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|  | | **LUNES** | **MARTES** | **MIERCOLES** | **JUEVES** | **VIERNES** | **SÁBADO** | **DOMINGO** |
| **COMIDAS** | **Desayuno** |  |  |  |  |  |  |  |
| **Comida** |  |  |  |  |  |  |  |
| **Cena** |  |  |  |  |  |  |  |
| **DORMIR** | **Acostarse** |  |  |  |  |  |  |  |
| **Despertarse** |  |  |  |  |  |  |  |
| **HIGIENE** | |  |  |  |  |  |  |  |
| **ESTUDIOS** | **Ir a clase** |  |  |  |  |  |  |  |
| **Trabajos** |  |  |  |  |  |  |  |
| **Estudios** |  |  |  |  |  |  |  |
| **OCIO** | |  |  |  |  |  |  |  |
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