好计划，“动”起来

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| **时间** | **周一** | **周二** | **周三** | **周四** | **周五** | **周六** | **周日** |
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| **完成情况** |  |  |  |  |  |  |  |
| **反思总结** |  |  |  |  |  |  |  |

备注：可行的计划要有适宜的目标，计划要明确具体、突出重点、留有余地、劳逸结合。关键是执行计划，进行每日反思总结，适当调整，让计划真正“动”起来，相信你可以的！