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| 日  (月) | 計画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 実行 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 日  (火) | 計画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 実行 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 日  (水) | 計  画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 実行 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
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| 日  (木) | 計画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
| 教科 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 実行 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
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| 日  (金) | 計画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
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| 日  (土) | 計画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
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| 日  (日) | 計  画 | 生活 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 時間 | |
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| 一週間の振り返りや次週の目標 | | | | | | | | | | | | | | | | | | | | | |