**〇〇文健站 〇月課程表**

**一、每日活動流程表**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 時間/星期 | 週一 | 週二 | 週三 | 週四 | 週五 |
| 08:00-09:00 | 量血壓 | | | | |
| 09:00-09:30 | 健康操 | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

二、**〇月課程表**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30 | 31 |  |  |  |  |  |
|  |  |  |  |  |  |  |