Vorlage

Medientagebuch

Medientagebuch von

## Beispiel

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| Medium | Dauer | Was |
| TV | 1 h | Serien |
| PC | 2 h | Youtube |
| Buch | 30 Min. | Abenteuergeschichte |
| Tablet | 1 h | Minecraft |

## Montag

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## Dienstag

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## Mittwoch

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## Donnerstag

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## Freitag

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## Samstag

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## Sonntag

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