

MEINE "ICH TUE MIR GUTES" - LISTE



DATUM

BELOHNUNGEN

Five horizontal bars for rewards, alternating in color: orange, yellow, orange, yellow, orange.

GESUNDES ESSEN

Four horizontal dotted lines for healthy eating notes.

BEWEGUNG

Two horizontal dotted lines for exercise notes.

AUSZEITEN

VORMITTAG

Large orange rounded rectangle for morning free time.

NACHMITTAG

Large yellow rounded rectangle for afternoon free time.

ABEND

Large orange rounded rectangle for evening free time.

WASSER

Seven black outline icons of water glasses for tracking water intake.