

# 4 Wochenplan für „Der Gruppentyp“

|                             | <b>MONTAG</b><br>Muskelaufbau <input checked="" type="checkbox"/>                                                                                                 | <b>DIENSTAG</b><br>Entspannung <input checked="" type="checkbox"/>                                                                                                | <b>MITTWOCH</b><br>Ausdauer <input checked="" type="checkbox"/>                                                                                                   | <b>DONNERSTAG</b><br>Entspannung <input checked="" type="checkbox"/>                                                                                              | <b>FREITAG</b><br>Ausdauer <input checked="" type="checkbox"/>                                                                                                    | <b>SAMSTAG</b><br>Ausdauer <input checked="" type="checkbox"/>                                                                                                    | <b>SONNTAG</b><br>Entspannung <input checked="" type="checkbox"/>                                                                                                 |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>FOOD &amp; BALANCE</b>   | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ | sikapur® <input type="checkbox"/><br>2l Wasser <input type="checkbox"/><br>Obst & Gemüse<br>5 am Tag <input type="checkbox"/><br>Notizen: _____<br>_____<br>_____ |
| <b>SPORTS &amp; FUN</b>     | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  |
| <b>BEAUTY &amp; STYLING</b> | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  |
| <b>BODY &amp; SOUL</b>      | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br>Notizen: _____<br>_____<br>_____                  |
| <b>Mögliche Bausteine:</b>  | Krafttraining,<br>Dehnübungen                                                                                                                                     | Nagelpflege, Yoga,<br>Entspannungsübungen,<br>Spazieren gehen                                                                                                     | Volleyball, Inline-Skating,<br>Aerobic                                                                                                                            | Fußpflege,<br>Yoga                                                                                                                                                | Volleyball, Inline-Skating,<br>Tanzen                                                                                                                             | Rad fahren, Jogging,<br>Aerobic, Haarkur                                                                                                                          | Peeling,<br>Aromabad                                                         |