# Planification du \_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 3 grandes actions de la journée **(durée +20minutes/action)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **Heure** | **Tâches** | **Nb de pomodoro** | **Réalisé ?** |
| 7h |  | **OOOOOOO** |  |
| 8h |  | **OOOOOOO** |  |
| 9h |  | **OOOOOOO** |  |
| 10h |  | **OOOOOOO** |  |
| 11h |  | **OOOOOOO** |  |
| 12h |  |  |  |
| 13h |  |  |  |
| 14h |  | **OOOOOOO** |  |
| 15h |  | **OOOOOOO** |  |
| 16h |  | **OOOOOOO** |  |
| 17 |  | **OOOOOOO** |  |
| 18h |  | **OOOOOOO** |  |