[**جدول متابعة المهام الشهرية**](https://namozagy.com/نموذج-جدول-متابعة-المهام/)

**الأسبوع الأول**

|  |  |  |
| --- | --- | --- |
| العنصر | المهام الصباحية | المهام الليلية |
| الجمعة | * --- * --- * --- | * --- * --- * --- |
| السبت | * --- * --- * --- | * --- * --- * --- |
| الأحد | * --- * --- * --- | * --- * --- * --- |
| الاثنين | * --- * --- * --- | * --- * --- * --- |
| الثلاثاء | * --- * --- * --- | * --- * --- * --- |
| الأربعاء | * --- * --- * --- | * --- * --- * --- |
| الخميس | * --- * --- * --- | * --- * --- * --- |

**الأسبوع الثاني**

|  |  |  |
| --- | --- | --- |
| العنصر | المهام الصباحية | المهام الليلية |
| الجمعة | * --- * --- * --- | * --- * --- * --- |
| السبت | * --- * --- * --- | * --- * --- * --- |
| الأحد | * --- * --- * --- | * --- * --- * --- |
| الاثنين | * --- * --- * --- | * --- * --- * --- |
| الثلاثاء | * --- * --- * --- | * --- * --- * --- |
| الأربعاء | * --- * --- * --- | * --- * --- * --- |
| الخميس | * --- * --- * --- | * --- * --- * --- |

**الأسبوع الثالث**

|  |  |  |
| --- | --- | --- |
| العنصر | المهام الصباحية | المهام الليلية |
| الجمعة | * --- * --- * --- | * --- * --- * --- |
| السبت | * --- * --- * --- | * --- * --- * --- |
| الأحد | * --- * --- * --- | * --- * --- * --- |
| الاثنين | * --- * --- * --- | * --- * --- * --- |
| الثلاثاء | * --- * --- * --- | * --- * --- * --- |
| الأربعاء | * --- * --- * --- | * --- * --- * --- |
| الخميس | * --- * --- * --- | * --- * --- * --- |

**الأسبوع الرابع**

|  |  |  |
| --- | --- | --- |
| العنصر | المهام الصباحية | المهام الليلية |
| الجمعة | * --- * --- * --- | * --- * --- * --- |
| السبت | * --- * --- * --- | * --- * --- * --- |
| الأحد | * --- * --- * --- | * --- * --- * --- |
| الاثنين | * --- * --- * --- | * --- * --- * --- |
| الثلاثاء | * --- * --- * --- | * --- * --- * --- |
| الأربعاء | * --- * --- * --- | * --- * --- * --- |
| الخميس | * --- * --- * --- | * --- * --- * --- |