

Vorlage

Medientagebuch

Medientagebuch von _____

Beispiel

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

Montag

Medium	Dauer	Was

Dienstag

Medium	Dauer	Was

Mittwoch

Medium	Dauer	Was

Donnerstag

Medium	Dauer	Was

Freitag

Medium	Dauer	Was

Samstag

Medium	Dauer	Was

Sonntag

Medium	Dauer	Was