

Wochenplan für gesunde Gewohnheiten zum Abhaken

Name: _____ Datum: _____



Mach jeden Tag ein Häkchen in das Kästchen für alles, was du gemacht hast.

Mo Di Mi Do Fr Sa So



Zähne
putzen

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Hände
waschen

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sich
bewegen

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Wasser
trinken

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früh
ins Bett

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