

# Trainingstagebuch KW 1

| heiß | Tag          |             | Montag    | Dienstag | Mittwoch                          | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|-----------|----------|-----------------------------------|------------|---------|---------|---------|
|      | Sportart     |             | Joggen DL |          | Eigengewicht Gar                  | Warrior    |         |         |         |
|      | Intensität   | Sehr locker |           |          |                                   |            |         |         |         |
|      |              | Locker      | x         |          |                                   |            |         |         |         |
|      |              | Mittel      |           |          | x                                 |            |         |         |         |
|      |              | Hart        |           |          |                                   | x          |         |         |         |
|      |              | Sehr hart   |           |          |                                   |            |         |         |         |
|      | Total        | Minuten     | 55        |          | 30                                | 55         |         |         |         |
|      | Umfang       | Kilometer   | 9,000     |          |                                   |            |         |         |         |
|      | Beschreibung |             |           |          | youtube Videos<br>Pamela Reif     |            | krank   | krank   | krank   |
| heiß | Sportart     |             |           |          | Laufen Intervall                  |            |         |         |         |
|      | Intensität   | Sehr locker |           |          |                                   |            |         |         |         |
|      |              | Locker      |           |          |                                   |            |         |         |         |
|      |              | Mittel      |           |          |                                   |            |         |         |         |
|      |              | Hart        |           |          | x                                 |            |         |         |         |
|      |              | Sehr hart   |           |          |                                   |            |         |         |         |
|      | Total        | Minuten     |           |          | 16                                |            |         |         |         |
|      | Umfang       | Kilometer   |           |          | 3,500                             |            |         |         |         |
|      | Beschreibung |             |           |          | 3 Min 10 km/h, 1<br>Min 14.5 km/h |            |         |         |         |
|      | Sportart     |             |           |          |                                   |            |         |         |         |
|      | Intensität   | Sehr locker |           |          |                                   |            |         |         |         |
|      |              | Locker      |           |          |                                   |            |         |         |         |

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|  |                     | Mittel       |  |  |  |  |  |  |
|  |                     | Hart         |  |  |  |  |  |  |
|  |                     | Sehr hart    |  |  |  |  |  |  |
|  | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|  | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|  | <b>Beschreibung</b> |              |  |  |  |  |  |  |
|  | <b>Biofaktoren</b>  | Schlaf Std.  |  |  |  |  |  |  |
|  |                     | Gewicht kg   |  |  |  |  |  |  |
|  |                     | Ruhepuls     |  |  |  |  |  |  |
|  |                     | Motivation   |  |  |  |  |  |  |
|  |                     | Regeneration |  |  |  |  |  |  |
|  |                     | Befinden     |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 55               | 16                    | 0                      | 0                      | 55             | 30                    | 0           |
| <b>Umfang</b>   | Kilometer | 9,000            | 3,500                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>156</b>         |
| 0,000      | 0,000      | 0,000       | <b>12,500</b>      |

# Trainingstagebuch KW 2

| heiß | Tag          |             | Montag | Dienstag | Mittwoch                          | Donnerstag                        | Freitag | Samstag            | Sonntag |
|------|--------------|-------------|--------|----------|-----------------------------------|-----------------------------------|---------|--------------------|---------|
|      | Sportart     |             |        | Yoga     | Krafttraining Tag                 | Krafttraining Tag                 |         | Eigengewicht Gar   |         |
|      | Intensität   | Sehr locker |        |          |                                   |                                   |         |                    |         |
|      |              | Locker      |        | x        |                                   |                                   |         |                    |         |
|      |              | Mittel      |        |          | x                                 | x                                 |         | x                  |         |
|      |              | Hart        |        |          |                                   |                                   |         |                    |         |
|      |              | Sehr hart   |        |          |                                   |                                   |         |                    |         |
|      | Total        | Minuten     |        | 30       |                                   |                                   |         |                    |         |
|      | Umfang       | Kilometer   |        |          |                                   |                                   |         |                    |         |
|      | Beschreibung |             | krank  |          | gem. Plan Eddie, Gewichte moderat | gem. Plan Eddie, Gewichte moderat |         | Deep Work via Zoom |         |
| heiß | Sportart     |             |        |          |                                   |                                   |         |                    |         |
|      | Intensität   | Sehr locker |        |          |                                   |                                   |         |                    |         |
|      |              | Locker      |        |          |                                   |                                   |         |                    |         |
|      |              | Mittel      |        |          |                                   |                                   |         |                    |         |
|      |              | Hart        |        |          |                                   |                                   |         |                    |         |
|      |              | Sehr hart   |        |          |                                   |                                   |         |                    |         |
|      | Total        | Minuten     |        |          |                                   |                                   |         |                    |         |
|      | Umfang       | Kilometer   |        |          |                                   |                                   |         |                    |         |
|      | Beschreibung |             |        |          |                                   |                                   |         |                    |         |
|      | Sportart     |             |        |          |                                   |                                   |         |                    |         |
|      | Intensität   | Sehr locker |        |          |                                   |                                   |         |                    |         |
|      |              | Locker      |        |          |                                   |                                   |         |                    |         |

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|  |                     | Mittel       |  |  |  |  |  |  |
|  |                     | Hart         |  |  |  |  |  |  |
|  |                     | Sehr hart    |  |  |  |  |  |  |
|  | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|  | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|  | <b>Beschreibung</b> |              |  |  |  |  |  |  |
|  | <b>Biofaktoren</b>  | Schlaf Std.  |  |  |  |  |  |  |
|  |                     | Gewicht kg   |  |  |  |  |  |  |
|  |                     | Ruhepuls     |  |  |  |  |  |  |
|  |                     | Motivation   |  |  |  |  |  |  |
|  |                     | Regeneration |  |  |  |  |  |  |
|  |                     | Befinden     |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 30          |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
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| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>30</b>          |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |



# Trainingstagebuch KW 3

| Tag                 | Montag      | Dienstag                   | Mittwoch | Donnerstag                 | Freitag | Samstag | Sonntag |
|---------------------|-------------|----------------------------|----------|----------------------------|---------|---------|---------|
| <b>Sportart</b>     |             | Eigengewicht Gar           |          | Eigengewicht Gar           |         |         |         |
| <b>Intensität</b>   | Sehr locker |                            |          |                            |         |         |         |
|                     | Locker      |                            |          |                            |         |         |         |
|                     | Mittel      |                            |          |                            |         |         |         |
|                     | Hart        |                            |          |                            |         |         |         |
|                     | Sehr hart   |                            |          |                            |         |         |         |
| <b>Total</b>        | Minuten     | 45                         |          | 35                         |         |         |         |
| <b>Umfang</b>       | Kilometer   |                            |          |                            |         |         |         |
| <b>Beschreibung</b> |             | Youtube Pamela Reif Videos |          | Youtube Pamela Reif Videos |         |         |         |

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| <b>Sportart</b>     |             |  |  |  |  |  |  |
| <b>Intensität</b>   | Sehr locker |  |  |  |  |  |  |
|                     | Locker      |  |  |  |  |  |  |
|                     | Mittel      |  |  |  |  |  |  |
|                     | Hart        |  |  |  |  |  |  |
|                     | Sehr hart   |  |  |  |  |  |  |
| <b>Total</b>        | Minuten     |  |  |  |  |  |  |
| <b>Umfang</b>       | Kilometer   |  |  |  |  |  |  |
| <b>Beschreibung</b> |             |  |  |  |  |  |  |

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| <b>Sportart</b>   |             |  |  |  |  |  |  |
| <b>Intensität</b> | Sehr locker |  |  |  |  |  |  |
|                   | Locker      |  |  |  |  |  |  |

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|  |                     | Mittel       |  |  |  |  |  |  |
|  |                     | Hart         |  |  |  |  |  |  |
|  |                     | Sehr hart    |  |  |  |  |  |  |
|  | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|  | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|  | <b>Beschreibung</b> |              |  |  |  |  |  |  |
|  | <b>Biofaktoren</b>  | Schlaf Std.  |  |  |  |  |  |  |
|  |                     | Gewicht kg   |  |  |  |  |  |  |
|  |                     | Ruhepuls     |  |  |  |  |  |  |
|  |                     | Motivation   |  |  |  |  |  |  |
|  |                     | Regeneration |  |  |  |  |  |  |
|  |                     | Befinden     |  |  |  |  |  |  |

## Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 80                    | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
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| -          | -          | -           | <b>Total Woche</b> |
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| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

# Trainingstagebuch KW 4

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| Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
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| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |

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|                    |                     | Mittel       |  |  |  |  |  |  |
|                    |                     | Hart         |  |  |  |  |  |  |
|                    |                     | Sehr hart    |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |              |  |  |  |  |  |  |
| <b>Biofaktoren</b> |                     | Schlaf Std.  |  |  |  |  |  |  |
|                    |                     | Gewicht kg   |  |  |  |  |  |  |
|                    |                     | Ruhepuls     |  |  |  |  |  |  |
|                    |                     | Motivation   |  |  |  |  |  |  |
|                    |                     | Regeneration |  |  |  |  |  |  |
|                    |                     | Befinden     |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
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| -          | -          | -           | <b>Total Woche</b> |
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| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |



# Trainingstagebuch KW 5

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|  |                     | Mittel       |  |  |  |  |  |  |
|  |                     | Hart         |  |  |  |  |  |  |
|  |                     | Sehr hart    |  |  |  |  |  |  |
|  | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|  | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|  | <b>Beschreibung</b> |              |  |  |  |  |  |  |
|  | <b>Biofaktoren</b>  | Schlaf Std.  |  |  |  |  |  |  |
|  |                     | Gewicht kg   |  |  |  |  |  |  |
|  |                     | Ruhepuls     |  |  |  |  |  |  |
|  |                     | Motivation   |  |  |  |  |  |  |
|  |                     | Regeneration |  |  |  |  |  |  |
|  |                     | Befinden     |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
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| -          | -          | -           | <b>Total Woche</b> |
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| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

# Trainingstagebuch KW 6

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    |                     | Mittel       |  |  |  |  |  |  |
|                    |                     | Hart         |  |  |  |  |  |  |
|                    |                     | Sehr hart    |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten      |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer    |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |              |  |  |  |  |  |  |
| <b>Biofaktoren</b> |                     | Schlaf Std.  |  |  |  |  |  |  |
|                    |                     | Gewicht kg   |  |  |  |  |  |  |
|                    |                     | Ruhepuls     |  |  |  |  |  |  |
|                    |                     | Motivation   |  |  |  |  |  |  |
|                    |                     | Regeneration |  |  |  |  |  |  |
|                    |                     | Befinden     |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |



# Trainingstagebuch KW 7

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 8

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 9

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| heiß                | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| heiß                | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 10

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 11

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| heiße               | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| heiße               | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| heiße               | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 12

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 13

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 14

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| heiße               | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| heiße               | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 15

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 16

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 17

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 18

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 19

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 20

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 21

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|--------------------|---------------------|-----------|--|--|--|--|--|--|
|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 22

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 23

| hei | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| hei | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|     | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 24

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| Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 25

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| Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |
|              | Mittel      |        |          |          |            |         |         |         |
|              | Hart        |        |          |          |            |         |         |         |
|              | Sehr hart   |        |          |          |            |         |         |         |
| Total        | Minuten     |        |          |          |            |         |         |         |
| Umfang       | Kilometer   |        |          |          |            |         |         |         |
| Beschreibung |             |        |          |          |            |         |         |         |
| Sportart     |             |        |          |          |            |         |         |         |
| Intensität   | Sehr locker |        |          |          |            |         |         |         |
|              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 26

| heiß | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| heiß | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |
|      |              | Mittel      |        |          |          |            |         |         |         |
|      |              | Hart        |        |          |          |            |         |         |         |
|      |              | Sehr hart   |        |          |          |            |         |         |         |
|      | Total        | Minuten     |        |          |          |            |         |         |         |
|      | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|      | Beschreibung |             |        |          |          |            |         |         |         |
|      | Sportart     |             |        |          |          |            |         |         |         |
|      | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|      |              | Locker      |        |          |          |            |         |         |         |

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|--------------------|---------------------|-----------|--|--|--|--|--|--|
|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
|-------------|
|             |
| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 27

| hei | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| hei | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|     | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
|-------------|
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| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 28

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 29

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 30

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 31

| hei | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| hei | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|     | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
|-------------|
|             |
| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 32

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|--------------------|---------------------|-----------|--|--|--|--|--|--|
|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
|-------------|
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| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 33

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|--------------------|---------------------|-----------|--|--|--|--|--|--|
|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 34

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 35

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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|             |
| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 36

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 37

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |
|                     |                   | Mittel      |          |          |            |         |         |         |
|                     |                   | Hart        |          |          |            |         |         |         |
|                     |                   | Sehr hart   |          |          |            |         |         |         |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |
|                     |                   | Locker      |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 38

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 39

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 40

| hei | Tag          |             | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----|--------------|-------------|--------|----------|----------|------------|---------|---------|---------|
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
| hei | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |
|     |              | Mittel      |        |          |          |            |         |         |         |
|     |              | Hart        |        |          |          |            |         |         |         |
|     |              | Sehr hart   |        |          |          |            |         |         |         |
|     | Total        | Minuten     |        |          |          |            |         |         |         |
|     | Umfang       | Kilometer   |        |          |          |            |         |         |         |
|     | Beschreibung |             |        |          |          |            |         |         |         |
|     | Sportart     |             |        |          |          |            |         |         |         |
|     | Intensität   | Sehr locker |        |          |          |            |         |         |         |
|     |              | Locker      |        |          |          |            |         |         |         |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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|             |
| 0           |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 41

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|---------------------|---------------|-----------|--|--|--|--|--|--|
|                     | Mittel        |           |  |  |  |  |  |  |
|                     | Hart          |           |  |  |  |  |  |  |
|                     | Sehr hart     |           |  |  |  |  |  |  |
|                     | <b>Total</b>  | Minuten   |  |  |  |  |  |  |
|                     | <b>Umfang</b> | Kilometer |  |  |  |  |  |  |
| <b>Beschreibung</b> |               |           |  |  |  |  |  |  |
| <b>Biofaktoren</b>  | Schlaf Std.   |           |  |  |  |  |  |  |
|                     | Gewicht kg    |           |  |  |  |  |  |  |
|                     | Ruhepuls      |           |  |  |  |  |  |  |
|                     | Motivation    |           |  |  |  |  |  |  |
|                     | Regeneration  |           |  |  |  |  |  |  |
|                     | Befinden      |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6          | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|---------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                   | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000               | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

# Trainingstagebuch KW 42

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|--------------------|---------------------|-----------|--|--|--|--|--|--|
|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

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| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen



# Trainingstagebuch KW 43

| Tag                 |                   | Montag      | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |  |
|---------------------|-------------------|-------------|----------|----------|------------|---------|---------|---------|--|
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
| hei                 | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |
|                     |                   | Mittel      |          |          |            |         |         |         |  |
|                     |                   | Hart        |          |          |            |         |         |         |  |
|                     |                   | Sehr hart   |          |          |            |         |         |         |  |
|                     | <b>Total</b>      | Minuten     |          |          |            |         |         |         |  |
|                     | <b>Umfang</b>     | Kilometer   |          |          |            |         |         |         |  |
| <b>Beschreibung</b> |                   |             |          |          |            |         |         |         |  |
|                     | <b>Sportart</b>   |             |          |          |            |         |         |         |  |
|                     | <b>Intensität</b> | Sehr locker |          |          |            |         |         |         |  |
|                     |                   | Locker      |          |          |            |         |         |         |  |

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|                    | Mittel              |           |  |  |  |  |  |  |
|                    | Hart                |           |  |  |  |  |  |  |
|                    | Sehr hart           |           |  |  |  |  |  |  |
|                    | <b>Total</b>        | Minuten   |  |  |  |  |  |  |
|                    | <b>Umfang</b>       | Kilometer |  |  |  |  |  |  |
|                    | <b>Beschreibung</b> |           |  |  |  |  |  |  |
| <b>Biofaktoren</b> | Schlaf Std.         |           |  |  |  |  |  |  |
|                    | Gewicht kg          |           |  |  |  |  |  |  |
|                    | Ruhepuls            |           |  |  |  |  |  |  |
|                    | Motivation          |           |  |  |  |  |  |  |
|                    | Regeneration        |           |  |  |  |  |  |  |
|                    | Befinden            |           |  |  |  |  |  |  |

### Wochenauswertung nach Sportart

|                 |           | Sportart 1       | Sportart 2            | Sportart 3             | Sportart 4             | Sportart 5     | Sportart 6            | Sportart 7  |
|-----------------|-----------|------------------|-----------------------|------------------------|------------------------|----------------|-----------------------|-------------|
| <b>Sportart</b> |           | <b>Joggen DL</b> | <b>Laufen Interva</b> | <b>Krafttraining T</b> | <b>Krafttraining T</b> | <b>Warrior</b> | <b>Eigengewicht C</b> | <b>Yoga</b> |
| <b>Dauer</b>    | Minuten   | 0                | 0                     | 0                      | 0                      | 0              | 0                     | 0           |
| <b>Umfang</b>   | Kilometer | 0,000            | 0,000                 | 0,000                  | 0,000                  | 0,000          | 0,000                 | 0,000       |

**Achtung:** geschrieben werden darf nur in die weissen Felder!

**Bemerkung:** Die Sportart kann in Tabelle "Listen" geändert oder erweitert werden.

Version 1.4 [sportunterricht.ch](http://sportunterricht.ch) Trainingstagebuch

| Total Woche |
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| Sportart 8 | Sportart 9 | Sportart 10 |                    |
|------------|------------|-------------|--------------------|
| -          | -          | -           | <b>Total Woche</b> |
| 0          | 0          | 0           | <b>0</b>           |
| 0,000      | 0,000      | 0,000       | <b>0,000</b>       |

Sportart mittels Dropdownmenü wählen

|  |                                       |                         |  |  |
|--|---------------------------------------|-------------------------|--|--|
|  |                                       |                         |  |  |
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|  |                                       |                         |  |  |
|  |                                       |                         |  |  |
|  |                                       |                         |  |  |
|  | <b>Name der Liste</b>                 | Sportarten              |  |  |
|  | 1. Sportart                           | Joggen DL               |  |  |
|  | 2. Sportart                           | Laufen Intervall        |  |  |
|  | 3. Sportart                           | Krafttraining Tag 1     |  |  |
|  | 4. Sportart                           | Krafttraining Tag 2     |  |  |
|  | 5. Sportart                           | Warrior                 |  |  |
|  | 6. Sportart                           | Eigengewicht Ganzkörper |  |  |
|  | 7. Sportart                           | Yoga                    |  |  |
|  | 8. Sportart                           | -                       |  |  |
|  | 9. Sportart                           | -                       |  |  |
|  | 10. Sportart                          | -                       |  |  |
|  | Leerfeld                              |                         |  |  |
|  |                                       |                         |  |  |
|  | Dropdown Menü Sportarten zum Kopieren |                         |  |  |
|  | Radfahren                             |                         |  |  |

# Trainingstagebuch sportunterricht.ch Jahresauswertung

|                             |             |  |
|-----------------------------|-------------|--|
| <b>Intensität Einheit 1</b> | Sehr locker |  |
|                             | Locker      |  |
|                             | Mittel      |  |
|                             | Hart        |  |
|                             | Sehr hart   |  |

|                             |             |  |
|-----------------------------|-------------|--|
| <b>Intensität Einheit 2</b> | Sehr locker |  |
|                             | Locker      |  |
|                             | Mittel      |  |
|                             | Hart        |  |
|                             | Sehr hart   |  |

|                             |             |  |
|-----------------------------|-------------|--|
| <b>Intensität Einheit 3</b> | Sehr locker |  |
|                             | Locker      |  |
|                             | Mittel      |  |
|                             | Hart        |  |
|                             | Sehr hart   |  |

|                         |             |  |
|-------------------------|-------------|--|
| <b>Intensität Total</b> | Sehr locker |  |
|                         | Locker      |  |
|                         | Mittel      |  |
|                         | Hart        |  |
|                         | Sehr hart   |  |

|               |           |       |
|---------------|-----------|-------|
| Sportart 1    | Joggen DL |       |
| <b>Dauer</b>  | Minuten   | 55    |
| <b>Umfang</b> | Kilometer | 9,000 |

|               |                  |       |
|---------------|------------------|-------|
| Sportart 2    | Laufen Intervall |       |
| <b>Dauer</b>  | Minuten          | 16    |
| <b>Umfang</b> | Kilometer        | 3,500 |

|               |                   |       |
|---------------|-------------------|-------|
| Sportart 3    | Krafttraining Tag |       |
| <b>Dauer</b>  | Minuten           | 0     |
| <b>Umfang</b> | Kilometer         | 0,000 |

|               |            |  |
|---------------|------------|--|
| Sportart 4    | Krafttrain |  |
| <b>Dauer</b>  | Minuten    |  |
| <b>Umfang</b> | Kilometer  |  |

|               |           |       |
|---------------|-----------|-------|
| Sportart 5    | Warrior   |       |
| <b>Dauer</b>  | Minuten   | 55    |
| <b>Umfang</b> | Kilometer | 0,000 |

|               |                 |       |
|---------------|-----------------|-------|
| Sportart 6    | Eigengewicht Ga |       |
| <b>Dauer</b>  | Minuten         | 110   |
| <b>Umfang</b> | Kilometer       | 0,000 |

|               |           |       |
|---------------|-----------|-------|
| Sportart 7    | Yoga      |       |
| <b>Dauer</b>  | Minuten   | 30    |
| <b>Umfang</b> | Kilometer | 0,000 |

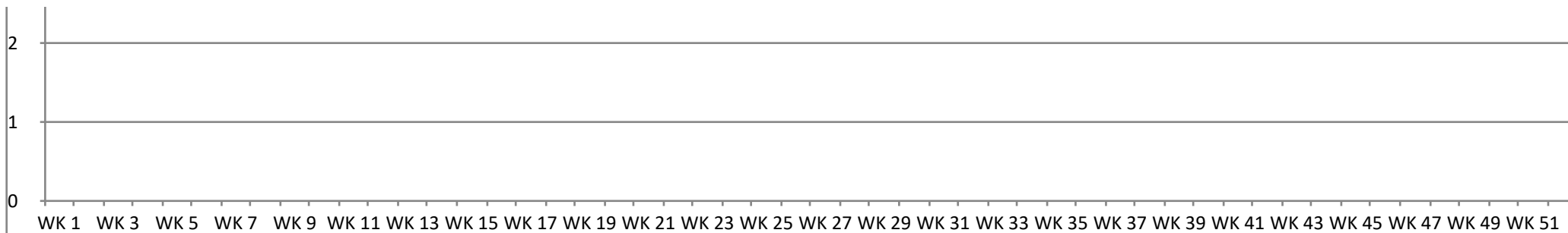
|               |           |  |
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| Sportart 8    | -         |  |
| <b>Dauer</b>  | Minuten   |  |
| <b>Umfang</b> | Kilometer |  |

|               |           |       |
|---------------|-----------|-------|
| Sportart 9    | -         |       |
| <b>Dauer</b>  | Minuten   | 0     |
| <b>Umfang</b> | Kilometer | 0,000 |

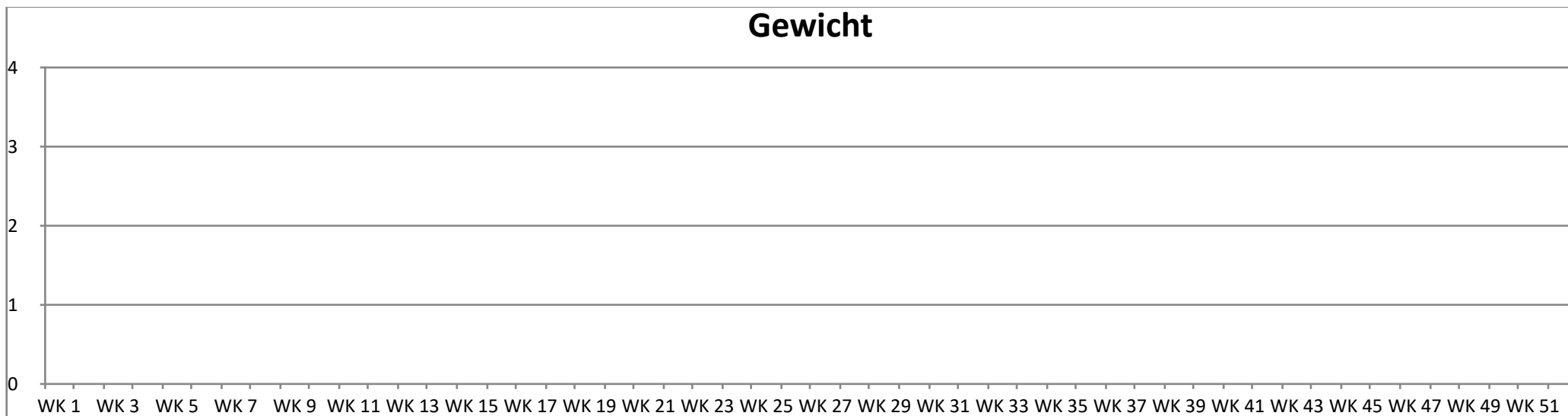
|               |           |       |
|---------------|-----------|-------|
| Sportart 10   | -         |       |
| <b>Dauer</b>  | Minuten   | 0     |
| <b>Umfang</b> | Kilometer | 0,000 |

|                             |           |        |
|-----------------------------|-----------|--------|
| Jahrestotal alle Sportarten |           |        |
| <b>Dauer</b>                | Minuten   | 266    |
| <b>Umfang</b>               | Kilometer | 12,500 |

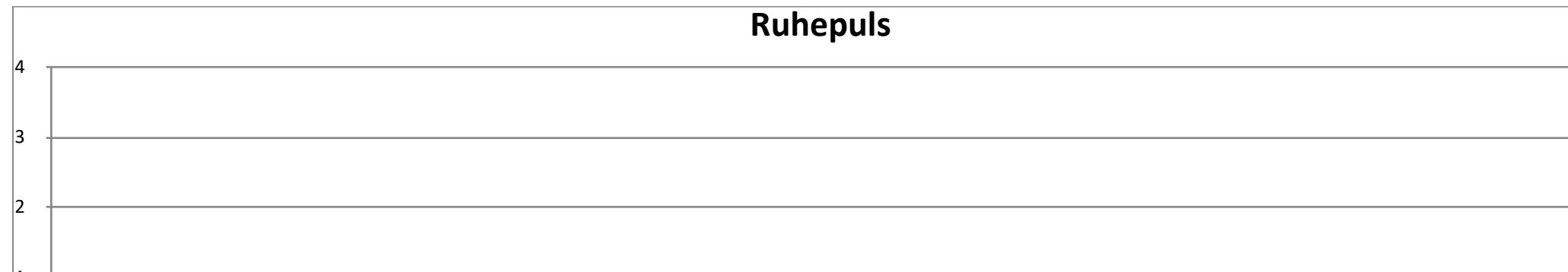


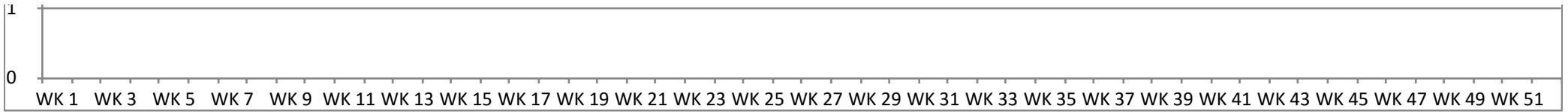


## Gewicht

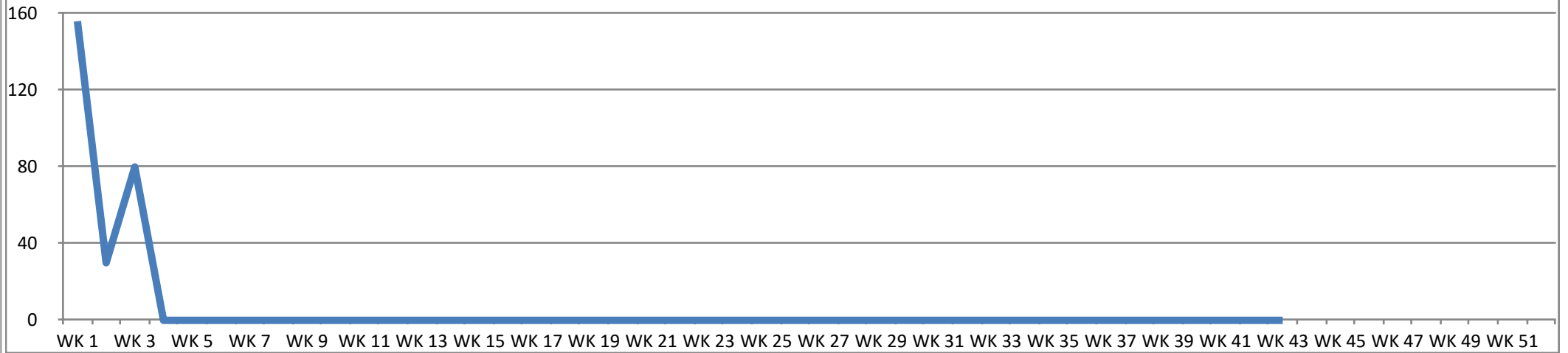


## Ruhepuls

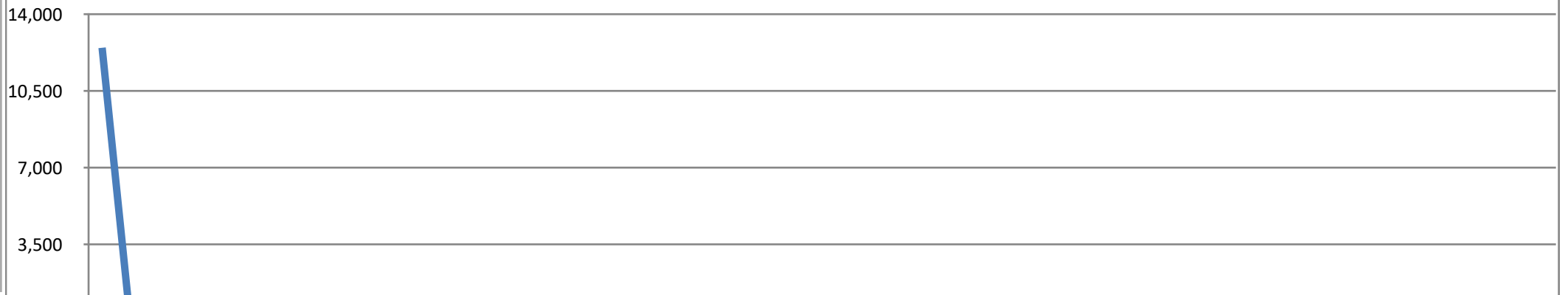




### Dauer alle Sportarten



### Kilometer alle Sportarten





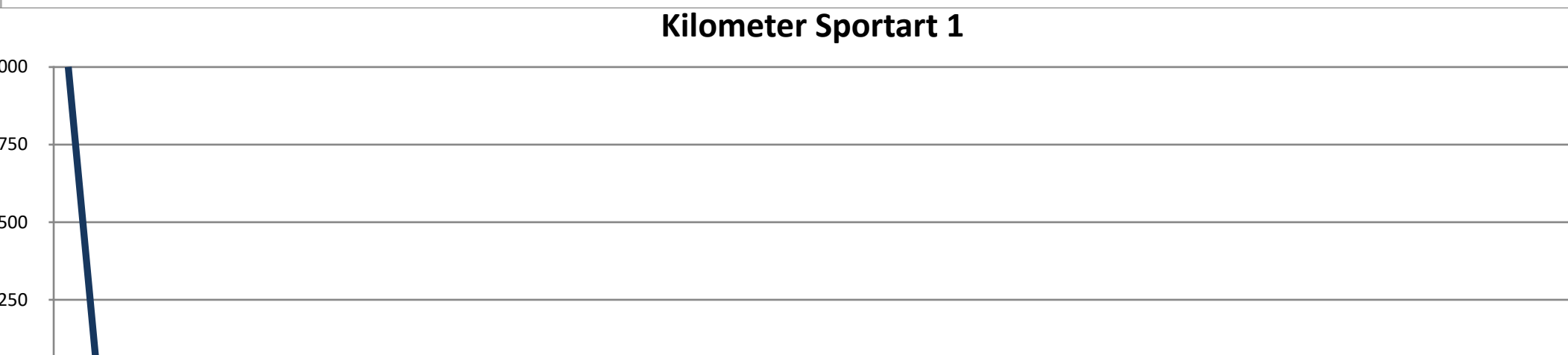


Joggen DL

### Minuten Sportart 1

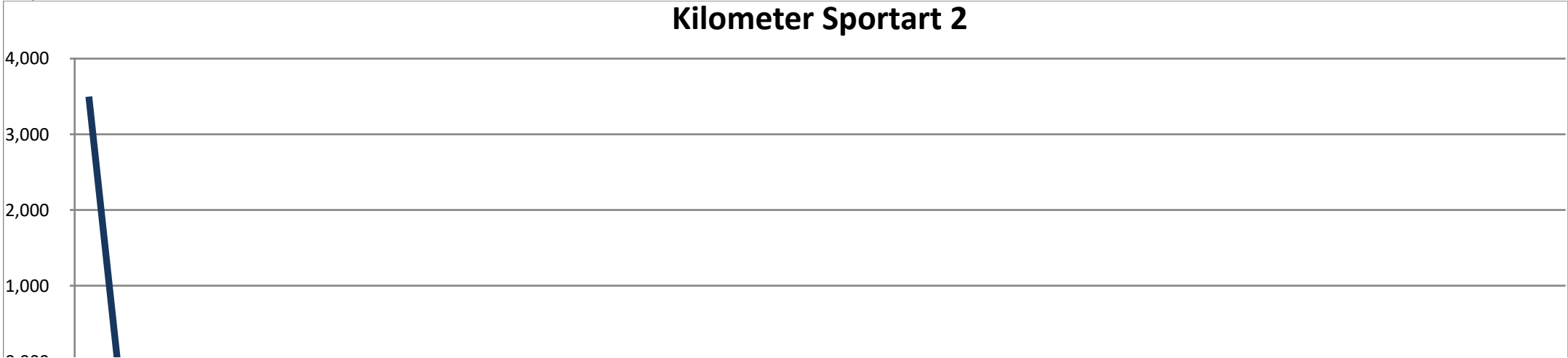
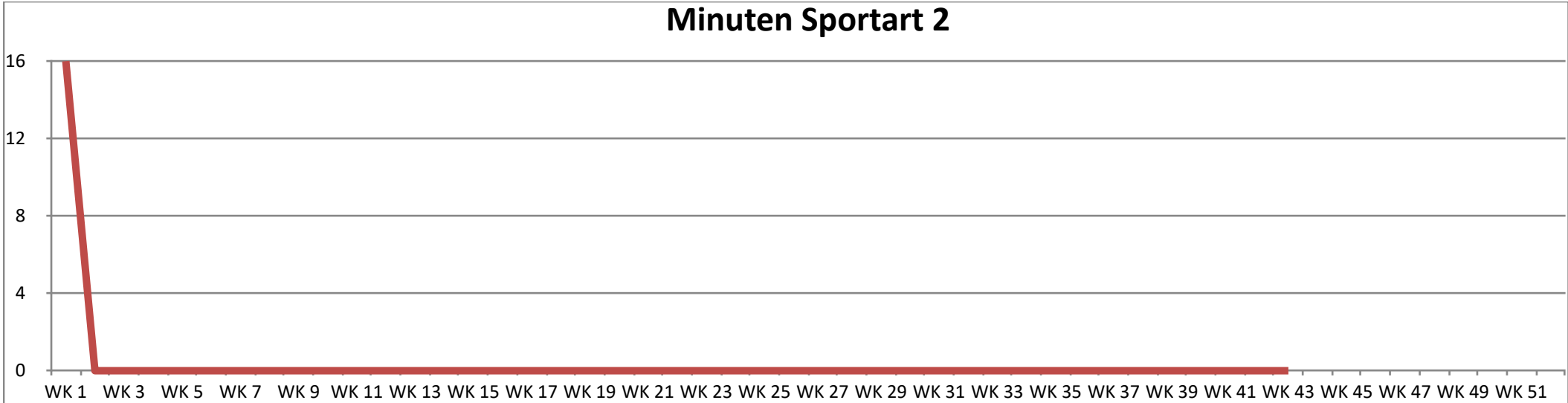


### Kilometer Sportart 1





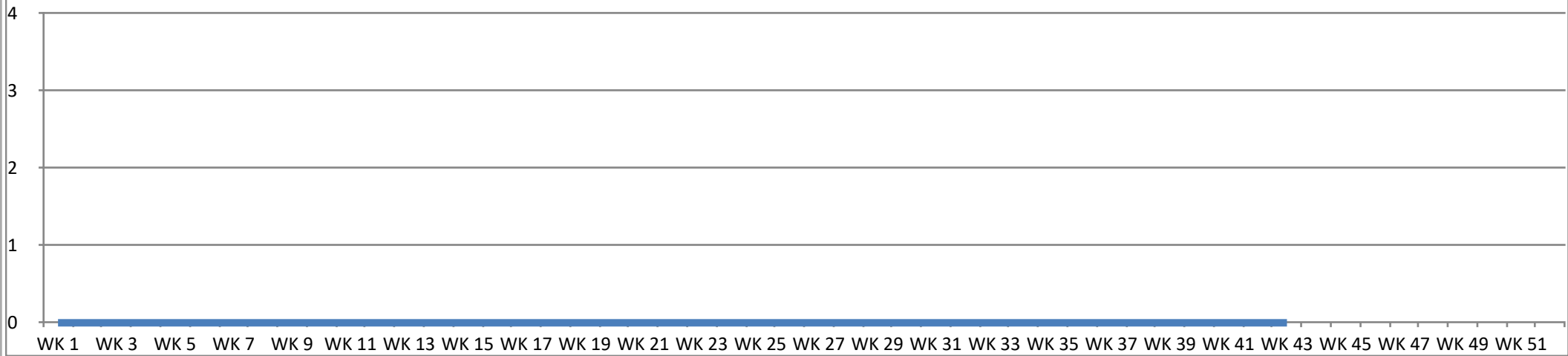
Laufen Intervall





**Krafttraining Tag 1**

### Minuten Sportart 3



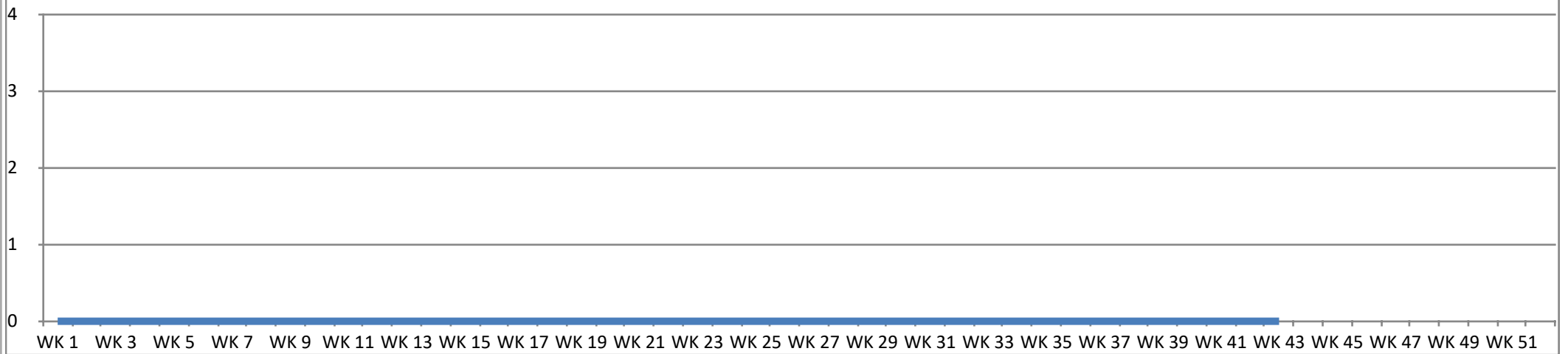
### Kilometer Sportart 3





**Krafttraining Tag 2**

**Minuten Sportart 4**



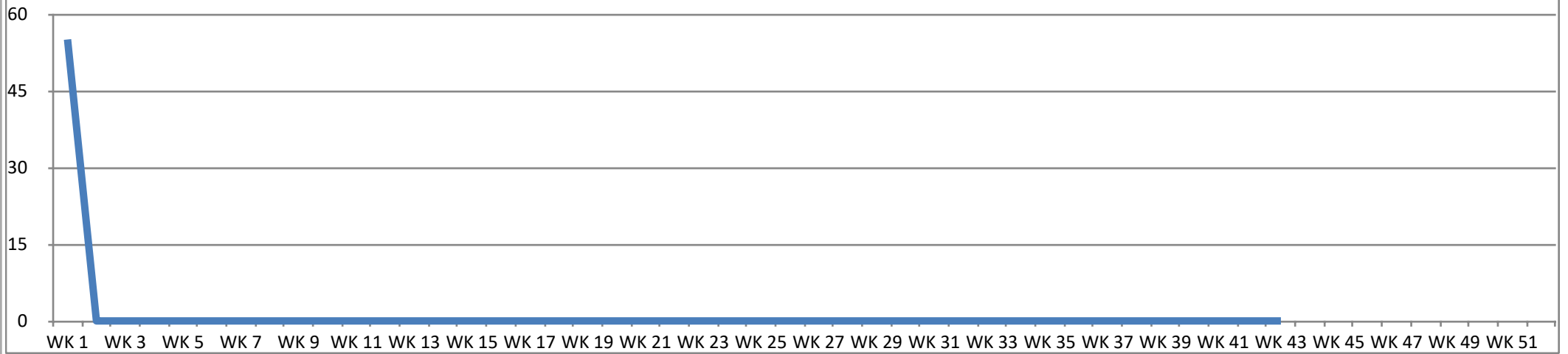
**Kilometer Sportart 4**



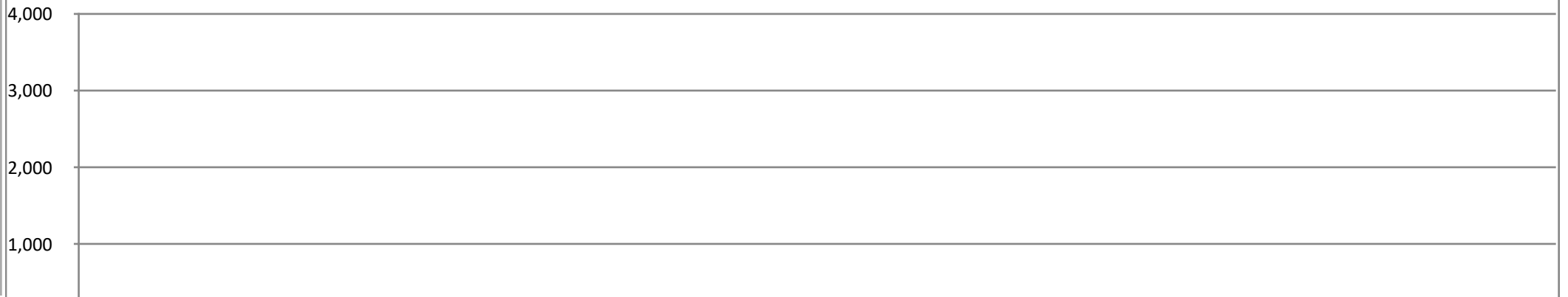


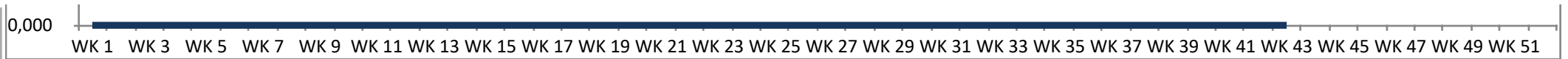
**Warrior**

### Minuten Sportart 5

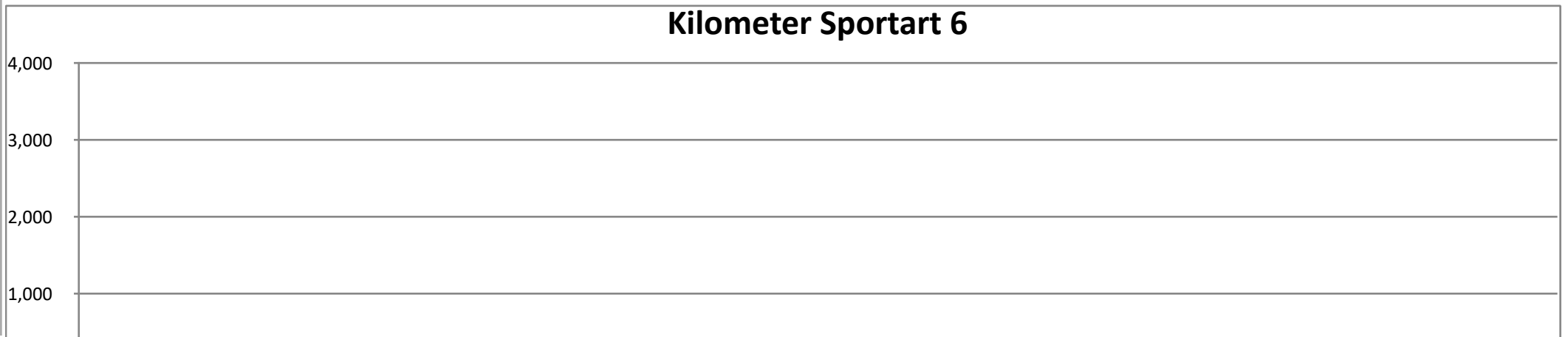
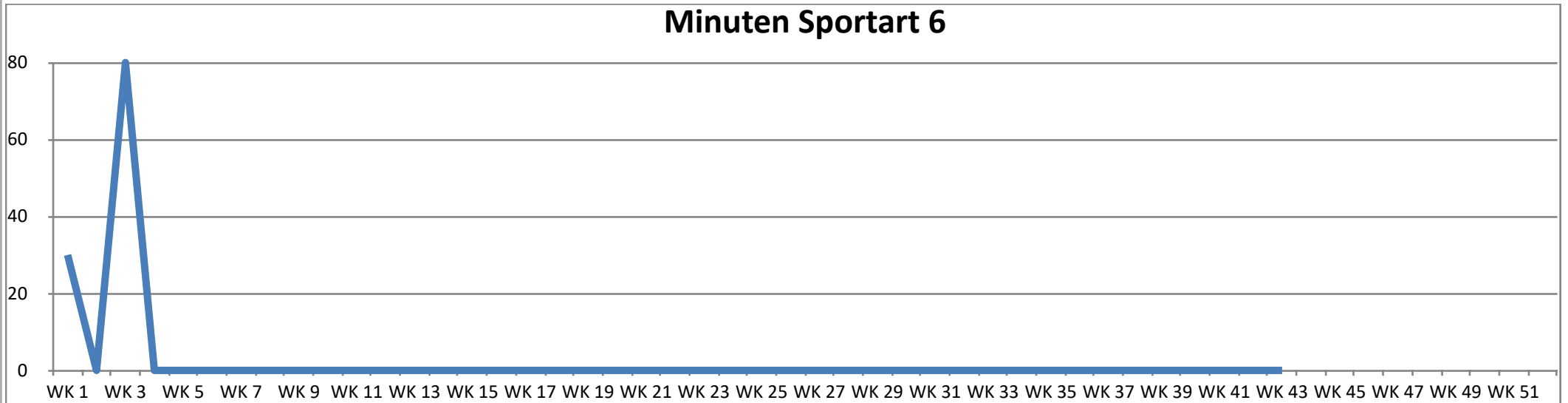


### Kilometer Sportart 5





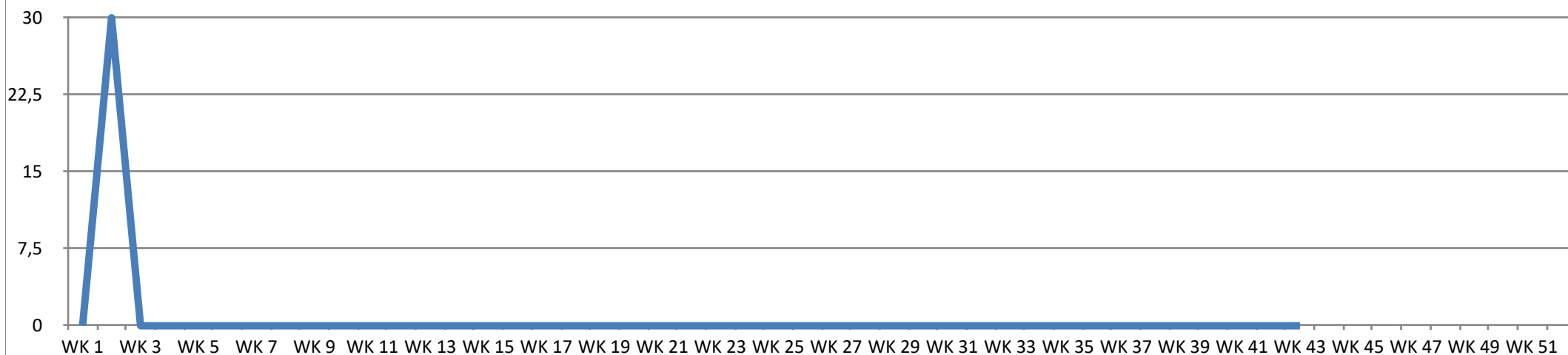
gengewicht Ganzkörper



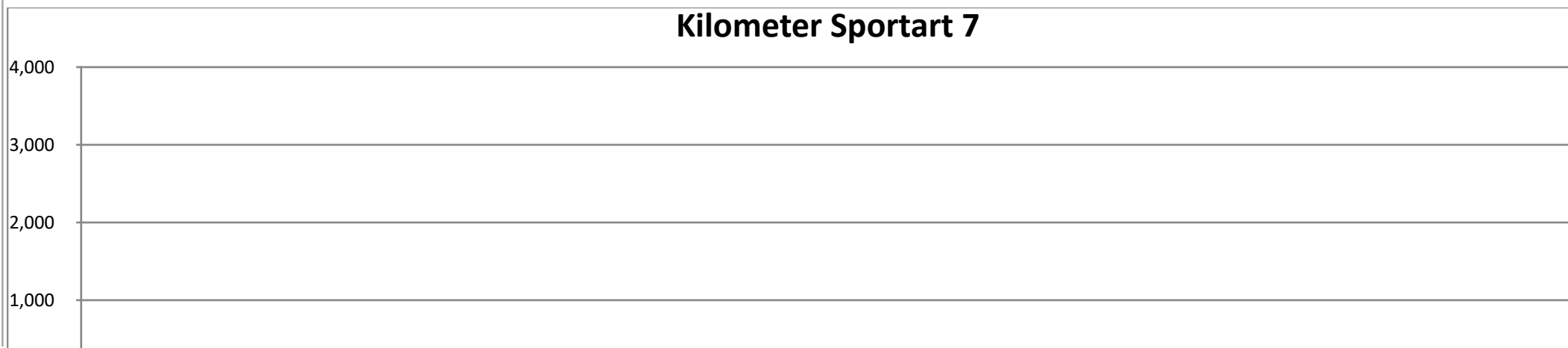


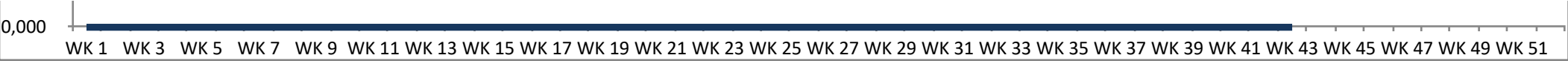
Yoga

## Minuten Sportart 7



## Kilometer Sportart 7

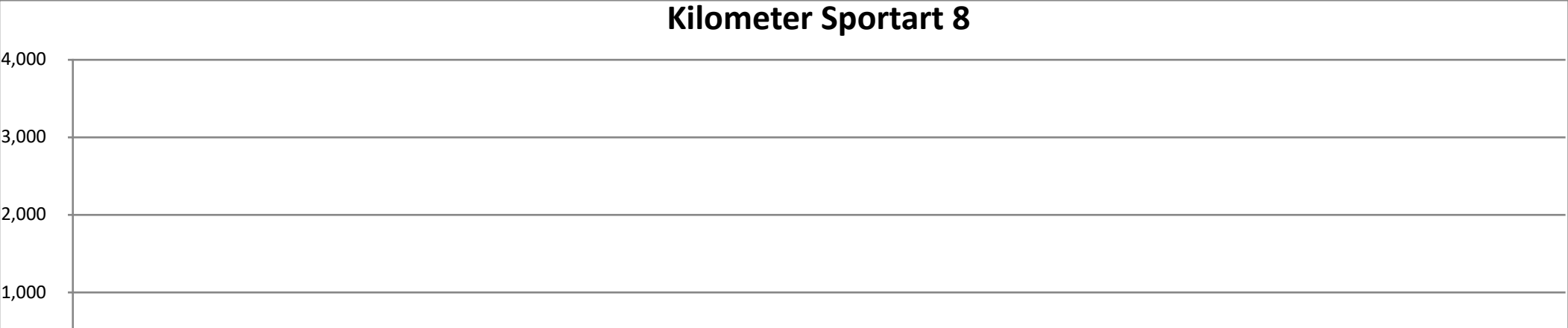




**Minuten Sportart 8**



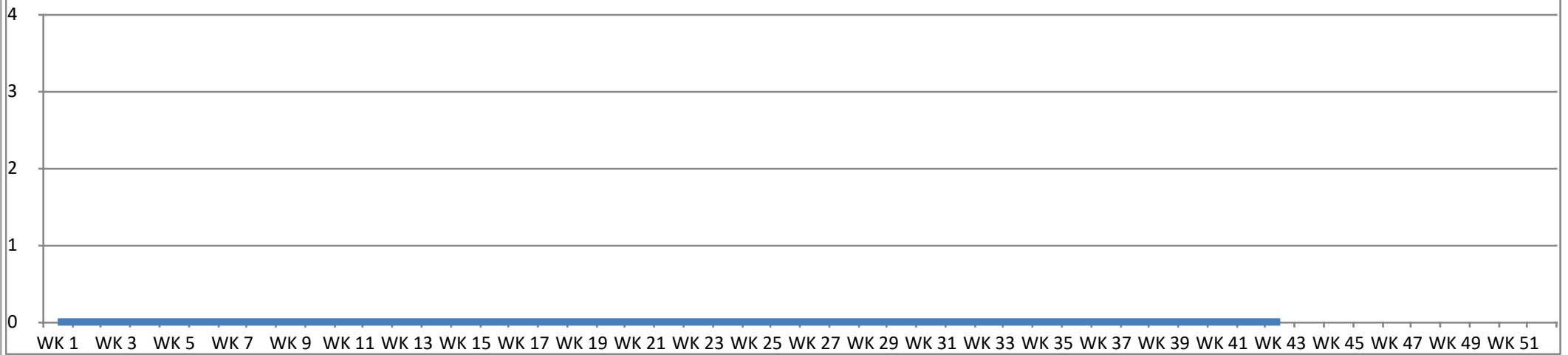
**Kilometer Sportart 8**



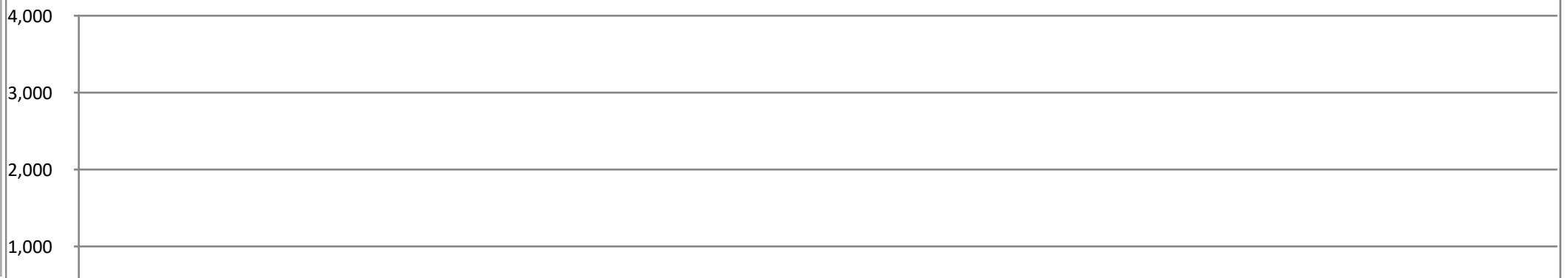




### Minuten Sportart 9



### Kilometer Sportart 9

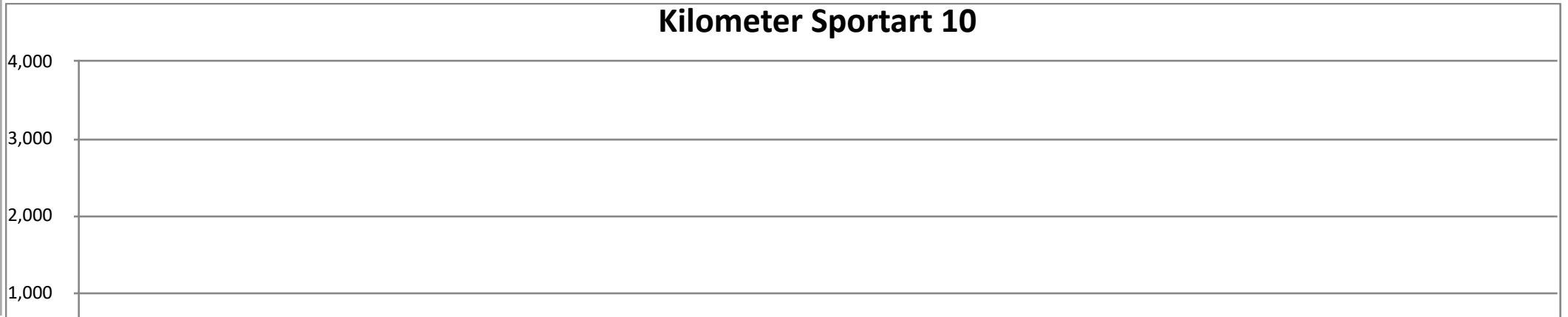




### Minuten Sportart 10



### Kilometer Sportart 10





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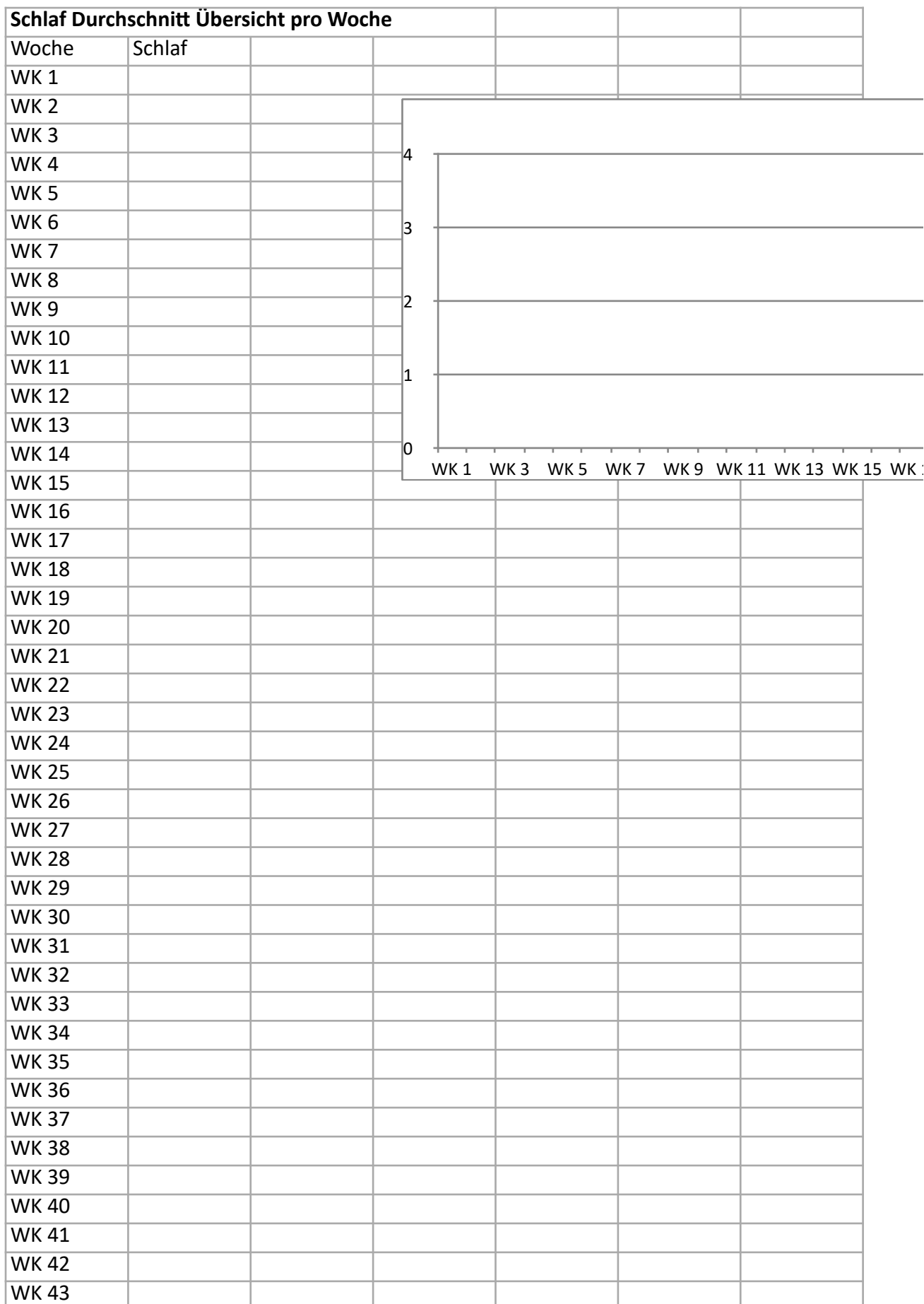












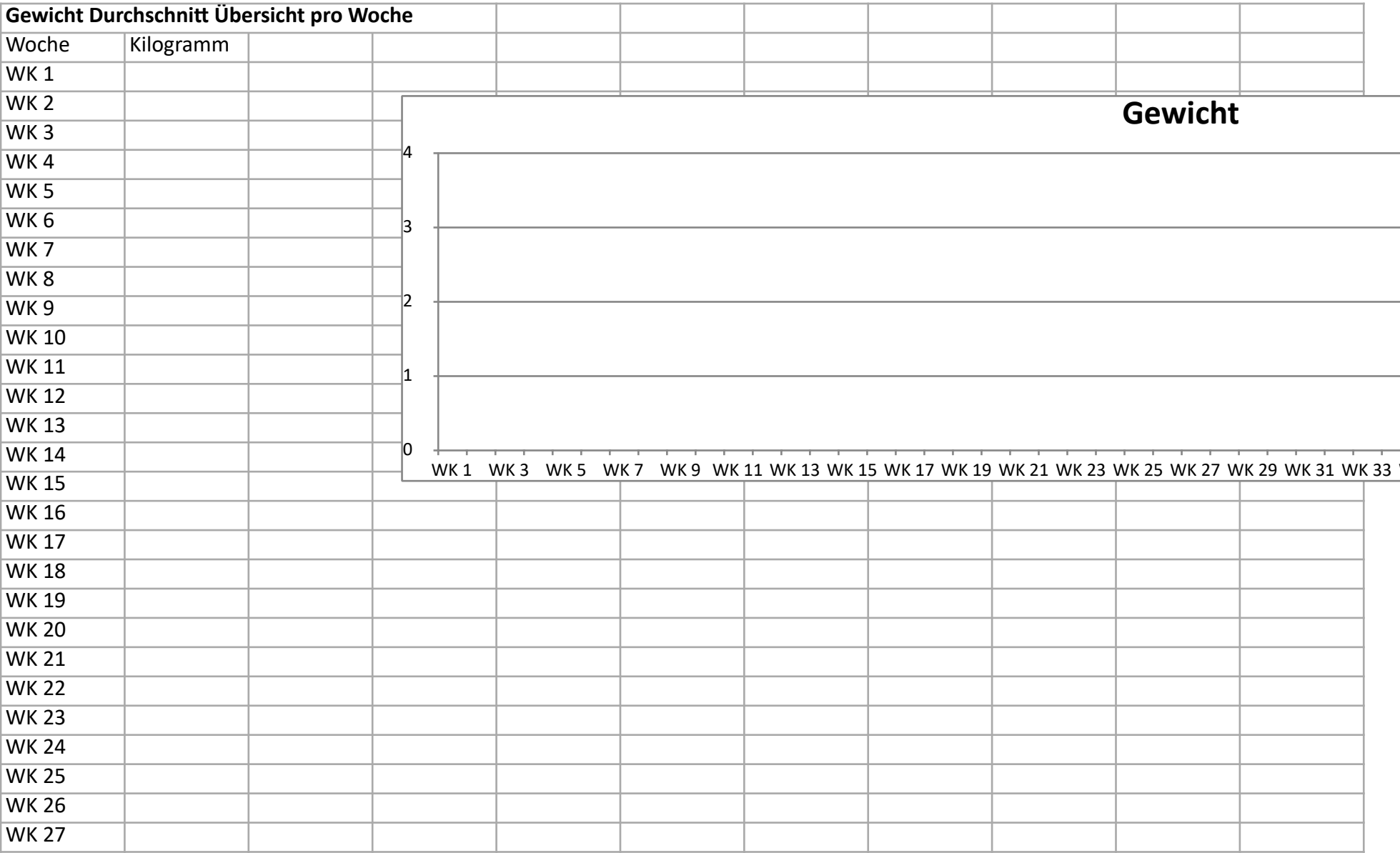
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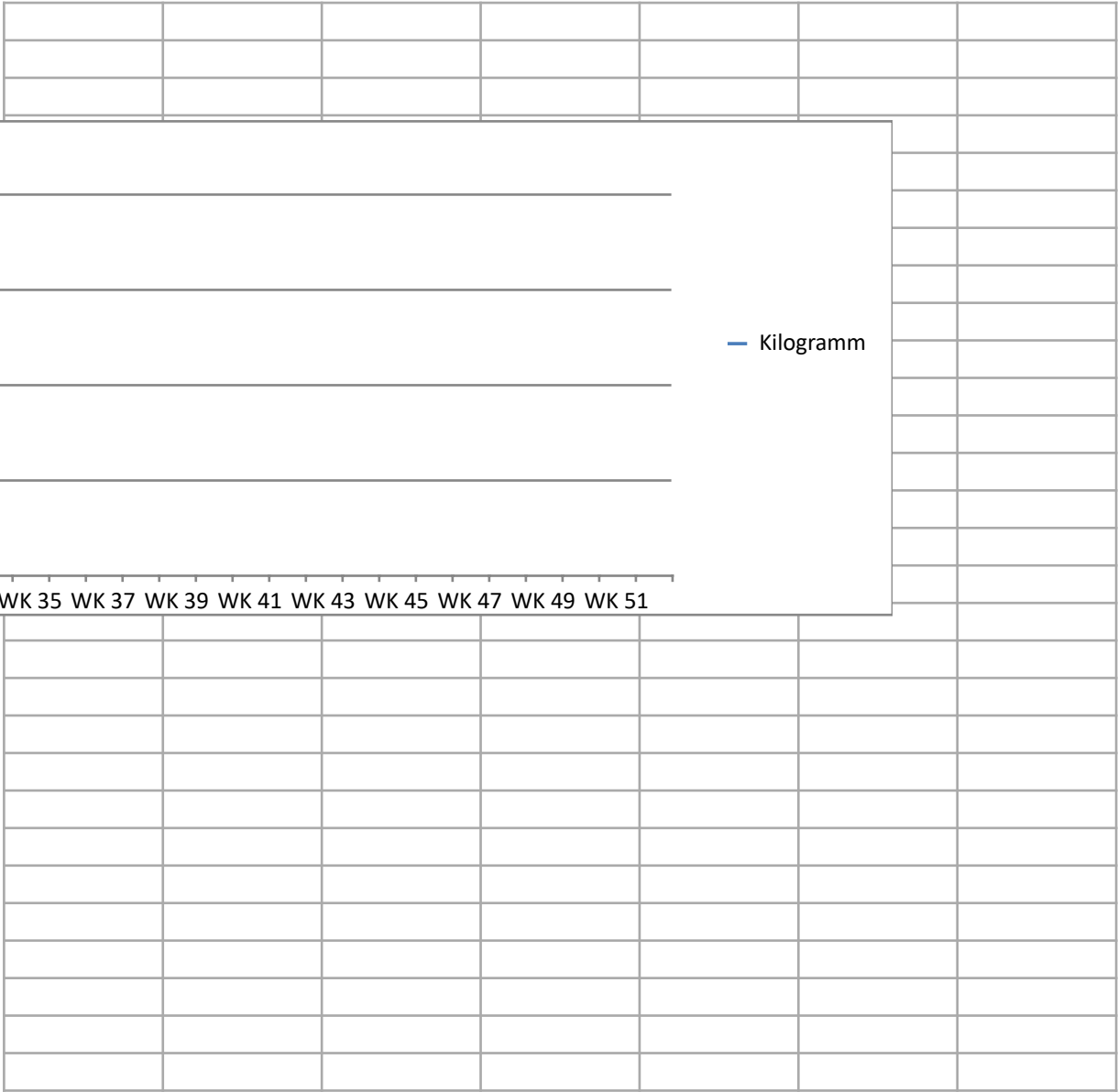


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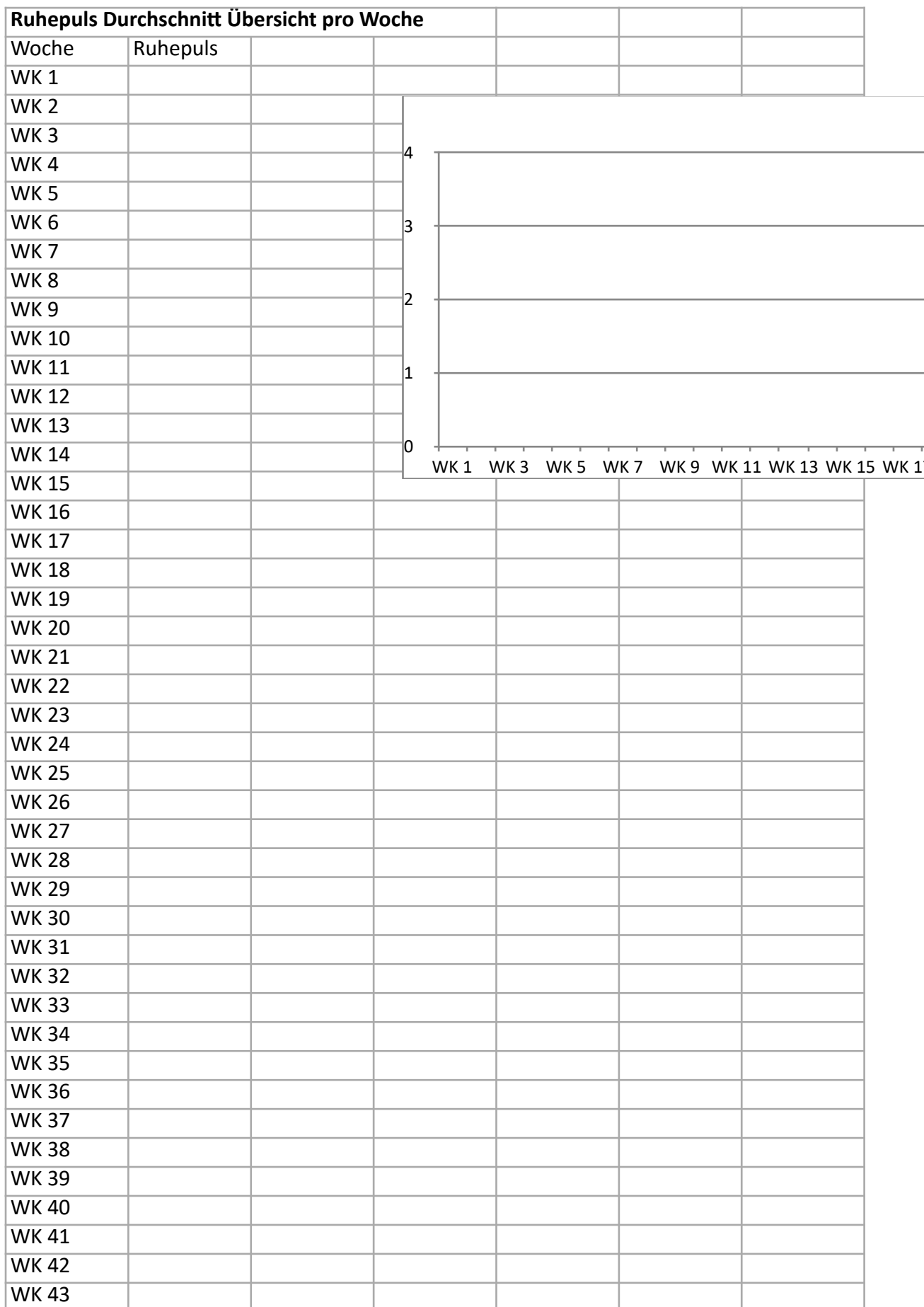




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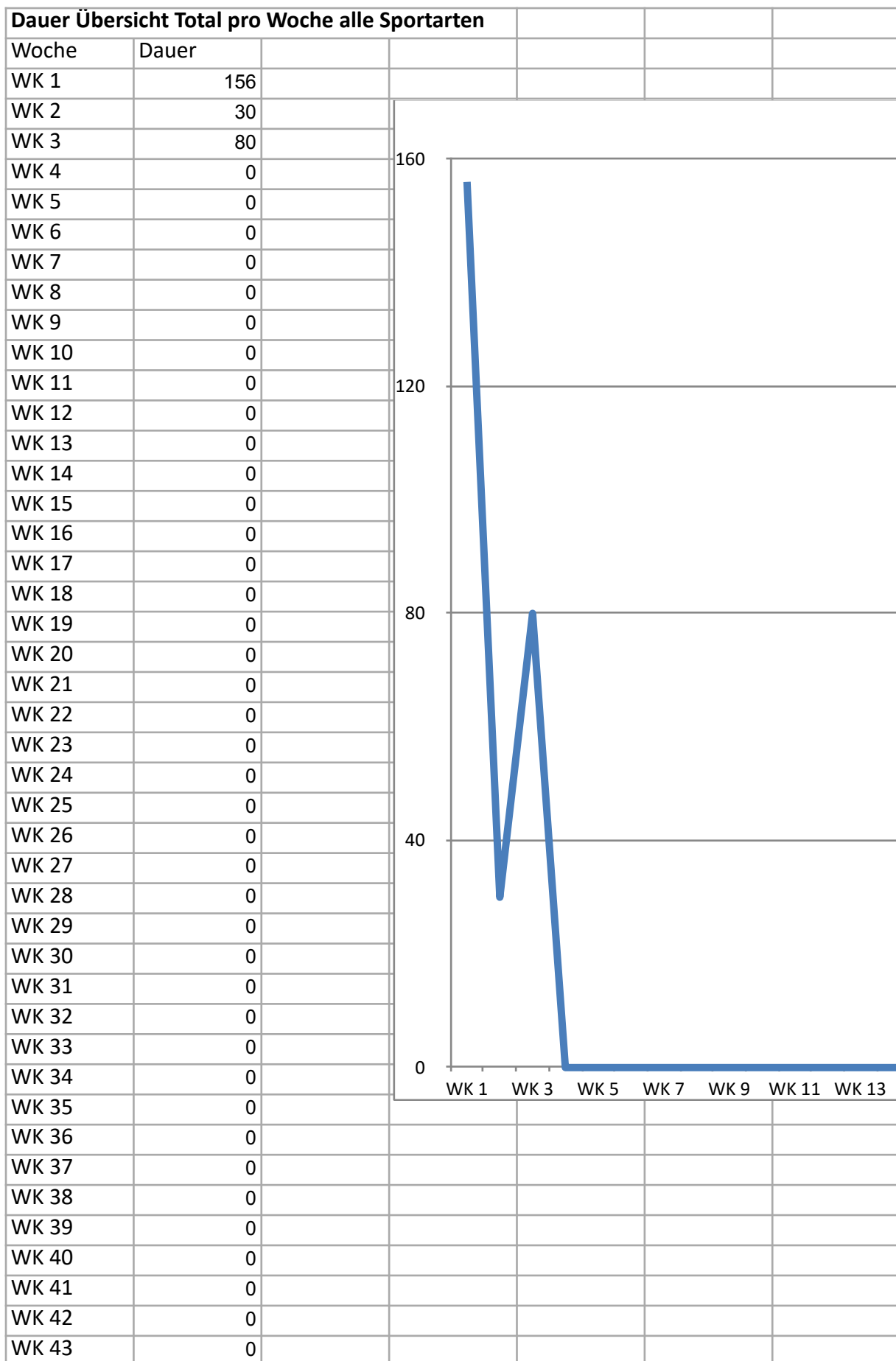


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**Dauer alle Sportarten**

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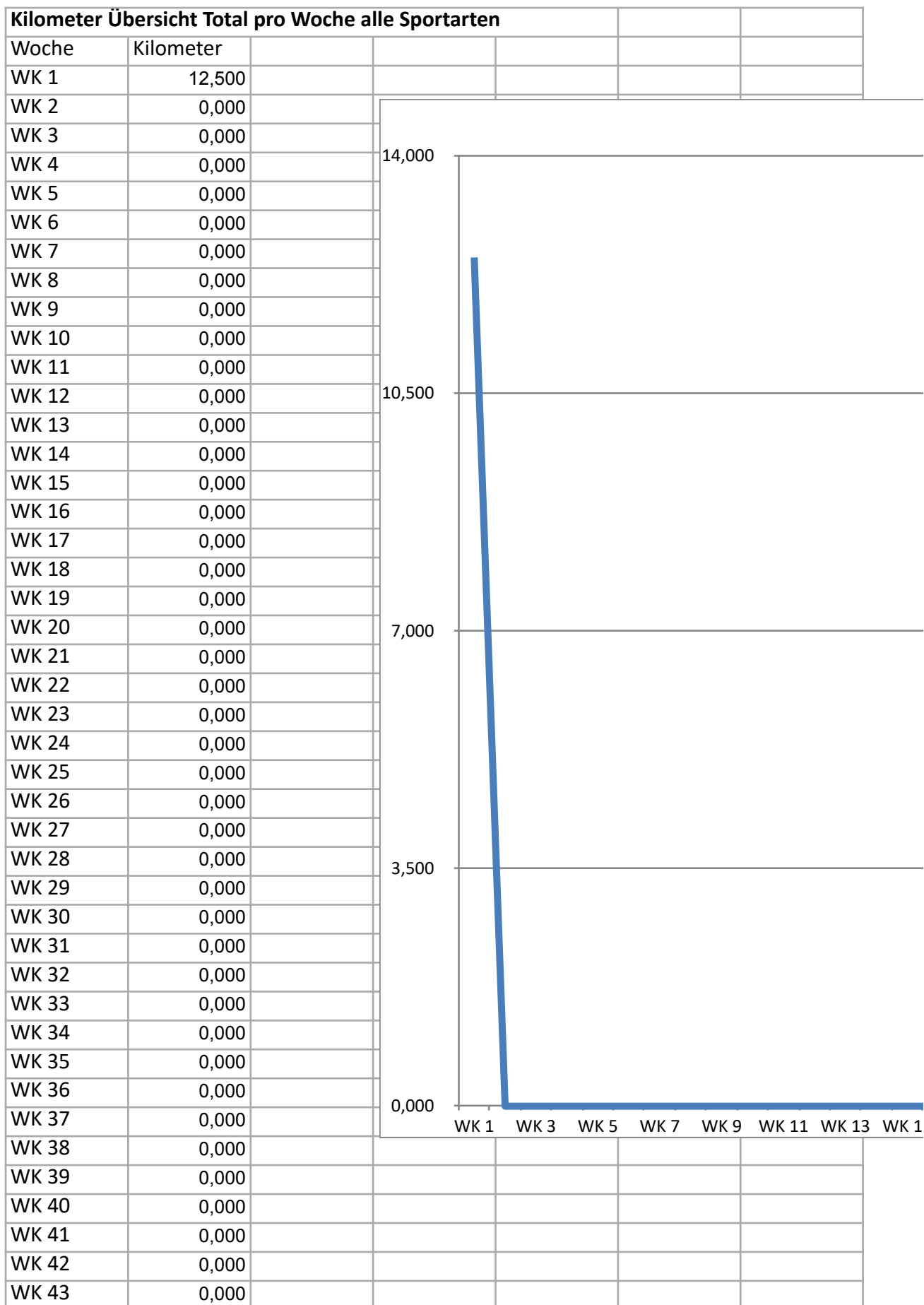
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| WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | WK 43 | WK 45 |
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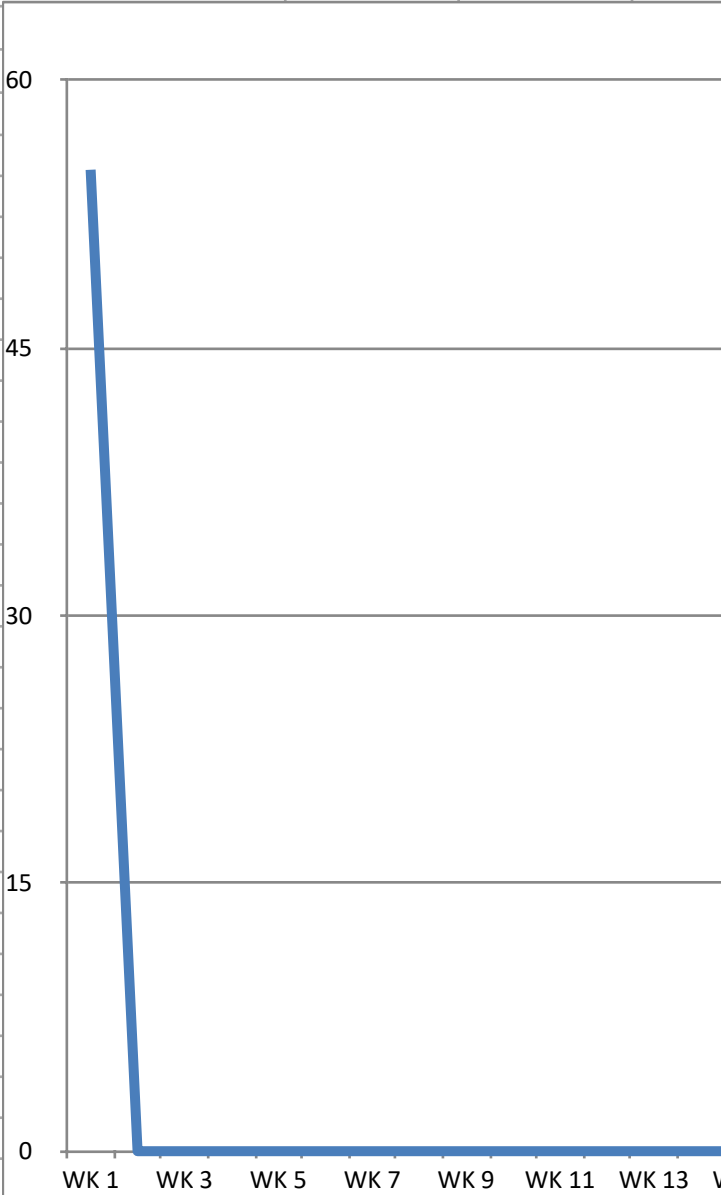


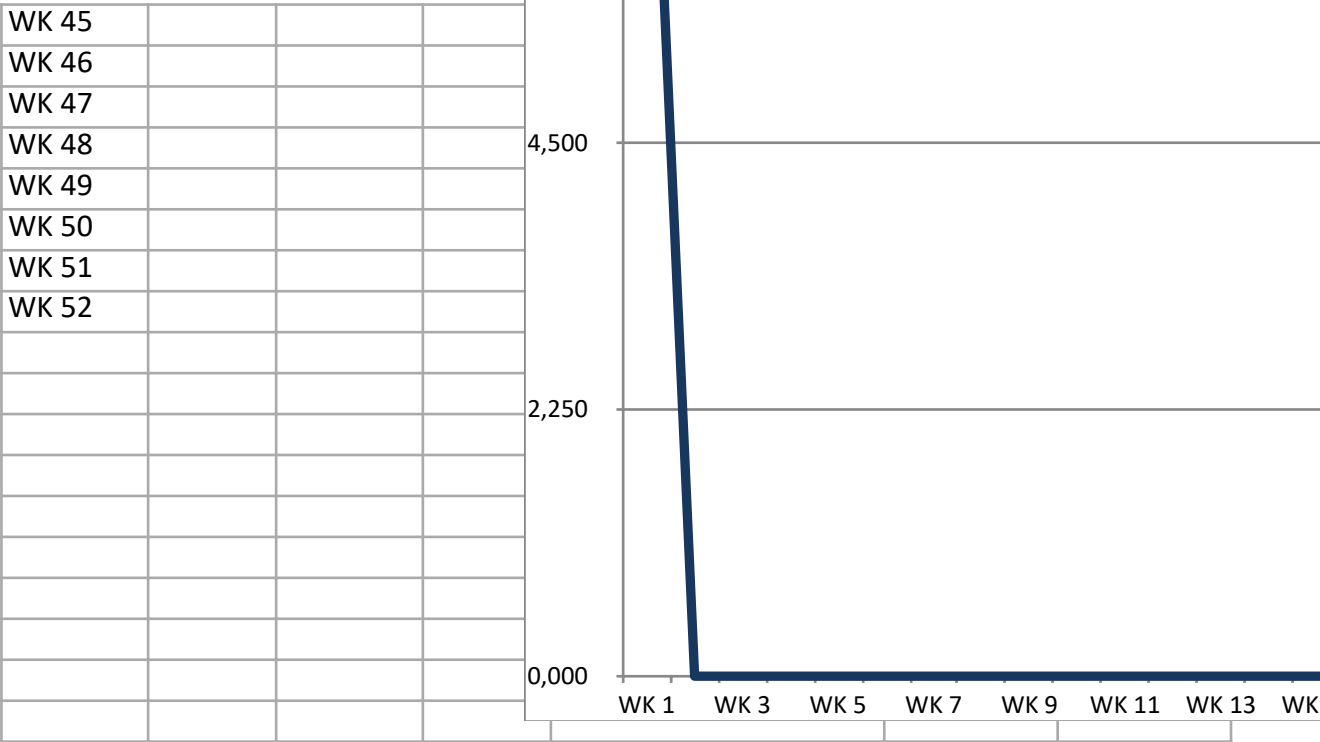
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| Übersicht Total pro Woche für |         |           |  | Joggen DL |  |  |
|-------------------------------|---------|-----------|--|-----------|--|--|
| Woche                         | Minuten | Kilometer |  |           |  |  |
| WK 1                          | 55      | 9,000     |  |           |  |  |
| WK 2                          | 0       | 0,000     |  |           |  |  |
| WK 3                          | 0       | 0,000     |  |           |  |  |
| WK 4                          | 0       | 0,000     |  |           |  |  |
| WK 5                          | 0       | 0,000     |  |           |  |  |
| WK 6                          | 0       | 0,000     |  |           |  |  |
| WK 7                          | 0       | 0,000     |  |           |  |  |
| WK 8                          | 0       | 0,000     |  |           |  |  |
| WK 9                          | 0       | 0,000     |  |           |  |  |
| WK 10                         | 0       | 0,000     |  |           |  |  |
| WK 11                         | 0       | 0,000     |  |           |  |  |
| WK 12                         | 0       | 0,000     |  |           |  |  |
| WK 13                         | 0       | 0,000     |  |           |  |  |
| WK 14                         | 0       | 0,000     |  |           |  |  |
| WK 15                         | 0       | 0,000     |  |           |  |  |
| WK 16                         | 0       | 0,000     |  |           |  |  |
| WK 17                         | 0       | 0,000     |  |           |  |  |
| WK 18                         | 0       | 0,000     |  |           |  |  |
| WK 19                         | 0       | 0,000     |  |           |  |  |
| WK 20                         | 0       | 0,000     |  |           |  |  |
| WK 21                         | 0       | 0,000     |  |           |  |  |
| WK 22                         | 0       | 0,000     |  |           |  |  |
| WK 23                         | 0       | 0,000     |  |           |  |  |
| WK 24                         | 0       | 0,000     |  |           |  |  |
| WK 25                         | 0       | 0,000     |  |           |  |  |
| WK 26                         | 0       | 0,000     |  |           |  |  |
| WK 27                         | 0       | 0,000     |  |           |  |  |
| WK 28                         | 0       | 0,000     |  |           |  |  |
| WK 29                         | 0       | 0,000     |  |           |  |  |
| WK 30                         | 0       | 0,000     |  |           |  |  |
| WK 31                         | 0       | 0,000     |  |           |  |  |
| WK 32                         | 0       | 0,000     |  |           |  |  |
| WK 33                         | 0       | 0,000     |  |           |  |  |
| WK 34                         | 0       | 0,000     |  |           |  |  |
| WK 35                         | 0       | 0,000     |  |           |  |  |
| WK 36                         | 0       | 0,000     |  |           |  |  |
| WK 37                         | 0       | 0,000     |  |           |  |  |
| WK 38                         | 0       | 0,000     |  |           |  |  |
| WK 39                         | 0       | 0,000     |  |           |  |  |
| WK 40                         | 0       | 0,000     |  |           |  |  |
| WK 41                         | 0       | 0,000     |  |           |  |  |
| WK 42                         | 0       | 0,000     |  |           |  |  |
| WK 43                         | 0       | 0,000     |  |           |  |  |
| WK 44                         |         |           |  |           |  |  |





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Kilometer



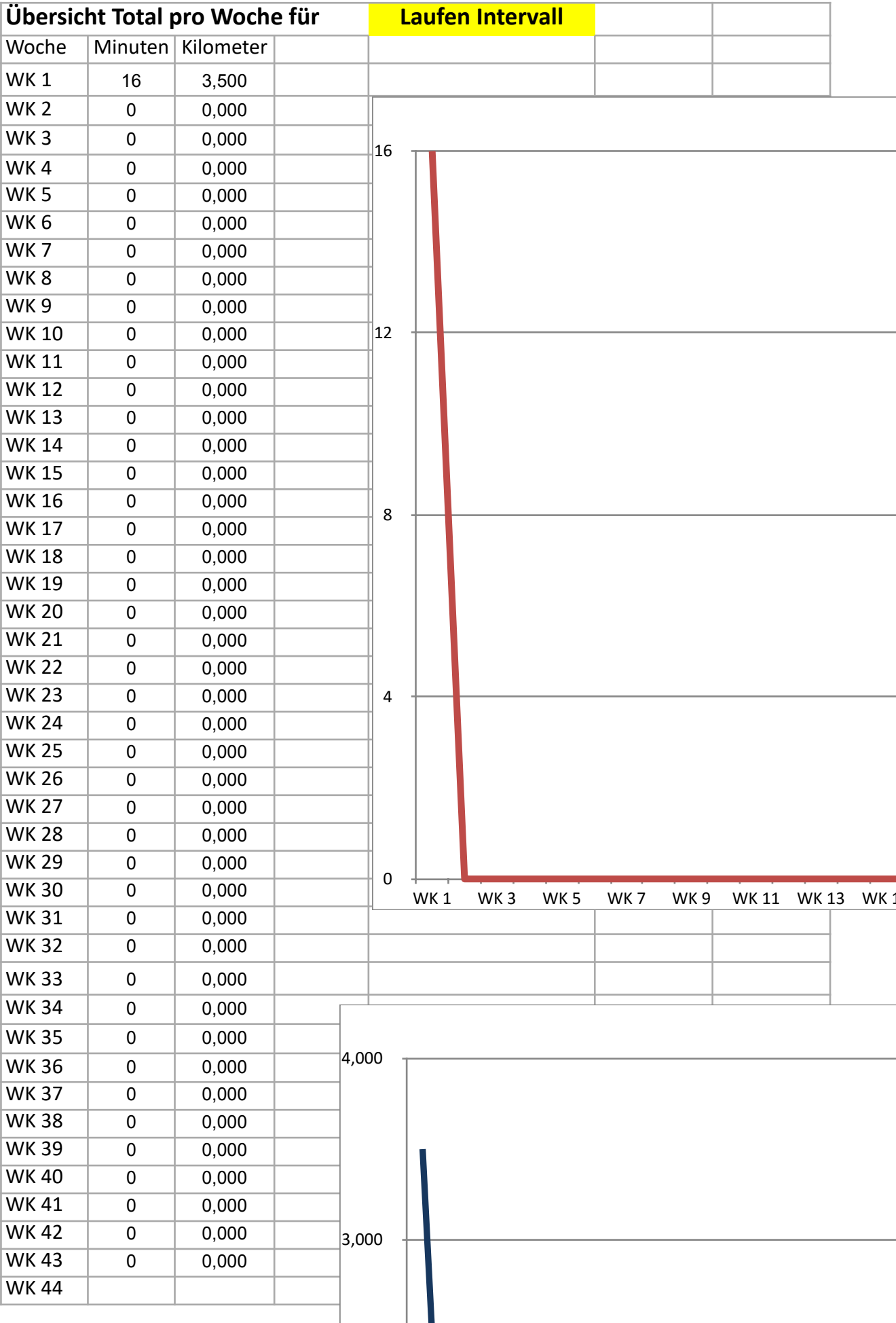
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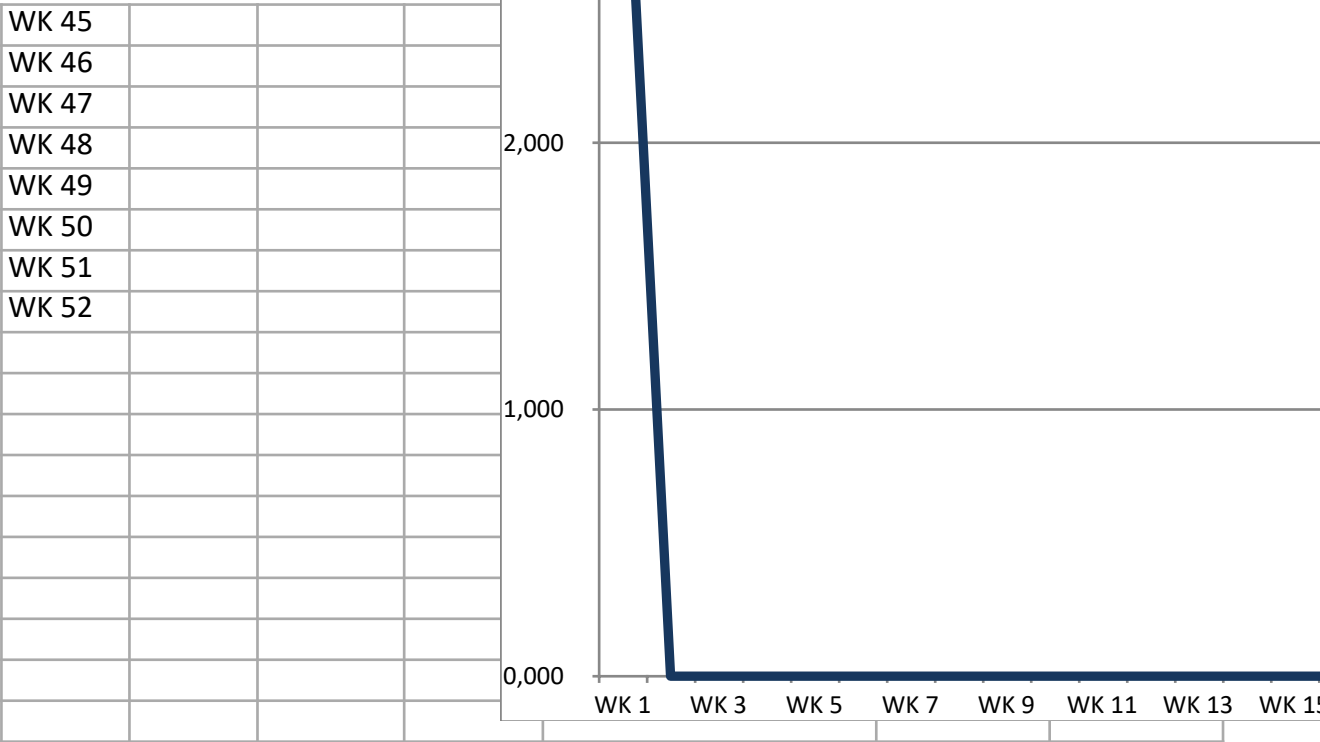
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| 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | W |
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| 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | WK 43 |
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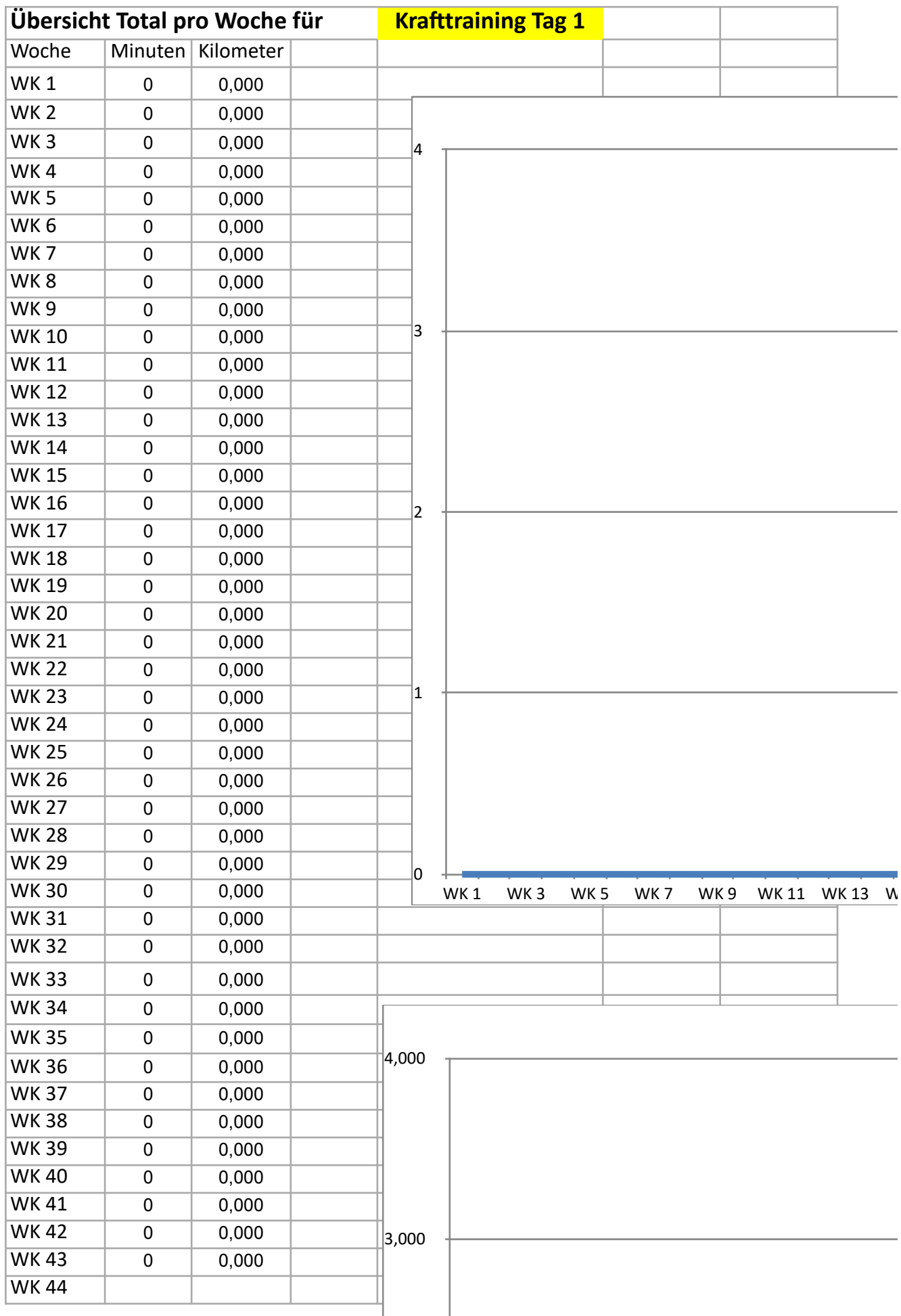
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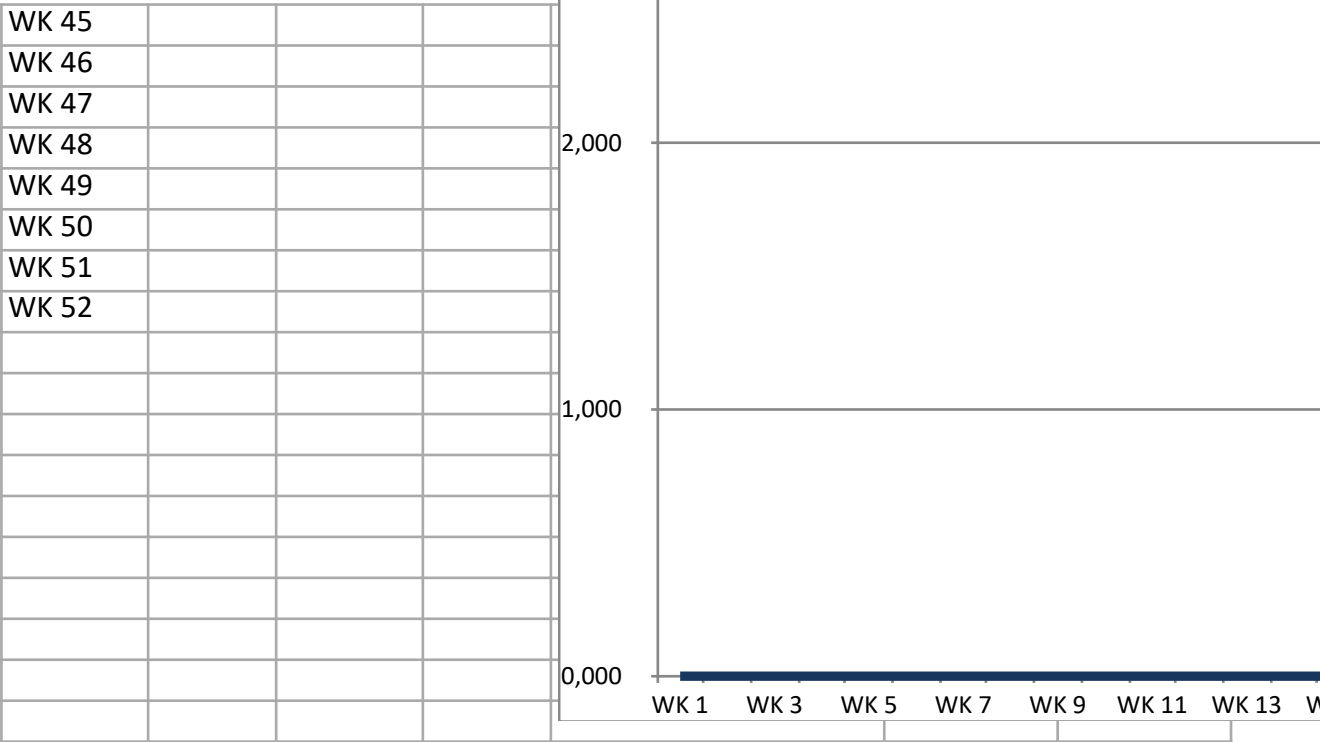
| 5 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | WK |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|
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Minuten

| /K 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
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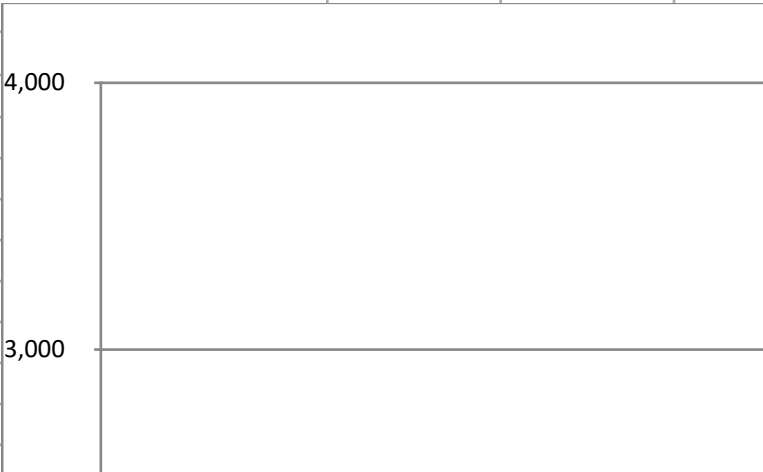
Kilometer

| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |

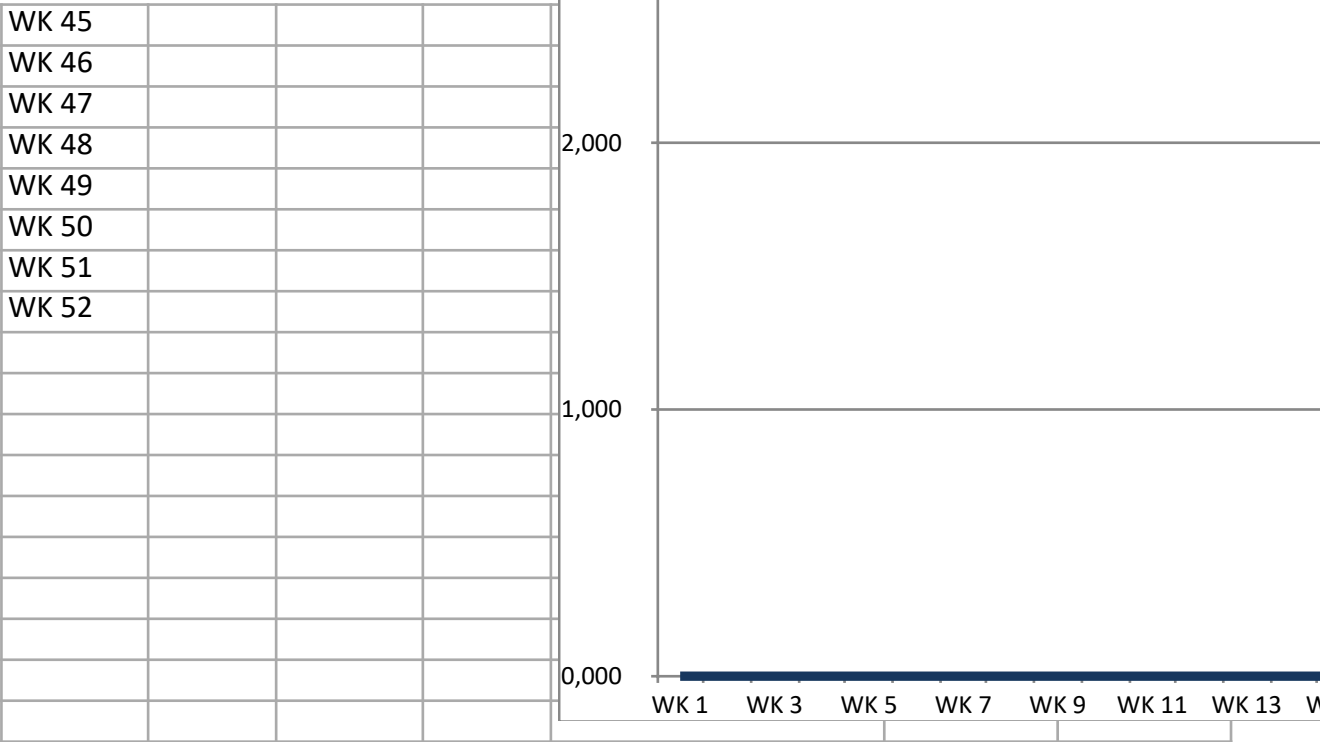
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| Übersicht Total pro Woche für |         |           | Krafttraining Tag 2 |  |  |
|-------------------------------|---------|-----------|---------------------|--|--|
| Woche                         | Minuten | Kilometer |                     |  |  |
| WK 1                          | 0       | 0,000     |                     |  |  |
| WK 2                          | 0       | 0,000     |                     |  |  |
| WK 3                          | 0       | 0,000     |                     |  |  |
| WK 4                          | 0       | 0,000     |                     |  |  |
| WK 5                          | 0       | 0,000     |                     |  |  |
| WK 6                          | 0       | 0,000     |                     |  |  |
| WK 7                          | 0       | 0,000     |                     |  |  |
| WK 8                          | 0       | 0,000     |                     |  |  |
| WK 9                          | 0       | 0,000     |                     |  |  |
| WK 10                         | 0       | 0,000     |                     |  |  |
| WK 11                         | 0       | 0,000     |                     |  |  |
| WK 12                         | 0       | 0,000     |                     |  |  |
| WK 13                         | 0       | 0,000     |                     |  |  |
| WK 14                         | 0       | 0,000     |                     |  |  |
| WK 15                         | 0       | 0,000     |                     |  |  |
| WK 16                         | 0       | 0,000     |                     |  |  |
| WK 17                         | 0       | 0,000     |                     |  |  |
| WK 18                         | 0       | 0,000     |                     |  |  |
| WK 19                         | 0       | 0,000     |                     |  |  |
| WK 20                         | 0       | 0,000     |                     |  |  |
| WK 21                         | 0       | 0,000     |                     |  |  |
| WK 22                         | 0       | 0,000     |                     |  |  |
| WK 23                         | 0       | 0,000     |                     |  |  |
| WK 24                         | 0       | 0,000     |                     |  |  |
| WK 25                         | 0       | 0,000     |                     |  |  |
| WK 26                         | 0       | 0,000     |                     |  |  |
| WK 27                         | 0       | 0,000     |                     |  |  |
| WK 28                         | 0       | 0,000     |                     |  |  |
| WK 29                         | 0       | 0,000     |                     |  |  |
| WK 30                         | 0       | 0,000     |                     |  |  |
| WK 31                         | 0       | 0,000     |                     |  |  |
| WK 32                         | 0       | 0,000     |                     |  |  |
| WK 33                         | 0       | 0,000     |                     |  |  |
| WK 34                         | 0       | 0,000     |                     |  |  |
| WK 35                         | 0       | 0,000     |                     |  |  |
| WK 36                         | 0       | 0,000     |                     |  |  |
| WK 37                         | 0       | 0,000     |                     |  |  |
| WK 38                         | 0       | 0,000     |                     |  |  |
| WK 39                         | 0       | 0,000     |                     |  |  |
| WK 40                         | 0       | 0,000     |                     |  |  |
| WK 41                         | 0       | 0,000     |                     |  |  |
| WK 42                         | 0       | 0,000     |                     |  |  |
| WK 43                         | 0       | 0,000     |                     |  |  |
| WK 44                         |         |           |                     |  |  |







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Minuten

| /K 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

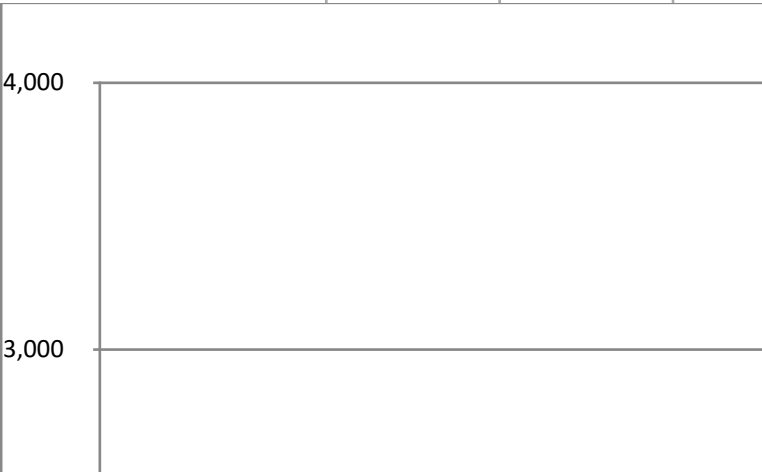
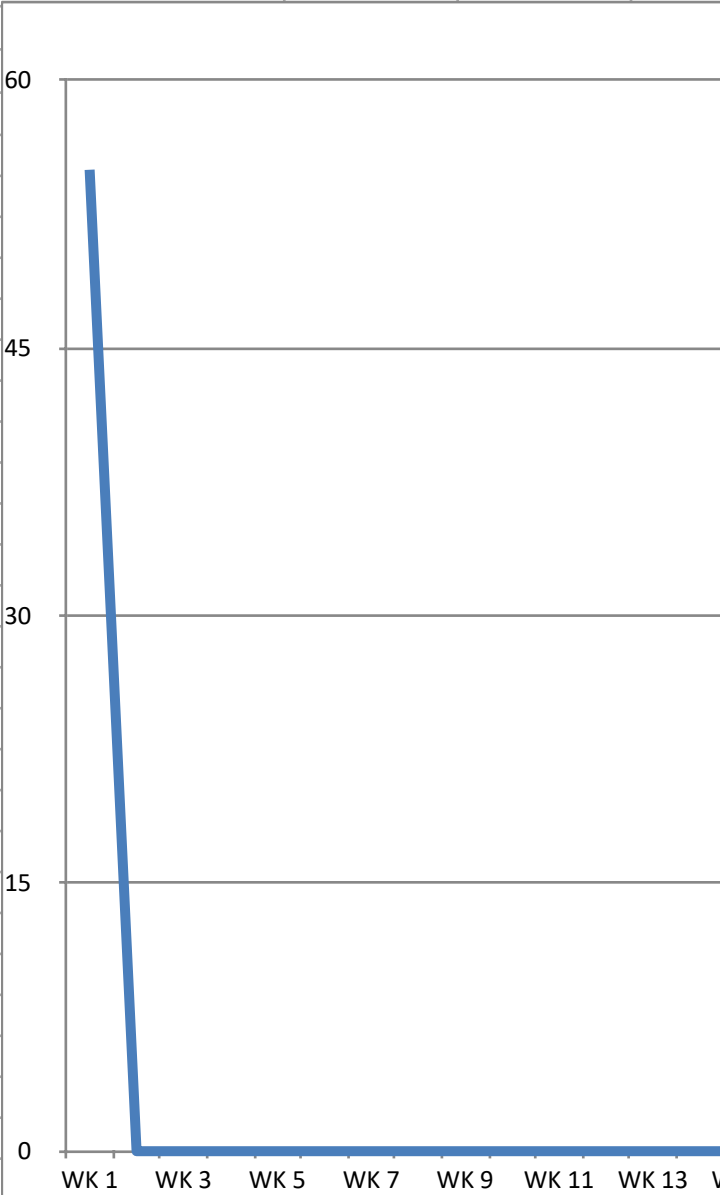
Kilometer

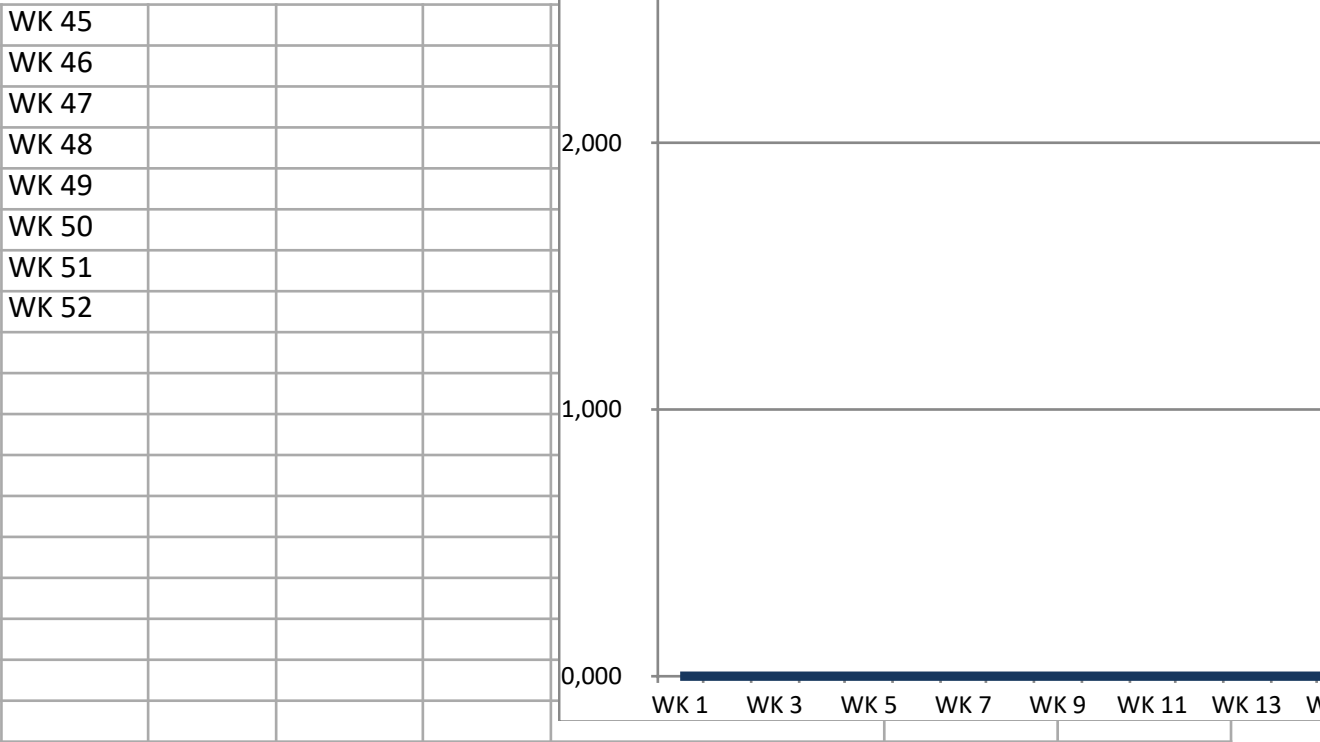
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |

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| Übersicht Total pro Woche für |         |           |  | Warrior |  |  |
|-------------------------------|---------|-----------|--|---------|--|--|
| Woche                         | Minuten | Kilometer |  |         |  |  |
| WK 1                          | 55      | 0,000     |  |         |  |  |
| WK 2                          | 0       | 0,000     |  |         |  |  |
| WK 3                          | 0       | 0,000     |  |         |  |  |
| WK 4                          | 0       | 0,000     |  |         |  |  |
| WK 5                          | 0       | 0,000     |  |         |  |  |
| WK 6                          | 0       | 0,000     |  |         |  |  |
| WK 7                          | 0       | 0,000     |  |         |  |  |
| WK 8                          | 0       | 0,000     |  |         |  |  |
| WK 9                          | 0       | 0,000     |  |         |  |  |
| WK 10                         | 0       | 0,000     |  |         |  |  |
| WK 11                         | 0       | 0,000     |  |         |  |  |
| WK 12                         | 0       | 0,000     |  |         |  |  |
| WK 13                         | 0       | 0,000     |  |         |  |  |
| WK 14                         | 0       | 0,000     |  |         |  |  |
| WK 15                         | 0       | 0,000     |  |         |  |  |
| WK 16                         | 0       | 0,000     |  |         |  |  |
| WK 17                         | 0       | 0,000     |  |         |  |  |
| WK 18                         | 0       | 0,000     |  |         |  |  |
| WK 19                         | 0       | 0,000     |  |         |  |  |
| WK 20                         | 0       | 0,000     |  |         |  |  |
| WK 21                         | 0       | 0,000     |  |         |  |  |
| WK 22                         | 0       | 0,000     |  |         |  |  |
| WK 23                         | 0       | 0,000     |  |         |  |  |
| WK 24                         | 0       | 0,000     |  |         |  |  |
| WK 25                         | 0       | 0,000     |  |         |  |  |
| WK 26                         | 0       | 0,000     |  |         |  |  |
| WK 27                         | 0       | 0,000     |  |         |  |  |
| WK 28                         | 0       | 0,000     |  |         |  |  |
| WK 29                         | 0       | 0,000     |  |         |  |  |
| WK 30                         | 0       | 0,000     |  |         |  |  |
| WK 31                         | 0       | 0,000     |  |         |  |  |
| WK 32                         | 0       | 0,000     |  |         |  |  |
| WK 33                         | 0       | 0,000     |  |         |  |  |
| WK 34                         | 0       | 0,000     |  |         |  |  |
| WK 35                         | 0       | 0,000     |  |         |  |  |
| WK 36                         | 0       | 0,000     |  |         |  |  |
| WK 37                         | 0       | 0,000     |  |         |  |  |
| WK 38                         | 0       | 0,000     |  |         |  |  |
| WK 39                         | 0       | 0,000     |  |         |  |  |
| WK 40                         | 0       | 0,000     |  |         |  |  |
| WK 41                         | 0       | 0,000     |  |         |  |  |
| WK 42                         | 0       | 0,000     |  |         |  |  |
| WK 43                         | 0       | 0,000     |  |         |  |  |
| WK 44                         |         |           |  |         |  |  |





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Minuten

| NK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
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|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

Kilometer

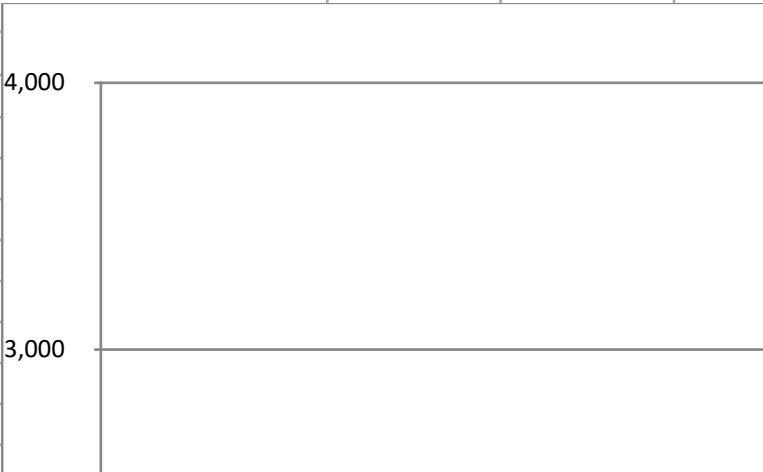
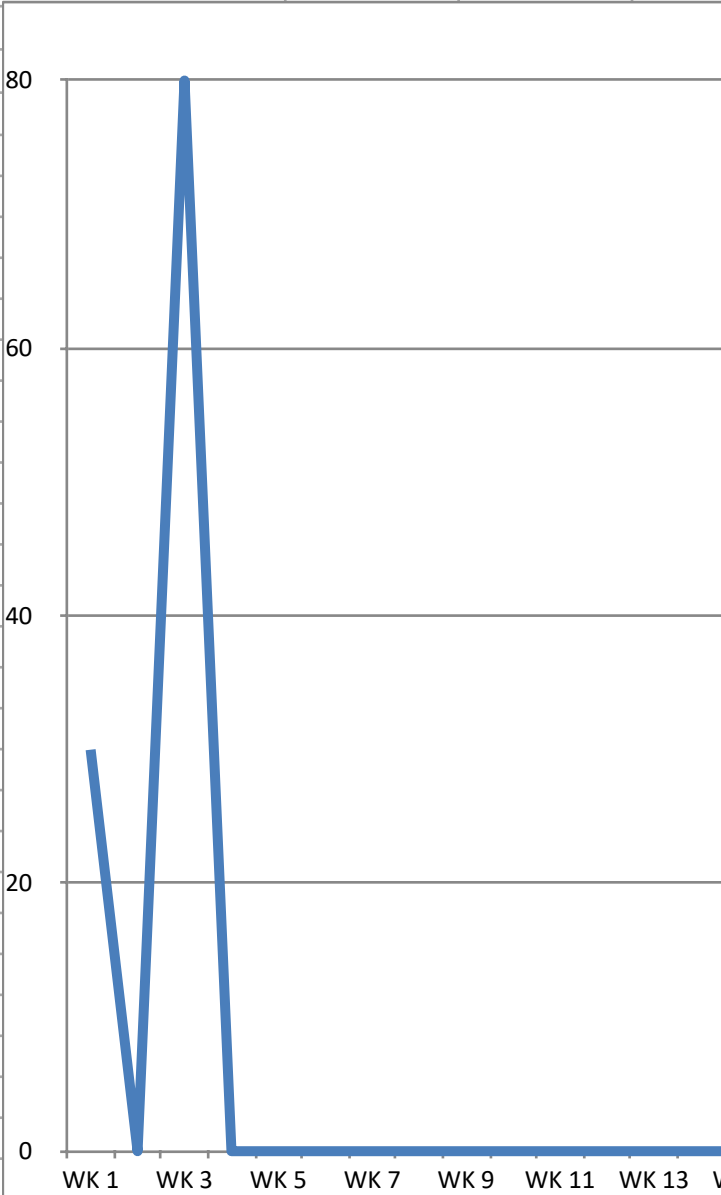


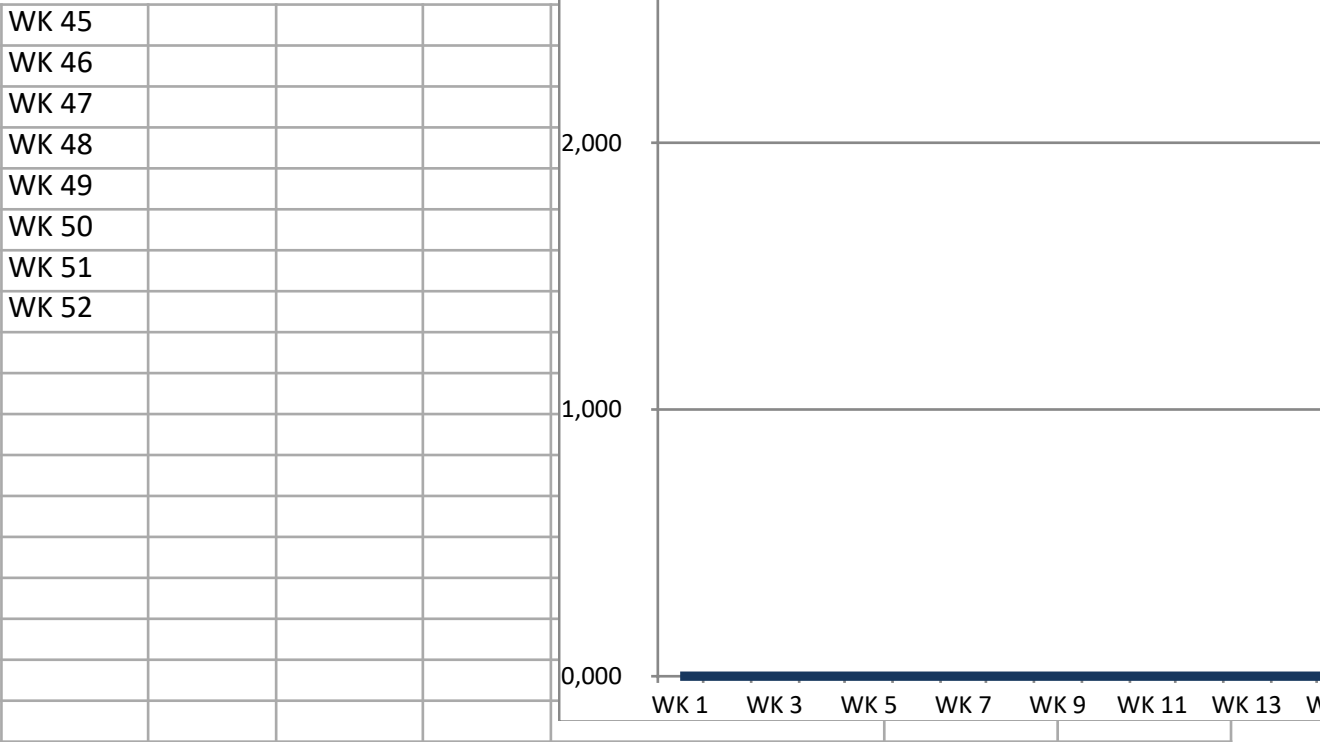
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |

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| Übersicht Total pro Woche für |         |           | gengewicht Ganzkörper |  |  |
|-------------------------------|---------|-----------|-----------------------|--|--|
| Woche                         | Minuten | Kilometer |                       |  |  |
| WK 1                          | 30      | 0,000     |                       |  |  |
| WK 2                          | 0       | 0,000     |                       |  |  |
| WK 3                          | 80      | 0,000     |                       |  |  |
| WK 4                          | 0       | 0,000     |                       |  |  |
| WK 5                          | 0       | 0,000     |                       |  |  |
| WK 6                          | 0       | 0,000     |                       |  |  |
| WK 7                          | 0       | 0,000     |                       |  |  |
| WK 8                          | 0       | 0,000     |                       |  |  |
| WK 9                          | 0       | 0,000     |                       |  |  |
| WK 10                         | 0       | 0,000     |                       |  |  |
| WK 11                         | 0       | 0,000     |                       |  |  |
| WK 12                         | 0       | 0,000     |                       |  |  |
| WK 13                         | 0       | 0,000     |                       |  |  |
| WK 14                         | 0       | 0,000     |                       |  |  |
| WK 15                         | 0       | 0,000     |                       |  |  |
| WK 16                         | 0       | 0,000     |                       |  |  |
| WK 17                         | 0       | 0,000     |                       |  |  |
| WK 18                         | 0       | 0,000     |                       |  |  |
| WK 19                         | 0       | 0,000     |                       |  |  |
| WK 20                         | 0       | 0,000     |                       |  |  |
| WK 21                         | 0       | 0,000     |                       |  |  |
| WK 22                         | 0       | 0,000     |                       |  |  |
| WK 23                         | 0       | 0,000     |                       |  |  |
| WK 24                         | 0       | 0,000     |                       |  |  |
| WK 25                         | 0       | 0,000     |                       |  |  |
| WK 26                         | 0       | 0,000     |                       |  |  |
| WK 27                         | 0       | 0,000     |                       |  |  |
| WK 28                         | 0       | 0,000     |                       |  |  |
| WK 29                         | 0       | 0,000     |                       |  |  |
| WK 30                         | 0       | 0,000     |                       |  |  |
| WK 31                         | 0       | 0,000     |                       |  |  |
| WK 32                         | 0       | 0,000     |                       |  |  |
| WK 33                         | 0       | 0,000     |                       |  |  |
| WK 34                         | 0       | 0,000     |                       |  |  |
| WK 35                         | 0       | 0,000     |                       |  |  |
| WK 36                         | 0       | 0,000     |                       |  |  |
| WK 37                         | 0       | 0,000     |                       |  |  |
| WK 38                         | 0       | 0,000     |                       |  |  |
| WK 39                         | 0       | 0,000     |                       |  |  |
| WK 40                         | 0       | 0,000     |                       |  |  |
| WK 41                         | 0       | 0,000     |                       |  |  |
| WK 42                         | 0       | 0,000     |                       |  |  |
| WK 43                         | 0       | 0,000     |                       |  |  |
| WK 44                         |         |           |                       |  |  |





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Minuten

| NK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
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Kilometer

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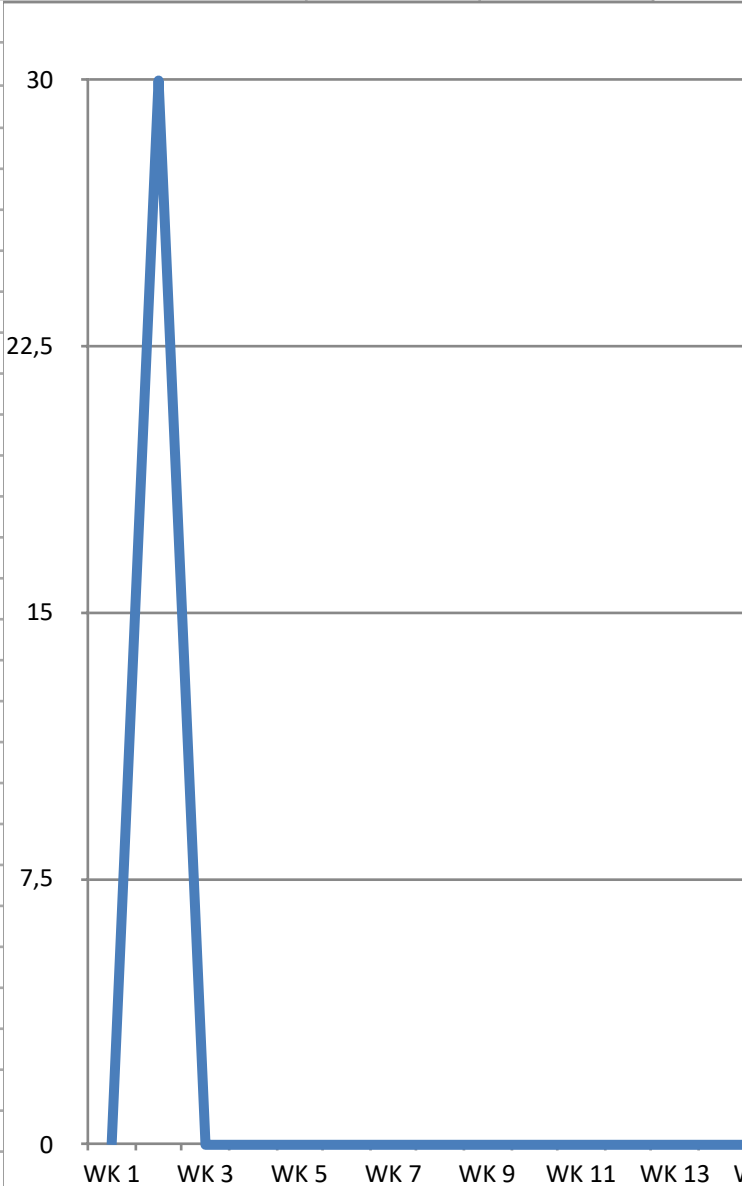
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

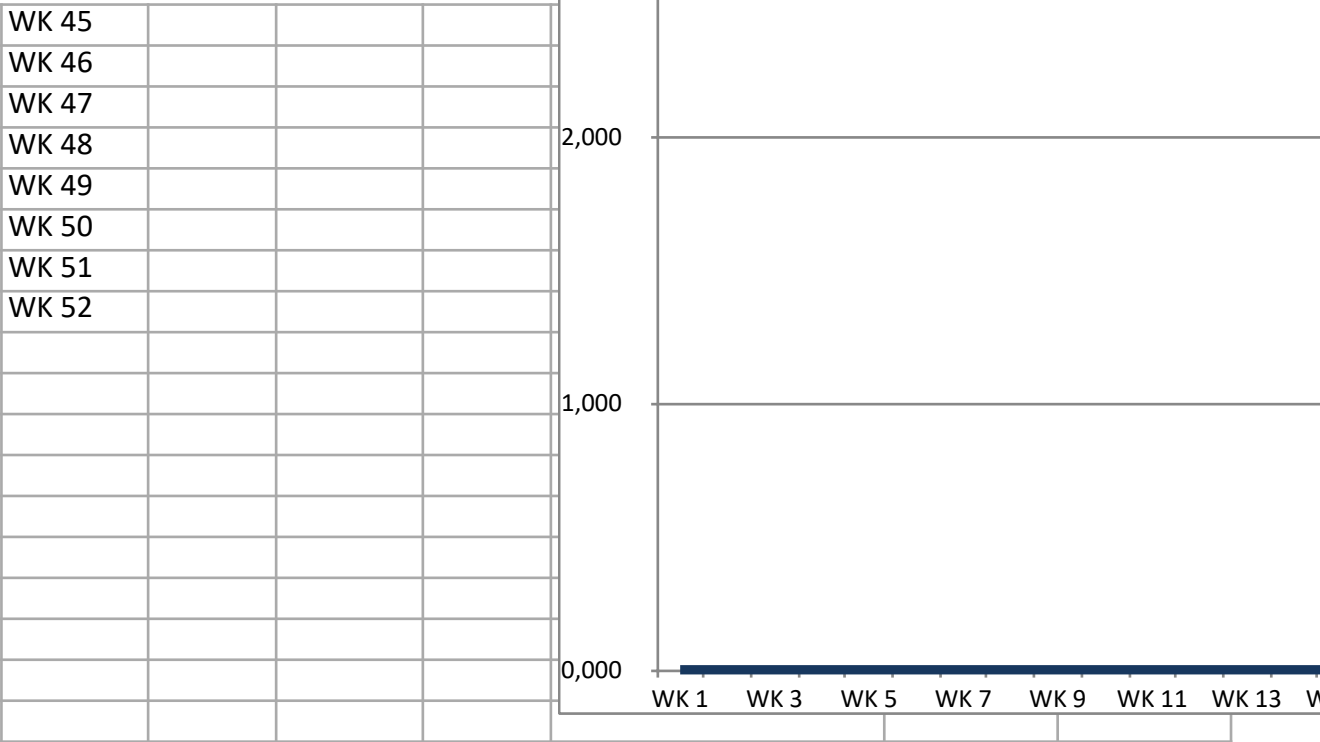
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| Übersicht Total pro Woche für |         |           |  | Yoga |  |  |
|-------------------------------|---------|-----------|--|------|--|--|
| Woche                         | Minuten | Kilometer |  |      |  |  |
| WK 1                          | 0       | 0,000     |  |      |  |  |
| WK 2                          | 30      | 0,000     |  |      |  |  |
| WK 3                          | 0       | 0,000     |  |      |  |  |
| WK 4                          | 0       | 0,000     |  |      |  |  |
| WK 5                          | 0       | 0,000     |  |      |  |  |
| WK 6                          | 0       | 0,000     |  |      |  |  |
| WK 7                          | 0       | 0,000     |  |      |  |  |
| WK 8                          | 0       | 0,000     |  |      |  |  |
| WK 9                          | 0       | 0,000     |  |      |  |  |
| WK 10                         | 0       | 0,000     |  |      |  |  |
| WK 11                         | 0       | 0,000     |  |      |  |  |
| WK 12                         | 0       | 0,000     |  |      |  |  |
| WK 13                         | 0       | 0,000     |  |      |  |  |
| WK 14                         | 0       | 0,000     |  |      |  |  |
| WK 15                         | 0       | 0,000     |  |      |  |  |
| WK 16                         | 0       | 0,000     |  |      |  |  |
| WK 17                         | 0       | 0,000     |  |      |  |  |
| WK 18                         | 0       | 0,000     |  |      |  |  |
| WK 19                         | 0       | 0,000     |  |      |  |  |
| WK 20                         | 0       | 0,000     |  |      |  |  |
| WK 21                         | 0       | 0,000     |  |      |  |  |
| WK 22                         | 0       | 0,000     |  |      |  |  |
| WK 23                         | 0       | 0,000     |  |      |  |  |
| WK 24                         | 0       | 0,000     |  |      |  |  |
| WK 25                         | 0       | 0,000     |  |      |  |  |
| WK 26                         | 0       | 0,000     |  |      |  |  |
| WK 27                         | 0       | 0,000     |  |      |  |  |
| WK 28                         | 0       | 0,000     |  |      |  |  |
| WK 29                         | 0       | 0,000     |  |      |  |  |
| WK 30                         | 0       | 0,000     |  |      |  |  |
| WK 31                         | 0       | 0,000     |  |      |  |  |
| WK 32                         | 0       | 0,000     |  |      |  |  |
| WK 33                         | 0       | 0,000     |  |      |  |  |
| WK 34                         | 0       | 0,000     |  |      |  |  |
| WK 35                         | 0       | 0,000     |  |      |  |  |
| WK 36                         | 0       | 0,000     |  |      |  |  |
| WK 37                         | 0       | 0,000     |  |      |  |  |
| WK 38                         | 0       | 0,000     |  |      |  |  |
| WK 39                         | 0       | 0,000     |  |      |  |  |
| WK 40                         | 0       | 0,000     |  |      |  |  |
| WK 41                         | 0       | 0,000     |  |      |  |  |
| WK 42                         | 0       | 0,000     |  |      |  |  |
| WK 43                         | 0       | 0,000     |  |      |  |  |
| WK 44                         |         |           |  |      |  |  |





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Minuten

| NK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

Kilometer

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| VK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |



WK 43 WK 45 WK 47 WK 49 WK 51





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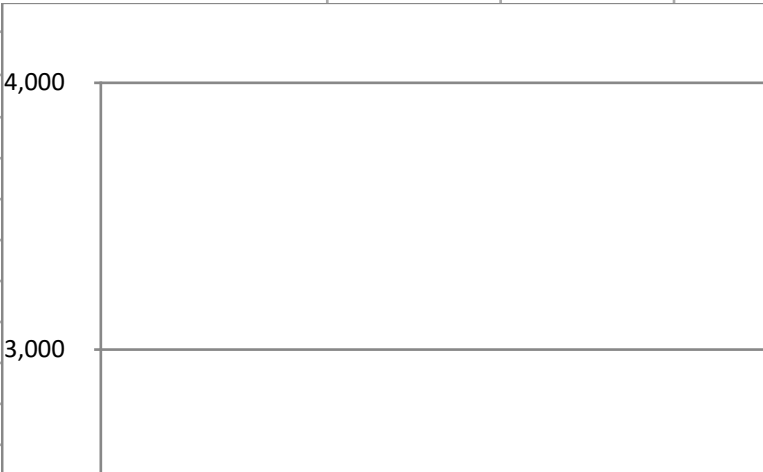
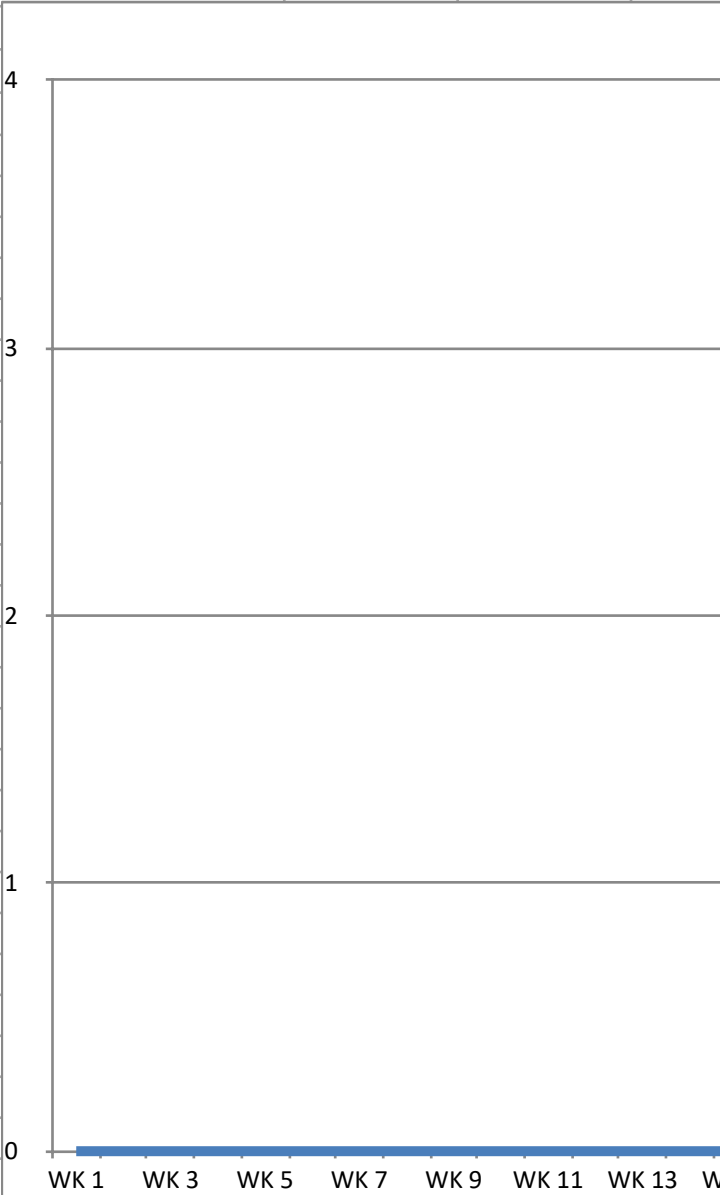


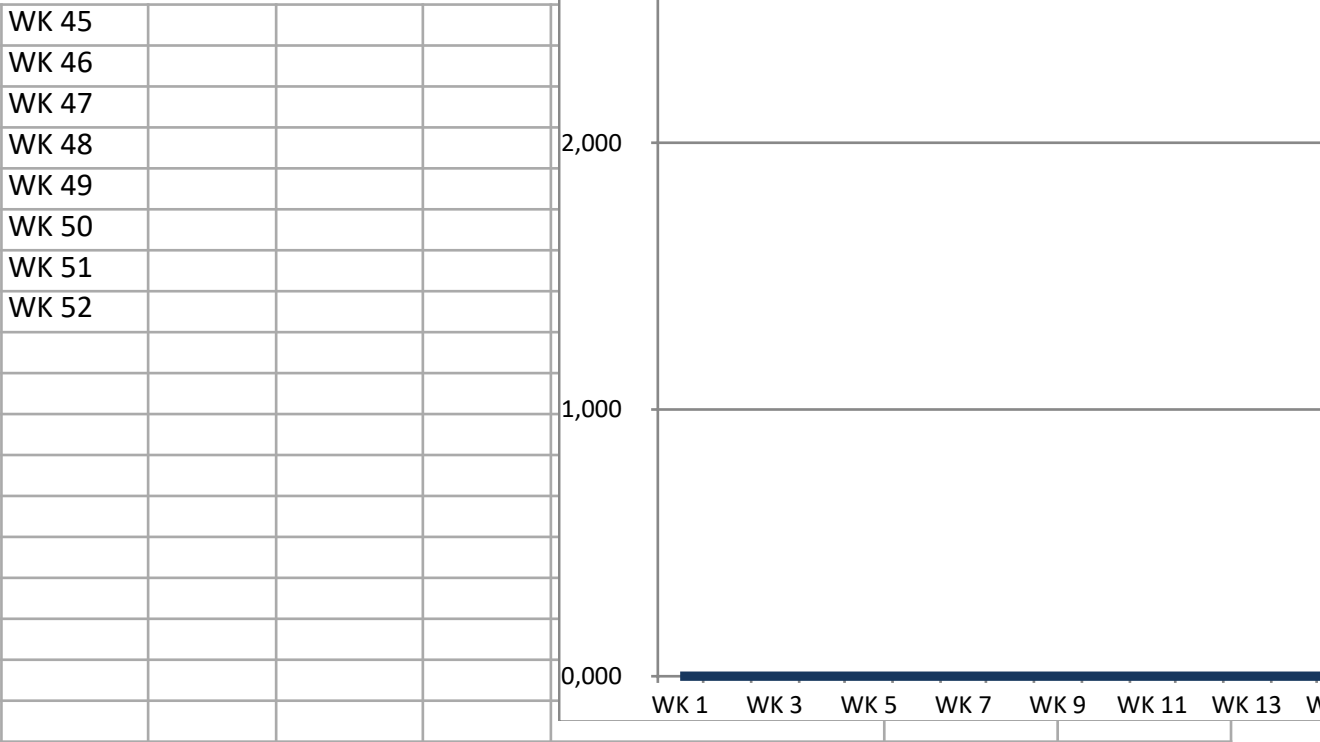
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| Übersicht Total pro Woche für |         |           |  | - |  |  |
|-------------------------------|---------|-----------|--|---|--|--|
| Woche                         | Minuten | Kilometer |  |   |  |  |
| WK 1                          | 0       | 0,000     |  |   |  |  |
| WK 2                          | 0       | 0,000     |  |   |  |  |
| WK 3                          | 0       | 0,000     |  |   |  |  |
| WK 4                          | 0       | 0,000     |  |   |  |  |
| WK 5                          | 0       | 0,000     |  |   |  |  |
| WK 6                          | 0       | 0,000     |  |   |  |  |
| WK 7                          | 0       | 0,000     |  |   |  |  |
| WK 8                          | 0       | 0,000     |  |   |  |  |
| WK 9                          | 0       | 0,000     |  |   |  |  |
| WK 10                         | 0       | 0,000     |  |   |  |  |
| WK 11                         | 0       | 0,000     |  |   |  |  |
| WK 12                         | 0       | 0,000     |  |   |  |  |
| WK 13                         | 0       | 0,000     |  |   |  |  |
| WK 14                         | 0       | 0,000     |  |   |  |  |
| WK 15                         | 0       | 0,000     |  |   |  |  |
| WK 16                         | 0       | 0,000     |  |   |  |  |
| WK 17                         | 0       | 0,000     |  |   |  |  |
| WK 18                         | 0       | 0,000     |  |   |  |  |
| WK 19                         | 0       | 0,000     |  |   |  |  |
| WK 20                         | 0       | 0,000     |  |   |  |  |
| WK 21                         | 0       | 0,000     |  |   |  |  |
| WK 22                         | 0       | 0,000     |  |   |  |  |
| WK 23                         | 0       | 0,000     |  |   |  |  |
| WK 24                         | 0       | 0,000     |  |   |  |  |
| WK 25                         | 0       | 0,000     |  |   |  |  |
| WK 26                         | 0       | 0,000     |  |   |  |  |
| WK 27                         | 0       | 0,000     |  |   |  |  |
| WK 28                         | 0       | 0,000     |  |   |  |  |
| WK 29                         | 0       | 0,000     |  |   |  |  |
| WK 30                         | 0       | 0,000     |  |   |  |  |
| WK 31                         | 0       | 0,000     |  |   |  |  |
| WK 32                         | 0       | 0,000     |  |   |  |  |
| WK 33                         | 0       | 0,000     |  |   |  |  |
| WK 34                         | 0       | 0,000     |  |   |  |  |
| WK 35                         | 0       | 0,000     |  |   |  |  |
| WK 36                         | 0       | 0,000     |  |   |  |  |
| WK 37                         | 0       | 0,000     |  |   |  |  |
| WK 38                         | 0       | 0,000     |  |   |  |  |
| WK 39                         | 0       | 0,000     |  |   |  |  |
| WK 40                         | 0       | 0,000     |  |   |  |  |
| WK 41                         | 0       | 0,000     |  |   |  |  |
| WK 42                         | 0       | 0,000     |  |   |  |  |
| WK 43                         | 0       | 0,000     |  |   |  |  |
| WK 44                         |         |           |  |   |  |  |





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Minuten

| /K 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

Kilometer

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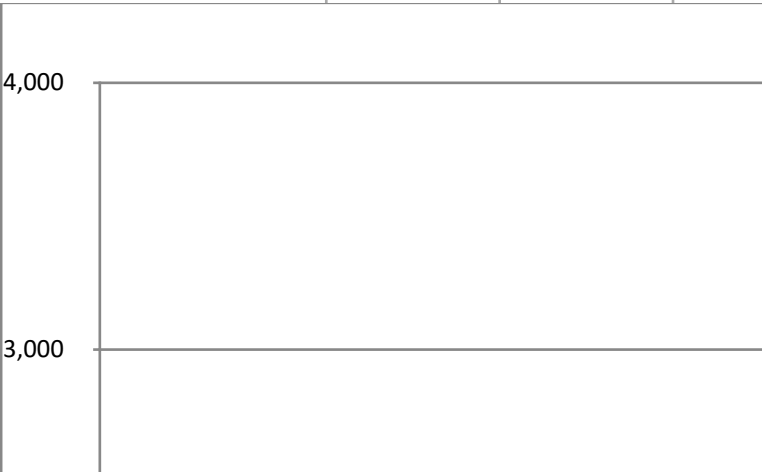
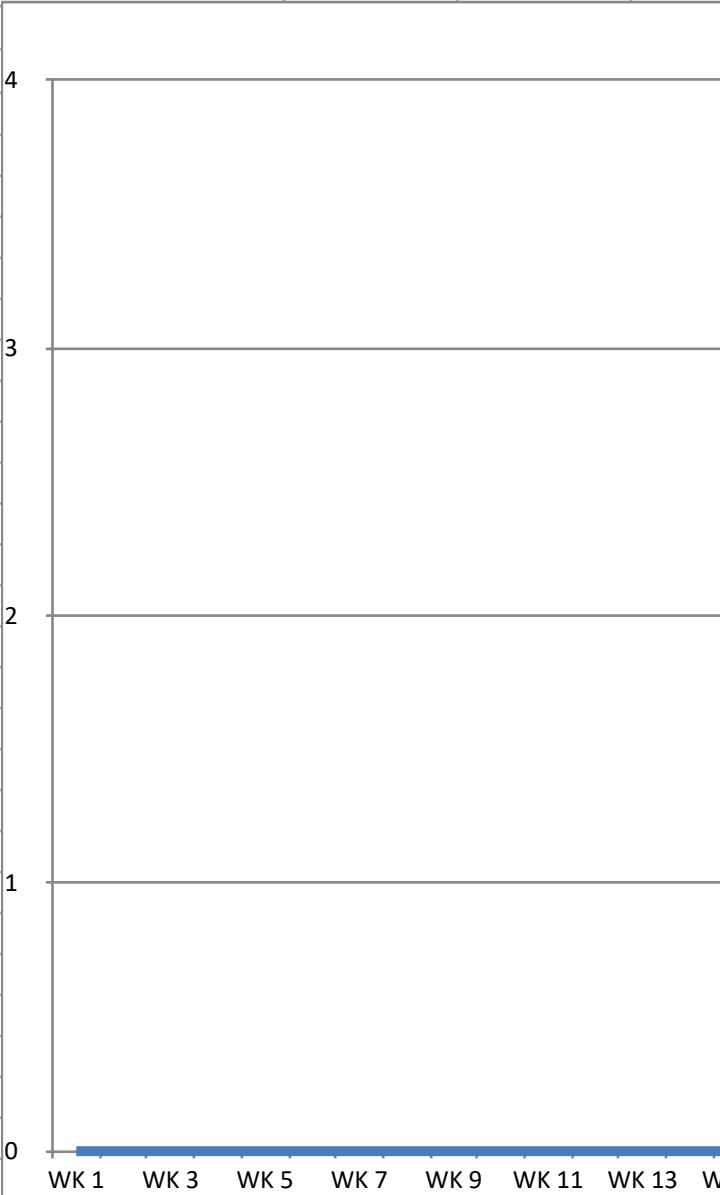
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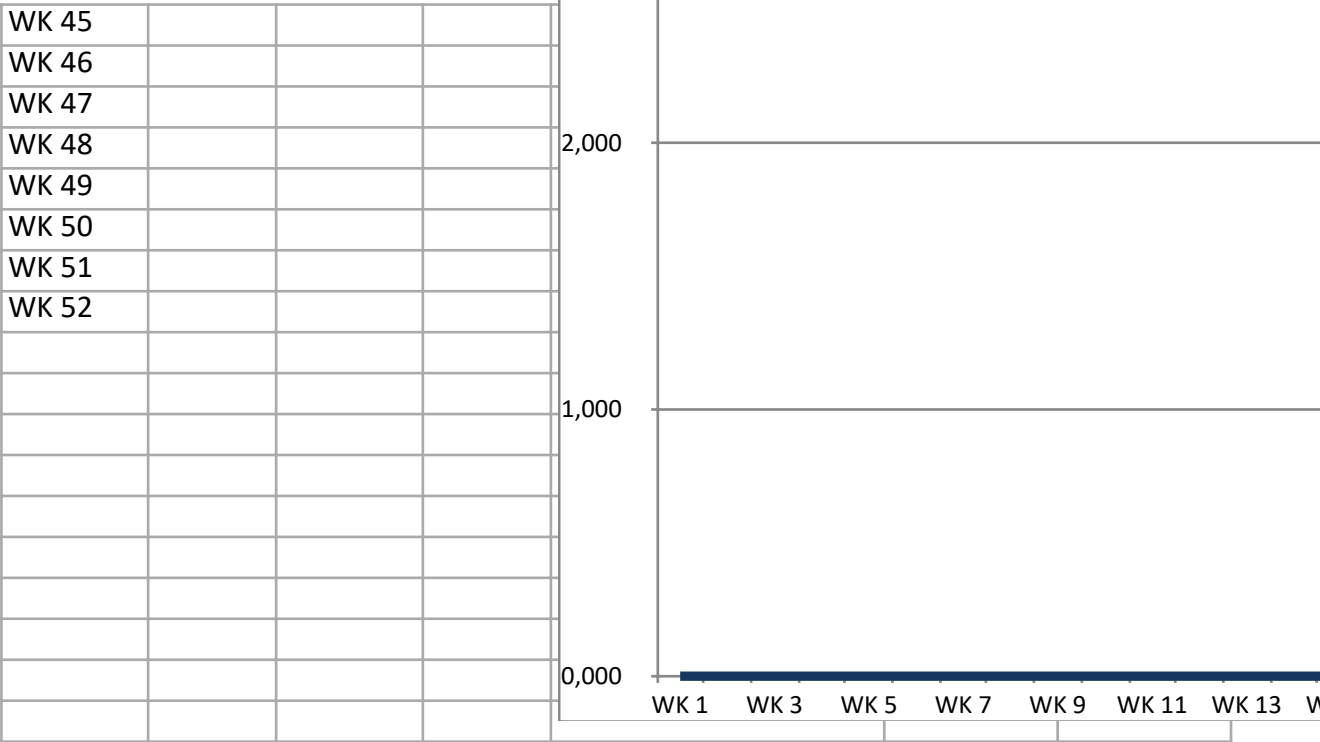
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |

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| Übersicht Total pro Woche für |         |           |  | - |  |  |
|-------------------------------|---------|-----------|--|---|--|--|
| Woche                         | Minuten | Kilometer |  |   |  |  |
| WK 1                          | 0       | 0,000     |  |   |  |  |
| WK 2                          | 0       | 0,000     |  |   |  |  |
| WK 3                          | 0       | 0,000     |  |   |  |  |
| WK 4                          | 0       | 0,000     |  |   |  |  |
| WK 5                          | 0       | 0,000     |  |   |  |  |
| WK 6                          | 0       | 0,000     |  |   |  |  |
| WK 7                          | 0       | 0,000     |  |   |  |  |
| WK 8                          | 0       | 0,000     |  |   |  |  |
| WK 9                          | 0       | 0,000     |  |   |  |  |
| WK 10                         | 0       | 0,000     |  |   |  |  |
| WK 11                         | 0       | 0,000     |  |   |  |  |
| WK 12                         | 0       | 0,000     |  |   |  |  |
| WK 13                         | 0       | 0,000     |  |   |  |  |
| WK 14                         | 0       | 0,000     |  |   |  |  |
| WK 15                         | 0       | 0,000     |  |   |  |  |
| WK 16                         | 0       | 0,000     |  |   |  |  |
| WK 17                         | 0       | 0,000     |  |   |  |  |
| WK 18                         | 0       | 0,000     |  |   |  |  |
| WK 19                         | 0       | 0,000     |  |   |  |  |
| WK 20                         | 0       | 0,000     |  |   |  |  |
| WK 21                         | 0       | 0,000     |  |   |  |  |
| WK 22                         | 0       | 0,000     |  |   |  |  |
| WK 23                         | 0       | 0,000     |  |   |  |  |
| WK 24                         | 0       | 0,000     |  |   |  |  |
| WK 25                         | 0       | 0,000     |  |   |  |  |
| WK 26                         | 0       | 0,000     |  |   |  |  |
| WK 27                         | 0       | 0,000     |  |   |  |  |
| WK 28                         | 0       | 0,000     |  |   |  |  |
| WK 29                         | 0       | 0,000     |  |   |  |  |
| WK 30                         | 0       | 0,000     |  |   |  |  |
| WK 31                         | 0       | 0,000     |  |   |  |  |
| WK 32                         | 0       | 0,000     |  |   |  |  |
| WK 33                         | 0       | 0,000     |  |   |  |  |
| WK 34                         | 0       | 0,000     |  |   |  |  |
| WK 35                         | 0       | 0,000     |  |   |  |  |
| WK 36                         | 0       | 0,000     |  |   |  |  |
| WK 37                         | 0       | 0,000     |  |   |  |  |
| WK 38                         | 0       | 0,000     |  |   |  |  |
| WK 39                         | 0       | 0,000     |  |   |  |  |
| WK 40                         | 0       | 0,000     |  |   |  |  |
| WK 41                         | 0       | 0,000     |  |   |  |  |
| WK 42                         | 0       | 0,000     |  |   |  |  |
| WK 43                         | 0       | 0,000     |  |   |  |  |
| WK 44                         |         |           |  |   |  |  |







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Minuten

| /K 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

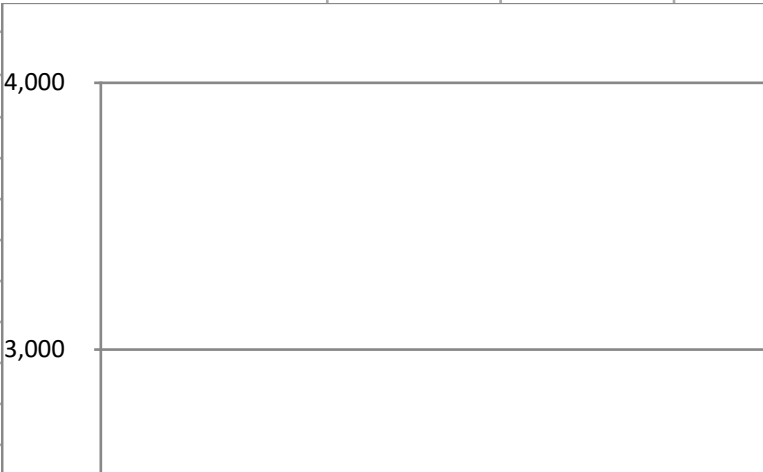
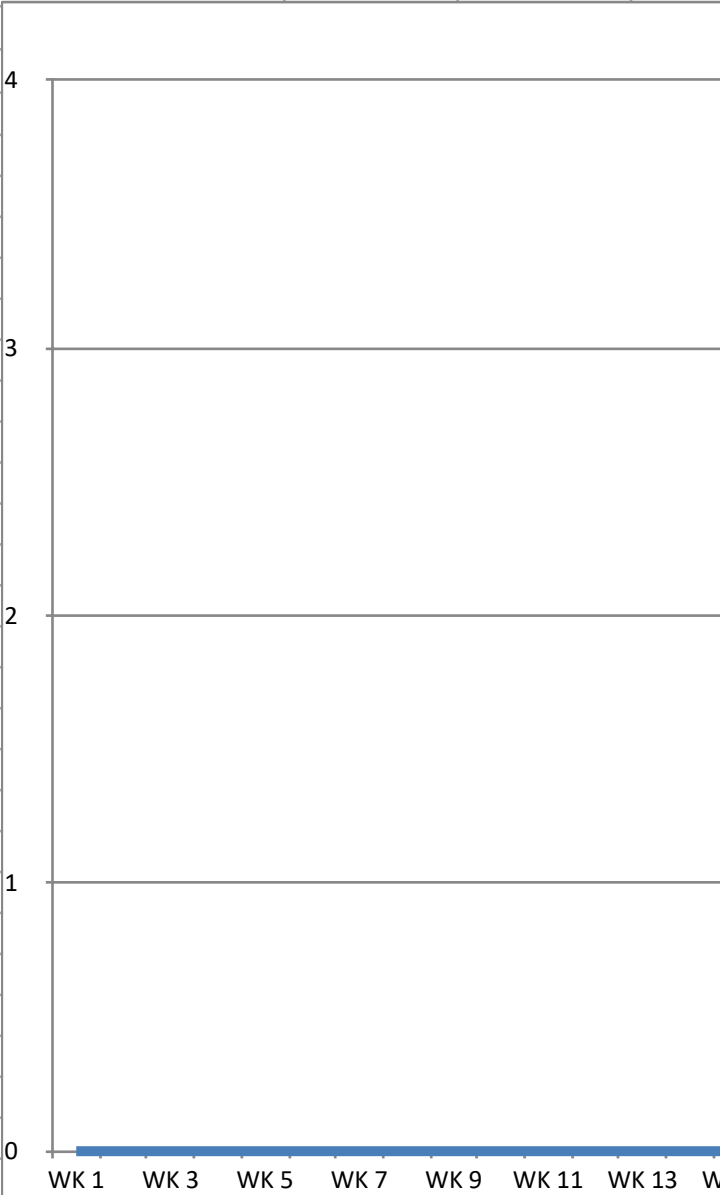
Kilometer

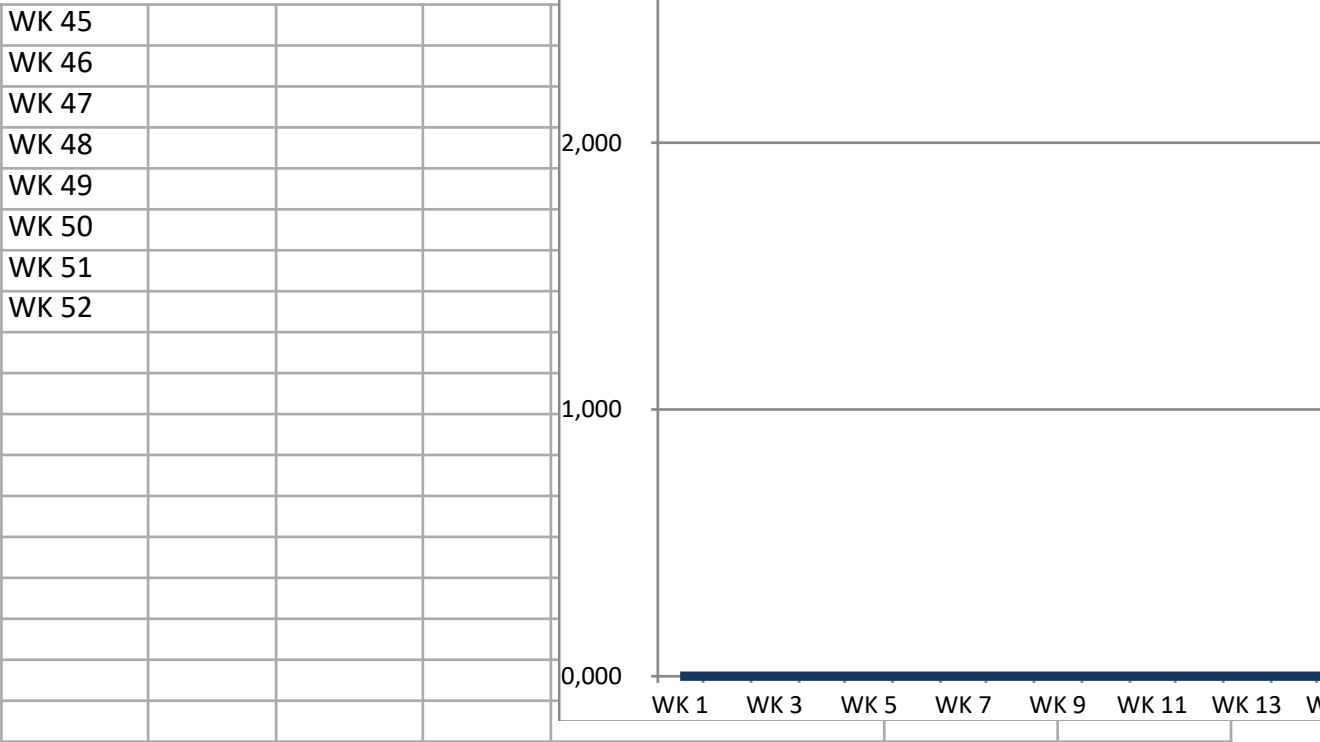
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |

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| Übersicht Total pro Woche für |         |           |  | - |  |  |
|-------------------------------|---------|-----------|--|---|--|--|
| Woche                         | Minuten | Kilometer |  |   |  |  |
| WK 1                          | 0       | 0,000     |  |   |  |  |
| WK 2                          | 0       | 0,000     |  |   |  |  |
| WK 3                          | 0       | 0,000     |  |   |  |  |
| WK 4                          | 0       | 0,000     |  |   |  |  |
| WK 5                          | 0       | 0,000     |  |   |  |  |
| WK 6                          | 0       | 0,000     |  |   |  |  |
| WK 7                          | 0       | 0,000     |  |   |  |  |
| WK 8                          | 0       | 0,000     |  |   |  |  |
| WK 9                          | 0       | 0,000     |  |   |  |  |
| WK 10                         | 0       | 0,000     |  |   |  |  |
| WK 11                         | 0       | 0,000     |  |   |  |  |
| WK 12                         | 0       | 0,000     |  |   |  |  |
| WK 13                         | 0       | 0,000     |  |   |  |  |
| WK 14                         | 0       | 0,000     |  |   |  |  |
| WK 15                         | 0       | 0,000     |  |   |  |  |
| WK 16                         | 0       | 0,000     |  |   |  |  |
| WK 17                         | 0       | 0,000     |  |   |  |  |
| WK 18                         | 0       | 0,000     |  |   |  |  |
| WK 19                         | 0       | 0,000     |  |   |  |  |
| WK 20                         | 0       | 0,000     |  |   |  |  |
| WK 21                         | 0       | 0,000     |  |   |  |  |
| WK 22                         | 0       | 0,000     |  |   |  |  |
| WK 23                         | 0       | 0,000     |  |   |  |  |
| WK 24                         | 0       | 0,000     |  |   |  |  |
| WK 25                         | 0       | 0,000     |  |   |  |  |
| WK 26                         | 0       | 0,000     |  |   |  |  |
| WK 27                         | 0       | 0,000     |  |   |  |  |
| WK 28                         | 0       | 0,000     |  |   |  |  |
| WK 29                         | 0       | 0,000     |  |   |  |  |
| WK 30                         | 0       | 0,000     |  |   |  |  |
| WK 31                         | 0       | 0,000     |  |   |  |  |
| WK 32                         | 0       | 0,000     |  |   |  |  |
| WK 33                         | 0       | 0,000     |  |   |  |  |
| WK 34                         | 0       | 0,000     |  |   |  |  |
| WK 35                         | 0       | 0,000     |  |   |  |  |
| WK 36                         | 0       | 0,000     |  |   |  |  |
| WK 37                         | 0       | 0,000     |  |   |  |  |
| WK 38                         | 0       | 0,000     |  |   |  |  |
| WK 39                         | 0       | 0,000     |  |   |  |  |
| WK 40                         | 0       | 0,000     |  |   |  |  |
| WK 41                         | 0       | 0,000     |  |   |  |  |
| WK 42                         | 0       | 0,000     |  |   |  |  |
| WK 43                         | 0       | 0,000     |  |   |  |  |
| WK 44                         |         |           |  |   |  |  |





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Minuten

| /K 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |

Kilometer

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|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
| WK 15 | WK 17 | WK 19 | WK 21 | WK 23 | WK 25 | WK 27 | WK 29 | WK 31 | WK 33 | WK 35 | WK 37 | WK 39 | WK 41 | V |
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |   |



[illegible]

