		Vecka 37			Vecka 38							Vecka 39	
Aktiviteter	Varaktighet	F	L	S	М	Ti	0	То	F	L	S	М	Ti
0													
1	1h				100%								
2	2h							100%					
3	1h					100%							
4	6h												1009
5	3h									100%			
6	1h												1009
7	6h												
8	2h												
9	4h												
10	10h												
11	4h												

				Vecka 40							Vecka 41			
То	F	L	S	М	Ti	0	To	F	L		М	Ti	0	L
				100%										
						100%								
											100%			
													100%	
	То			To F L S	To F L S M	To F L S M Ti	To F L S M Ti O	To F L S M Ti O To	To F L S M Ti O To F 100%	To F L S M Ti O To F L 100%	To F L S M Ti O To F L S	To F L S M Ti O To F L S M 100%	To F L S M Ti O To F L S M Ti	To F L S M Ti O To F L S M Ti O 100%