

# Beispiel Selbstbeobachtung

Mai 2025

Tag	Stunden																							Gesamt										
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		23									
1	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Green	Green	Green	Red	Red	Red	Green	Green	Green	Green	Green	Green	3									
2	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Brown	Red	Red	Green	Green	2									
3	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	2									
4	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green										
5	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green										
6	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Red	Red	Green	Green	2									
7	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Red	Red	Green	2									
8	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green										
9																				Brown	Brown	Brown												
10	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green										
11	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Green	3									
12	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Brown	Brown	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green										
13	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green										
14	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green										
15	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Brown	Green	Green	Red	Red	Green	2									
16	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Brown	Green	Green	Green	Red	Green	1									
17	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Red	Red	Red	3									
18																																		
19																																		
20											Urlaub																							
21								Red	Red	Red																3								
22																																		
23																						Red	Red	Red	3									
24																																		
25	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Red	Red	Red	Green	Green	Red	Red	Red	Brown	Brown	Green	Green	Green	Green	6									
26	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Green										
27	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green										
28	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Brown	Brown	Green	Green	Green	Green										
29	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green										
30	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Red	Red	Green	2									
31	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green										

Freizeit & Familie	<span style="display:inline-block; width:15px; height:15px; background-color:blue; border:1px solid black;"></span>	Schlafen	<span style="display:inline-block; width:15px; height:15px; background-color:green; border:1px solid black;"></span>	Urlaub	<span style="display:inline-block; width:15px; height:15px; background-color:yellow; border:1px solid black;"></span>
Arbeit	<span style="display:inline-block; width:15px; height:15px; background-color:orange; border:1px solid black;"></span>	Studienbriefe lesen	<span style="display:inline-block; width:15px; height:15px; background-color:red; border:1px solid black;"></span>	Haushalt	<span style="display:inline-block; width:15px; height:15px; background-color:brown; border:1px solid black;"></span>