سیستم طراحی هفتگی												
						•						هفته:-
هدف های شخصی سطح بالا							هدف های شغلی سطح بالا					
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جمعه	پنج شنبه		چهارشنبه		سه شنبه		دوشنبه		یکشنبه		شنبه	
5Am-6Am	5Am	m-6Am	5Am-6	Am		5Am-6Am		5Am-6Am		5Am-6Am		5Am-6A
6Am-7Am	6Am	m-7Am	6Am-7	Am		6Am-7Am		6Am-7Am		6Am-7Am		6Am-7A
7Am-8Am	7Am	m-8Am	7Am-8	Am		7Am-8Am		7Am-8Am		7Am-8Am		7Am-8Ai
8Am-9Am	8Am	m-9Am	8Am-9	Am		8Am-9Am		8Am-9Am		8Am-9Am		8Am-9Ai
9Am-10Am	9Am-	n-10Am	9Am-10	)Am		9Am-10Am		9Am-10Am		9Am-10Am		9Am-10A
10Am-11Am	10Am	m-11Am	10Am-1	1Am		10Am-11Am		10Am-11Am		10Am-11Am		10Am-11
11Am-12Pm	11Am	m-12Pm	11Am-1	2Pm		11Am-12Pm		11Am-12Pm		11Am-12Pm		11Am-12
12Pm-1Pm	12Pn	m-1Pm	12Pm-:	LPm		12Pm-1Pm		12Pm-1Pm		12Pm-1Pm		12Pm-1P
1Pm-2Pm	1Pm	m-2Pm	1Pm-2	Pm		1Pm-2Pm		1Pm-2Pm		1Pm-2Pm		1Pm-2Pı
2Pm-3Pm	2Pm	m-3Pm	2Pm-3	Pm		2Pm-3Pm		2Pm-3Pm		2Pm-3Pm		2Pm-3P
3Pm-4Pm	3Pm	m-4Pm	3Pm-4	Pm		3Pm-4Pm		3Pm-4Pm		3Pm-4Pm		3Pm-4P
4Pm-5Pm	4Pm	m-5Pm	4Pm-5	Pm		4Pm-5Pm		4Pm-5Pm		4Pm-5Pm		4Pm-5Pi
5Pm-6Pm	5Pm	m-6Pm	5Pm-6	Pm		5Pm-6Pm		5Pm-6Pm		5Pm-6Pm		5Pm-6P
6Pm-7Pm	6Pm	m-7Pm	6Pm-7	Pm		6Pm-7Pm		6Pm-7Pm		6Pm-7Pm		6Pm-7P
7Pm-8Pm	7Pm	m-8Pm	7Pm-8	Pm		7Pm-8Pm		7Pm-8Pm		7Pm-8Pm		7Pm-8P
8Pm-9Pm	8Pm	m-9Pm	8Pm-9	Pm		8Pm-9Pm		8Pm-9Pm		8Pm-9Pm		8Pm-9Pr
9Pm-10Pm	9Pm-	n-10Pm	9Pm-10	)Pm		9Pm-10Pm		9Pm-10Pm		9Pm-10Pm		9Pm-10P
10Pm-11Pm	10Pm	m-11Pm	10Pm-1	1Pm		10Pm-11Pm		10Pm-11Pm		10Pm-11Pm		10Pm-11
پرونکل صبح	صبح	پروتکل ص	کل صبح	پروت		پروتکل صبج		پروتکل صبج		پروتکل صبج		رتين صبج
هدف گذاری روزانه		هدف گذ روزانه	، گذاری وزانه			هدف گذاری روزانه		هدف گذاری روزانه		هدف گذاری روزانه		ف گذاری روزانه
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