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| 时间5.1 | 项目 | 预估需要时间 | 实际使用时间 | 备注 |
| 8点 | 起床 | 10 |  |  |
| 8：10 | 洗漱吃早餐 | 30 |  |  |
| 8：40 | 摘抄1p | 20 |  |  |
| 9：00 | 休息 | 5 |  |  |
| 9：05 | 周报 | 45 |  |  |
| 9：50 | 休息 | 10 |  |  |
| 10:00 | 物理课 | 40 |  |  |
| 11：40 | 休息 | 6 |  |  |
| 11：46 | 物理课 | 40 |  |  |
| 12：26 | 休息 | 4 |  |  |
| 12：30 | 地理复习 | 30 |  |  |
| 13：00 | 休息 | 5 |  |  |
| 13：05 | 单词默写 | 15 |  |  |
| 13：20 | 看书 |  |  |  |
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| 时间 | 项目 | 预估需要时间 | 实际使用时间 | 备注 |
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