**ID** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Datum**

z.B. 6.12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Wochentag**

z.B. Mittwoch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Wann? Zeit | Dauer? In Sekunden | Genauigkeit? In % | **Ich fühle mich …**  [**M**]üde … [**F**]it  [**H**]ungrig … [**S**]att  [**A**]bgelenkt … [**K**]onzentriert | | | | | | |
|  | Total | Teilw. | W./N. | Teilw. | Total |  |
| Nach dem Aufwachen |  |  |  | **M** |  |  |  |  |  | **F** |
| **H** |  |  |  |  |  | **S** |
| **A** |  |  |  |  |  | **K** |
| Vor dem Mittagessen |  |  |  | **M** |  |  |  |  |  | **F** |
| **H** |  |  |  |  |  | **S** |
| **A** |  |  |  |  |  | **K** |
| Nach dem Mittagessen |  |  |  | **M** |  |  |  |  |  | **F** |
| **H** |  |  |  |  |  | **S** |
| **A** |  |  |  |  |  | **K** |
| Vor dem Einschlafen |  |  |  | **M** |  |  |  |  |  | **F** |
| **H** |  |  |  |  |  | **S** |
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