Gün/Day

Günlük Planlayıcı/Daily Planner

Önemli/Important!

- ○
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- ○

Yapılacaklar Listesi/To do List

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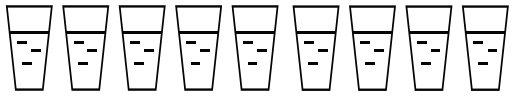
Mod/Mode ☹ 😐 ☺ 😀

Su /Water



Rutinler/Routine

- ○
- ○
- ○

Menü/Menu

1
2
3
4
5

Notlar/Notes

5:00 - 5:30		2:00 - 2:30	
5:30 - 6:00		2:30 - 3:00	
6:00 - 6:30		3:00 - 3:30	
6:30 - 7:00		3:30 - 4:00	
7:00 - 7:30		4:00 - 4:30	
7:30 - 8:00		4:30 - 5:00	
8:00 - 8:30		5:00 - 5:30	
8:30 - 9:00		5:30 - 6:00	
9:00 - 9:30		6:00 - 6:30	
9:30 - 10:00		6:30 - 7:00	
10:00 - 10:30		7:00 - 7:30	
10:30 - 11:00		7:30 - 8:00	
11:00 - 11:30		8:00 - 8:30	
11:30 - 12:00		8:30 - 9:00	
12:00 - 12:30		9:00 - 9:30	
12:30 - 1:00		9:30 - 10:00	
1:00 - 1:30		10:00 - 10:30	
1:30 - 2:00		10:30 - 11:00	