D	M	D	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## August

S	M	D	M	D	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## September

S	M	D	M	D	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Oktober

S	M	D	M	D	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## November

S	M	D	M	D	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Dezember

S	M	D	M	D	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# Januar 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Job**

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**Routinen**

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**me-time**

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**Notizen**

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# Februar 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**Job**

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**Routinen**

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**me-time**

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# März 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Job**

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**Routinen**

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**me-time**

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**Notizen**

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# April 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**Job**

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**Routinen**

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**me-time**

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**Notizen**

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# Mai 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**Job**

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**Routinen**

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**me-time**

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**Notizen**

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# Juni 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**Work**

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**Habits**

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**Self-care**

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**Notes**

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# Juli 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Job**

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**Routinen**

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**me-time**

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**Notizen**

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# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Job**

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**Routinen**

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**me-time**

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# September 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Job

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## Routinen

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## me-time

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## Notizen

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# Oktober 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Job

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## Routinen

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## me-time

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## Notizen

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# November 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**Job**

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**Routinen**

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**me-time**

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# Dezember 2023

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Job**

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**Routinen**

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**me-time**

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