



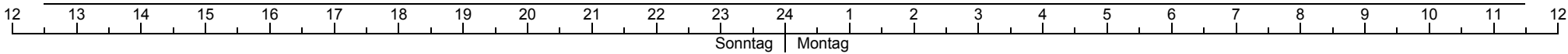
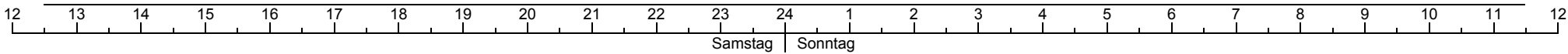
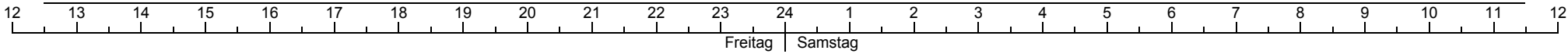
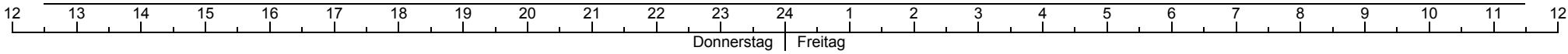
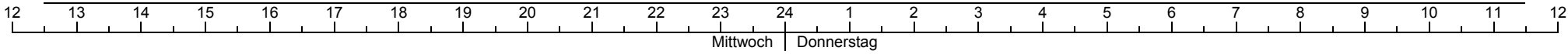
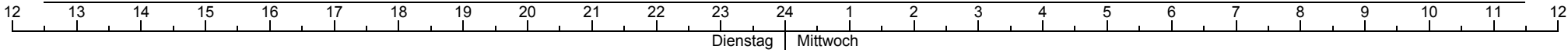
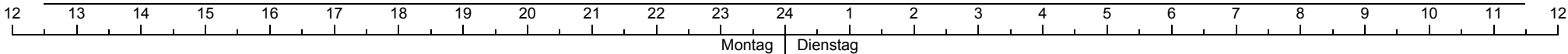
Schlafstagebuch

Name:

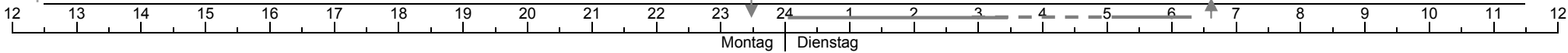
Vorname:

Geburtsdatum:

Datum:



Beispiel



Zeichen: Zubettgehen: ▼ Schlafen: _____ Dösen: - - - - - Essen / Trinken: ○ Aufstehen am Morgen: ▲