**Plan de semaine prénom / nom (date de naissance)**

**Relations sociales Musculation Endurance Devoirs Compétition**

**Travail Ecole Basket Déplacement Dormir Alimentation**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Horaires****Tag** | **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** | **Samedi** | **Dimanche** |
| 05.00-05.30 |  |  |  |  |  |  |  |
| 05.30-06.00 |  |  |  |  |  |  |  |
| 06.00-06.30 |  |  |  |  |  |  |  |
| 06.30-07.00 |  |  |  |  |  |  |  |
| 07.00-07.30 |  |  |  |  |  |  |  |
| 07.30-08.00 |  |  |  |  |  |  |  |
| 08.00-08.30 |  |  |  |  |  |  |  |
| 08.30-09.00 |  |  |  |  |  |  |  |
| 09.00-09.30 |  |  |  |  |  |  |  |
| 09.30-10.00 |  |  |  |  |  |  |  |
| 10.00-10.30 |  |  |  |  |  |  |  |
| 10.30-11.00 |  |  |  |  |  |  |  |
| 11.00-11.30 |  |  |  |  |  |  |  |
| 11.30-12.00 |  |  |  |  |  |  |  |
| 12.00-12.30 |  |  |  |  |  |  |  |
| 12.30-13.00 |  |  |  |  |  |  |  |
| 13.00-13.30 |  |  |  |  |  |  |  |
| 13.30-14.00 |  |  |  |  |  |  |  |
| 14.00-14.30 |  |  |  |  |  |  |  |
| 14.30-15.00 |  |  |  |  |  |  |  |
| 15.00-15.30 |  |  |  |  |  |  |  |
| 15.30-16.00 |  |  |  |  |  |  |  |
| 16.00-16.30 |  |  |  |  |  |  |  |
| 16.30-17.00 |  |  |  |  |  |  |  |
| 17.00-17.30 |  |  |  |  |  |  |  |
| 17.30-18.00 |  |  |  |  |  |  |  |
| 18.00-18.30 |  |  |  |  |  |  |  |
| 18.30-19.00 |  |  |  |  |  |  |  |
| 19.00-19.30 |  |  |  |  |  |  |  |
| 19.30-20.00 |  |  |  |  |  |  |  |
| 20.00-20.30 |  |  |  |  |  |  |  |
| 20.30-21.00 |  |  |  |  |  |  |  |
| 21.00-21.30 |  |  |  |  |  |  |  |
| 21.30-22.00 |  |  |  |  |  |  |  |
| 22.00-22.30 |  |  |  |  |  |  |  |
| 22.30-23.00 |  |  |  |  |  |  |  |
| 23.00-24.00 |  |  |  |  |  |  |  |
| 24.00-05.00 |  |  |  |  |  |  |  |