

Mon planning du mois

Mois:

Lundi	Mardi	Mercredi	Jeudi
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

1 2 3 4 5

Je me sens

Symptôme

Vendredi	Samedi	Dimanche	Symptômes
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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
-----	-----	-----	1 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	2 ● ● ● ●
-----	-----	-----	3 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	4 ● ● ● ●
-----	-----	-----	5 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	6 ● ● ● ●
-----	-----	-----	7 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	8 ● ● ● ●
-----	-----	-----	9 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	10 ● ● ● ●
-----	-----	-----	11 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	12 ● ● ● ●
-----	-----	-----	13 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	15 ● ● ● ●
-----	-----	-----	16 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	17 ● ● ● ●
-----	-----	-----	18 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	19 ● ● ● ●
-----	-----	-----	20 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	21 ● ● ● ●
-----	-----	-----	22 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	23 ● ● ● ●
-----	-----	-----	24 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	25 ● ● ● ●
-----	-----	-----	26 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	27 ● ● ● ●
-----	-----	-----	28 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	29 ● ● ● ●
-----	-----	-----	30 ● ● ● ●
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	31 ● ● ● ●

Ce qui a bien ou moins bien été ce mois-ci :

