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| |  | | --- | | GÜNLÜK TAKVİM | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | TARİH | |  | | |  |  |  |  | | --- | --- | --- | --- | | İÇECEK! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Yapılacaklar listesi | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | Ne yenir? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Önemli Notlar | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Satın almanız gerekiyor | |  | | | |  | | --- | | Fiziksel aktivite | |  | |
| |  | | --- | | Geçirdi | |  | | |  | | --- | | Günün 3 olumlu düşüncesi | |  | | |