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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 |