| Jour | Date |  | Heures |  |  |  |  |  |  |  |  |  | $\theta$ |  |  |  |  |  |  |  |  | 80 |  |  |  | Appréciation |  |  |  | Remarques particulières |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 12 | 14 |  |  | 16 |  | 18 |  | 20 |  |  | 24 |  | 2 |  | 4 |  | 6 |  |  |  |  |  |  |  |  | QR | FJ |  |
|  |  |  | 13 |  | 5 |  | 17 |  | 19 |  |  |  | 23 |  |  |  |  |  |  |  |  | 9 |  |  | 1 |  |  |  |  |  |
| Exem |  | S | $\mathbf{S}^{1}{ }^{1}$ | ' | 1 | 1 | 1 | $\boldsymbol{S}$ | ${ }^{1}$ | 1 |  | V' | \#1) | 有 | Cll | UIIS | WCV | $1$ | 2ll | WV] | 1 |  | ' | । | 1 |  | M | Moy | B |  |
| Lundi |  | 1 | ${ }^{1}$ | 1 | 1 | ${ }^{1}$ | ${ }^{\prime}$ | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mardi |  | 1 | ' 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mercredi |  | 1 | - ${ }^{1}$ | 1 | 1 | 1 | I | ' | 1 | I | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Jeudi |  | ' | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | I | 1 | 1 | ' | 1 | 1 | + | 1 | ' | 1 |  |  |  |  |  |
| Vendredi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | , | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Samedi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Dimanche |  | 1 | ${ }^{1}$ | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Lundi |  | 1 | - ${ }^{1}$ | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mardi |  | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mercredi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | ' | 1 | 1 | 1 |  |  |  |  |  |
| Jeudi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Vendredi |  | 1 | ${ }^{1}$ | 1 | 1 | 1 | ' 1 | 1 | 1 | 1 | 1 | I | 1 | 1 | I | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | I | 1 |  |  |  |  |  |
| Samedi |  | 1 | ${ }^{1}$ | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | - | 1 | 1 | 1 |  |  |  |  |  |
| Dimanche |  | ' | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Lundi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mardi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | I | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mercredi |  | ${ }^{1}$ | ${ }^{1}$ | ${ }^{\prime}$ | 1 | 1 | ' | ${ }^{\prime}$ | 1 | 1 | ${ }^{\prime}$ | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Jeudi |  | ' | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Vendredi |  | 1 | 1 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | । | , | , | 1 | 1 | I | I | । | 1 | 1 | + | ' | ' | 1 | ' |  |  |  |  |  |
| Samedi |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | , | 1 | 1 | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | - |  |  |  |  |  |
| Dimanche |  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Lundi |  | I | 1 | 1 | 1 | 1 | ' | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |
| Mardi |  | 1 | , 1 | 1 | , | 1 | ' 1 | 1 | 1 | ' | , | , | , | 1 | I | I | 1 | 1 | 1 | 1 | 1 | ${ }^{\prime}$ | 1 | 1 | ' |  |  |  |  |  |
| Mercredi |  | ${ }^{\prime}$ | 1 | 1 | ${ }^{\prime}$ | 1 | ${ }^{\prime}$ | ${ }^{\prime}$ ' | 1 | 1 | ${ }^{1}$ | I | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | ${ }^{\prime}$ |  |  |  |  |  |
| Jeudi |  | ' | 1 | 1 | ' | 1 | ' | ' | ' | ' | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | , | 1 | 1 | , | 1 | 1 | 1 |  |  |  |  |  |
| Vendredi |  | 1 | ${ }^{1}$ | 1 | 1 | 1 | I | , | 1 | 1 | 1 | 1 | 1 | 1 | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | I | 1 | 1 |  |  |  |  |  |
| Samedi |  | ${ }^{1}$ | ${ }^{\prime}{ }^{\prime}$ | ' | ' | ' | 1 | ' | 1 | ${ }^{\prime}$ | ${ }^{\prime}$ | ${ }^{\prime}$ | ' | 1 | ${ }^{\prime}$ | ' | 1 | ' | ' | 1 | 1 | 1 | I | ' | ' |  |  |  |  |  |
| Dimanche |  | I | I | I | । | । | 1 | 1 | 1 | । | , | 1 | I | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | । |  |  |  |  |  |

Temps de sommeil ou sieste
$\mathbf{S}=$ somnolence
$\mathbf{P}=$ pleurs

- QS = Qualité du sommeil
- $\mathrm{QR}=$ Qualité du réveil
- FJ = Forme de la journée
- TB = très bon
- $\mathrm{B}=$ bon
- Moy = moyen
- $\mathrm{M}=$ mauvais
- $\mathrm{TM}=$ Très mauvais
$\bullet=$ repas

