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| 序号 | 学习日期 | 学 习 内 容 | 复习周期 | | | | | | | | | | |
| 1天 | | 2天 | 4天 | | 7天 | 15天 | 31天 | 36天 | | 41天 |
| 1 |  |  | 1 |  | |  |  | |  |  | |  |  |
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| 3 |  |  | 3 | 2 | |  |  | |  |  | |  |  |
| 4 |  |  | 4 | 3 | | 1 |  | |  |  | |  |  |
| 5 |  |  | 5 | 4 | | 2 |  | |  |  | |  |  |
| 6 |  |  | 6 | 5 | | 3 |  | |  |  | |  |  |
| 7 |  |  | 7 | 6 | | 4 | 1 | |  |  | |  |  |
| 8 |  |  | 8 | 7 | | 5 | 2 | |  |  | |  |  |
| 9 |  |  | 9 | 8 | | 6 | 3 | |  |  | |  |  |
| 10 |  |  | 10 | 9 | | 7 | 4 | |  |  | |  |  |
| 11 |  |  | 11 | 10 | | 8 | 5 | |  |  | |  |  |
| 12 |  |  | 12 | 11 | | 9 | 6 | |  |  | |  |  |
| 13 |  |  | 13 | 12 | | 10 | 7 | |  |  | |  |  |
| 14 |  |  | 14 | 13 | | 11 | 8 | |  |  | |  |  |
| 15 |  |  | 15 | 14 | | 12 | 9 | | 1 |  | |  |  |
| 16 |  |  | 16 | 15 | | 13 | 10 | | 2 |  | |  |  |
| 17 |  |  | 17 | 16 | | 14 | 11 | | 3 |  | |  |  |
| 18 |  |  | 18 | 17 | | 15 | 12 | | 4 |  | |  |  |
| 19 |  |  | 19 | 18 | | 16 | 13 | | 5 |  | |  |  |
| 20 |  |  | 20 | 19 | | 17 | 14 | | 6 |  | |  |  |
| 序号 | 学习日期 | 学 习 内 容 | 复习周期 | | | | | | | | | | |
| 1天 | | 2天 | 4天 | | 7天 | 15天 | 31天 | 36天 | | 41天 |
| 21 |  |  | 21 | 20 | | 18 | 15 | | 7 |  | |  |  |
| 22 |  |  | 22 | 21 | | 19 | 16 | | 8 |  | |  |  |
| 23 |  |  | 23 | 22 | | 20 | 17 | | 9 |  | |  |  |
| 24 |  |  | 24 | 23 | | 21 | 18 | | 10 |  | |  |  |
| 25 |  |  | 25 | 24 | | 22 | 19 | | 11 |  | |  |  |
| 26 |  |  | 26 | 25 | | 23 | 20 | | 12 |  | |  |  |
| 27 |  |  | 27 | 26 | | 24 | 21 | | 13 |  | |  |  |
| 28 |  |  | 28 | 27 | | 25 | 22 | | 14 |  | |  |  |
| 29 |  |  | 29 | 28 | | 26 | 23 | | 15 |  | |  |  |
| 30 |  |  | 30 | 29 | | 27 | 24 | | 16 |  | |  |  |
| 31 |  |  | 31 | 30 | | 28 | 25 | | 17 | 1 | |  |  |
| 32 |  |  | 32 | 31 | | 29 | 26 | | 18 | 2 | |  |  |
| 33 |  |  | 33 | 32 | | 30 | 27 | | 19 | 3 | |  |  |
| 34 |  |  | 34 | 33 | | 31 | 28 | | 20 | 4 | |  |  |
| 35 |  |  | 35 | 34 | | 32 | 29 | | 21 | 5 | |  |  |
| 36 |  |  | 36 | 35 | | 33 | 30 | | 22 | 6 | | 1 |  |
| 37 |  |  | 37 | 36 | | 34 | 31 | | 23 | 7 | | 2 |  |
| 38 |  |  | 38 | 37 | | 35 | 32 | | 24 | 8 | | 3 |  |
| 39 |  |  | 39 | 38 | | 36 | 33 | | 25 | 9 | | 4 |  |
| 40 |  |  | 40 | 39 | | 37 | 34 | | 26 | 10 | | 5 |  |

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| 序号 | 学习日期 | 学 习 内 容 | 复习周期 | | | | | | | | | | |
| 1天 | | 2天 | 4天 | | 7天 | 15天 | 31天 | 36天 | | 41天 |
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