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| **Mo,** | | **Di,** | | **Mi,** | | **Do,** | | **Fr,** | | **Sa,** | | **So,** | | **Tageszeit** | |
|  | |  | |  | |  | |  | |  | |  | | **Frühstück** | |
|  | |  | |  | |  | |  | |  | |  | | **Vormittag**  **8.00 - 13.00** | |
|  | |  | |  | |  | |  | |  | |  | | **Mittagessen** | |
|  | |  | |  | |  | |  | |  | |  | | **Nachmittag**  **14.00 - 18.00** | |
|  | |  | |  | |  | |  | |  | |  | | **Abendessen** | |
|  | |  | |  | |  | |  | |  | |  | | **Abend**  **19.00 - 24.00** | |
| Schule | Medien | Schule | Medien | Schule | Medien | Schule | Medien | Schule | Medien | Schule | Medien | Schule | Medien | Schule Ø | Medien Ø |
| Freunde | QualityTime | Freunde | QualityTime | Freunde | QualityTime | Freunde | QualityTime | Freunde | QualityTime | Freunde | QualityTime | Freunde | QualityTime | Freunde Ø | QualityTime Ø |