

Fecha:

\_\_\_\_\_

Planificación

# Diaria

(L) (M) (M) (J) (V) (S) (D)

Día	Hora	✓	×
1. _____	__:__	<input type="radio"/>	<input type="radio"/>
2. _____	__:__	<input type="radio"/>	<input type="radio"/>
3. _____	__:__	<input type="radio"/>	<input type="radio"/>
4. _____	__:__	<input type="radio"/>	<input type="radio"/>
5. _____	__:__	<input type="radio"/>	<input type="radio"/>
6. _____	__:__	<input type="radio"/>	<input type="radio"/>
7. _____	__:__	<input type="radio"/>	<input type="radio"/>
8. _____	__:__	<input type="radio"/>	<input type="radio"/>
9. _____	__:__	<input type="radio"/>	<input type="radio"/>
10. _____	__:__	<input type="radio"/>	<input type="radio"/>

Noche	Hora	✓	×
1. _____	__:__	<input type="radio"/>	<input type="radio"/>
2. _____	__:__	<input type="radio"/>	<input type="radio"/>
3. _____	__:__	<input type="radio"/>	<input type="radio"/>
4. _____	__:__	<input type="radio"/>	<input type="radio"/>
5. _____	__:__	<input type="radio"/>	<input type="radio"/>
6. _____	__:__	<input type="radio"/>	<input type="radio"/>
7. _____	__:__	<input type="radio"/>	<input type="radio"/>
8. _____	__:__	<input type="radio"/>	<input type="radio"/>
9. _____	__:__	<input type="radio"/>	<input type="radio"/>
10. _____	__:__	<input type="radio"/>	<input type="radio"/>

Si tu mentalidad **no esta fuerte**, si **no te crees capaz** de hacer cosas extraordinarias, te quedaras **a mitad de camino...** -**Cristiano Ronaldo**-