A7: MOJE AKTIVITY, MôJ DEŇ

PRACOVNÝ mATERIÁL PRE UCHádzača o zamestnanie

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| --- | --- | --- | --- | --- |
| 7 – 8 |  |  | 22 – 23 |  |
| 8 – 9 |  |  | 24 – 1 |  |
| 9 – 10 |  |  | 1 – 2 |  |
| 10 – 11 |  |  | 2 – 3 |  |
| 11 -12 |  |  | 3 – 4 |  |
| 12 – 13 |  |  | 4 – 5 |  |
| 13 – 14 |  |  | 5 – 6 |  |
| 14 – 15 |  |  | 6 – 7 |  |
| 15 – 16 |  |
| 16 - 17 | https://s-media-cache-ak0.pinimg.com/564x/f7/32/0c/f7320cc16b1fbdd6ec3be21c66afb470.jpg |
| 17 – 18 |  |
| 18 – 19 |  |
| 19 – 20 |  |
| 20 – 21 |  |
| 21 – 22 |  |

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| Skupina aktivít (*napr. spánok, starostlivosť o rodinu, voľný čas, domáce práce, hľadanie zamestnania*): | **Počet hodín denne REALITA:** | **Počet hodín denne PLÁN:** |
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