



## NACHTDIENSTKALENDER

Wiegetabelle für: .....

| Datum | Gewicht | Meine Blutdruckwerte: |         |         |          | Puls |
|-------|---------|-----------------------|---------|---------|----------|------|
|       |         | Datum                 | Uhrzeit | systol. | diastol. |      |
|       |         |                       |         |         |          |      |
|       |         |                       |         |         |          |      |
|       |         |                       |         |         |          |      |
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|       |         |                       |         |         |          |      |

**Blutdruck- und ständige Gewichtskontrolle ist Dienst an der Gesundheit!**

Goeres, Wien – Nachdruck verboten



**Mohren-  
Apotheke**

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EXKLUSIVE SCHWARZE UND GRÜNE TEES  
TRADITIONELLE CHINESISCHE MEDIZIN  
UND VIELES MEHR ...

**Mohr is more**

| JÄNNER    | FEBRUAR   | MÄRZ       | APRIL      | MAI        | JUNI       |
|-----------|-----------|------------|------------|------------|------------|
| S 1 L 52  | D 1 E     | D 1 W      | F 1 W      | S 1 Mo     | M 1 W      |
| S 2 E     | M 2 Ma    | M 2 Mi     | S 2 Mi     | M 2 Mi 18  | D 2 Mi     |
| M 3 A 1   | D 3 A     | D 3 L      | S 3 L      | D 3 L      | F 3 L      |
| D 4 Mo    | F 4 Mo    | F 4 E      | M 4 Ma 14  | M 4 E      | S 4 E      |
| M 5 W     | S 5 W     | S 5 Ma     | D 5 A      | D 5 Ma     | S 5 Ma     |
| D 6 Mi    | S 6 Mi    | S 6 A      | M 6 Mo     | F 6 A      | M 6 Mo 23  |
| F 7 L     | M 7 E 6   | M 7 W 10   | D 7 W      | S 7 Mo     | D 7 W      |
| S 8 E     | D 8 Ma    | D 8 Mi     | F 8 Mi     | S 8 W      | M 8 Mi     |
| S 9 Ma    | M 9 A     | M 9 L      | S 9 L      | M 9 L 19   | D 9 L      |
| M 10 Mo 2 | D 10 Mo   | D 10 E     | S 10 E     | D 10 E     | F 10 E     |
| D 11 W    | F 11 W    | F 11 Ma    | M 11 A 15  | M 11 Ma    | S 11 Ma    |
| M 12 Mi   | S 12 Mi   | S 12 A     | D 12 Mo    | D 12 A     | S 12 A     |
| D 13 L    | S 13 L    | S 13 Mo    | M 13 W     | F 13 Mo    | M 13 W 24  |
| F 14 E    | M 14 Ma 7 | M 14 Mi 11 | D 14 Mi    | S 14 W     | D 14 Mi    |
| S 15 Ma   | D 15 A    | D 15 L     | F 15 L     | S 15 Mi    | M 15 L     |
| S 16 A    | M 16 Mo   | M 16 E     | S 16 E     | M 16 E 20  | D 16 E     |
| M 17 W 3  | D 17 W    | D 17 Ma    | S 17 Ma    | D 17 Ma    | F 17 Ma    |
| D 18 Mi   | F 18 Mi   | F 18 A     | M 18 Mo 16 | M 18 A     | S 18 A     |
| M 19 L    | S 19 L    | S 19 Mo    | D 19 W     | D 19 Mo    | S 19 Mo    |
| D 20 E    | S 20 E    | S 20 W     | M 20 Mi    | F 20 W     | M 20 Mi 25 |
| F 21 Ma   | M 21 A 8  | M 21 L 12  | D 21 L     | S 21 Mi    | D 21 L     |
| S 22 A    | D 22 Mo   | D 22 E     | F 22 E     | S 22 L     | M 22 E     |
| S 23 Mo   | M 23 W    | M 23 Ma    | S 23 Ma    | M 23 Ma 21 | D 23 Ma    |
| M 24 Mi 4 | D 24 Mi   | D 24 A     | S 24 A     | D 24 A     | F 24 A     |
| D 25 L    | F 25 L    | F 25 Mo    | M 25 W 17  | M 25 Mo    | S 25 Mo    |
| M 26 E    | S 26 E    | S 26 W     | D 26 Mi    | D 26 W     | S 26 W     |
| D 27 Ma   | S 27 Ma   | S 27 Mi    | M 27 L     | F 27 Mi    | M 27 L 26  |
| F 28 A    | M 28 Mo 9 | M 28 E 13  | D 28 E     | S 28 L     | D 28 E     |
| S 29 Mo   |           | D 29 Ma    | F 29 Ma    | S 29 E     | M 29 Ma    |
| S 30 W    |           | M 30 A     | S 30 A     | M 30 A 22  | D 30 A     |
| M 31 L 5  |           | D 31 Mo    |            | D 31 Mo    |            |

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| JULI       | AUGUST     | SEPTEMBER  | OKTOBER    | NOVEMBER   | DEZEMBER   |
|------------|------------|------------|------------|------------|------------|
| F 1 Mo     | M 1 W 31   | D 1 W      | S 1 Mo     | D 1 W      | D 1 Mo     |
| S 2 W      | D 2 Mi     | F 2 Mi     | S 2 W      | M 2 Mi     | F 2 W      |
| S 3 Mi     | M 3 L      | S 3 L      | M 3 L 40   | D 3 L      | S 3 Mi     |
| M 4 E 27   | D 4 E      | S 4 E      | D 4 E      | F 4 E      | S 4 L      |
| D 5 Ma     | F 5 Ma     | M 5 A 36   | M 5 Ma     | S 5 Ma     | M 5 Ma 49  |
| M 6 A      | S 6 A      | D 6 Mo     | D 6 A      | S 6 A      | D 6 A      |
| D 7 Mo     | S 7 Mo     | M 7 W      | F 7 Mo     | M 7 W 45   | M 7 Mo     |
| F 8 W      | M 8 Mi 32  | D 8 Mi     | S 8 W      | D 8 W      | D 8 W      |
| S 9 Mi     | D 9 L      | F 9 L      | S 9 Mi     | M 9 L      | F 9 Mi     |
| S 10 L     | M 10 E     | S 10 E     | M 10 E 41  | D 10 E     | S 10 L     |
| M 11 Ma 28 | D 11 Ma    | S 11 Ma    | D 11 Ma    | F 11 Ma    | S 11 E     |
| D 12 A     | F 12 A     | M 12 Mo 37 | M 12 A     | S 12 A     | M 12 A 50  |
| M 13 Mo    | S 13 Mo    | D 13 W     | D 13 Mo    | S 13 Mo    | D 13 Mo    |
| D 14 W     | S 14 W     | M 14 Mi    | F 14 W     | M 14 Mi 46 | M 14 W     |
| F 15 Mi    | M 15 L 33  | D 15 L     | S 15 Mi    | D 15 L     | D 15 Mi    |
| S 16 L     | D 16 E     | F 16 E     | S 16 L     | M 16 E     | F 16 L     |
| S 17 E     | M 17 Ma    | S 17 Ma    | M 17 Ma 42 | D 17 Ma    | S 17 E     |
| M 18 A 29  | D 18 A     | S 18 A     | D 18 A     | F 18 A     | S 18 Ma    |
| D 19 Mo    | F 19 Mo    | M 19 W 38  | M 19 Mo    | S 19 Mo    | M 19 Mo 51 |
| M 20 W     | S 20 W     | D 20 Mi    | D 20 W     | S 20 W     | D 20 W     |
| D 21 Mi    | S 21 Mi    | M 21 L     | F 21 Mi    | M 21 L 47  | M 21 Mi    |
| F 22 L     | M 22 E 34  | D 22 E     | S 22 L     | D 22 E     | D 22 L     |
| S 23 E     | D 23 Ma    | F 23 Ma    | S 23 E     | M 23 Ma    | F 23 E     |
| S 24 Ma    | M 24 A     | S 24 A     | M 24 A 43  | D 24 A     | S 24 Ma    |
| M 25 Mo 30 | D 25 Mo    | S 25 Mo    | D 25 Mo    | F 25 Mo    | S 25 A     |
| D 26 W     | F 26 W     | M 26 Mi 39 | M 26 W     | S 26 W     | M 26 W 52  |
| M 27 Mi    | S 27 Mi    | D 27 L     | D 27 Mi    | S 27 Mi    | D 27 Mi    |
| D 28 L     | S 28 L     | M 28 E     | F 28 L     | M 28 E 48  | M 28 L     |
| F 29 E     | M 29 Ma 35 | D 29 Ma    | S 29 E     | D 29 Ma    | D 29 E     |
| S 30 Ma    | D 30 A     | F 30 A     | S 30 Ma    | M 30 A     | F 30 Ma    |
| S 31 A     | M 31 Mo    |            | M 31 Mo 44 |            | S 31 A     |

Mo = Mohren-Apotheke, W = Wienertor-Apotheke, Mi = Apotheke Mitterau, L = Apotheke Lerchenfeld, E = Engel-Apotheke, Ma = Apotheke Mautern, A = Adler-Apotheke