

**WOCHENPROTOKOLL:**

Zeit	MONTAG	DIENSTAG	MITTWOCH
bis 8Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
8 – 9Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
9 – 10Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
10 – 11Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
11 – 12Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
12 – 13Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
13 – 14Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
14 – 15Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
15 – 16Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
16 – 17Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
17 – 18Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
18 – 19Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
19 – 20Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
20 – 21Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
21 – 22Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%
nach 22Uhr	B .....% A .....%	B .....% A .....%	B .....% A .....%

B = Belastung in % (0%=keine Belastung; 100%=maximale Belastung)

A = Angsterleben in % (0%=kein Angsterleben; 100%=maximales Angsterleben); oder Anzahl von Panikattacken mit Strichen

