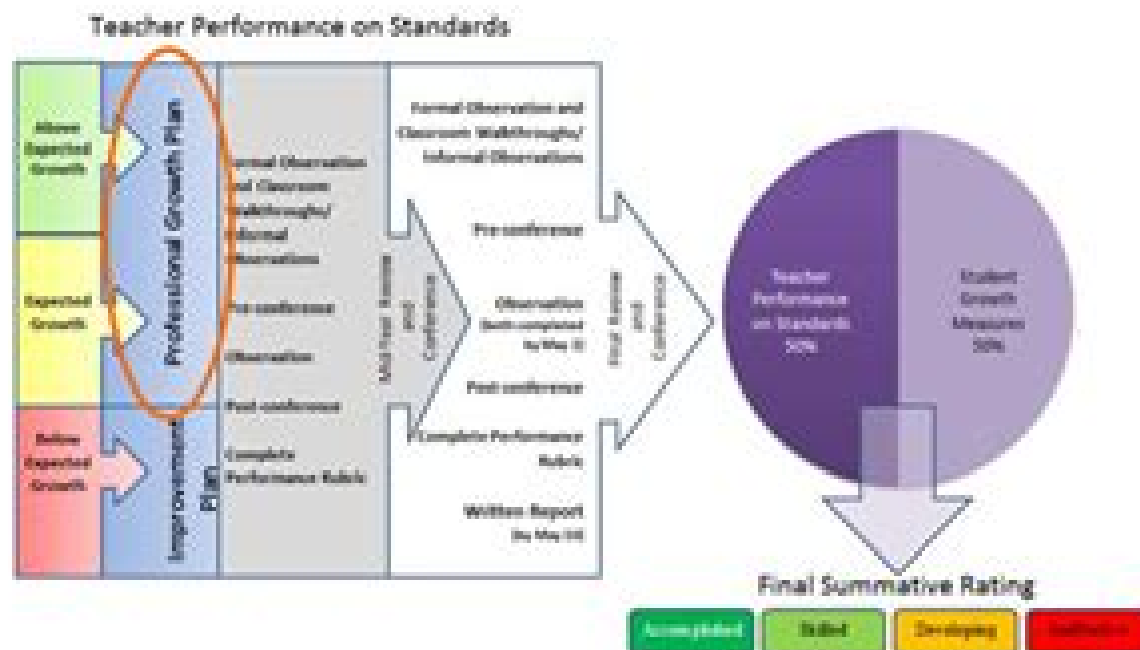


Professional Growth Plan



<http://education.ohio.gov/Topics/Teaching/Educator-Evaluation-System/Ohio-s-Teacher-Evaluation-System/Teacher-Evaluation-System-Teacher-Performance-Ratings>

[2013-14/Professional Growth Plan.doc](#)

Professional Growth Plan

Professional Growth Plans help teachers focus on areas of professional development that will enable them to improve their practice. Teachers are accountable for the implementation and completion of the plan and may use the plan as a starting point for the school year. (The Professional Growth Plan is intended to be one academic year in duration and may support the goals of the Individual Professional Development Plan- IPDP. **The Professional Growth Plan is not intended to replace the IPDP.**) The professional growth plan and process includes feedback from the evaluator as well as the teacher's self-assessment, and the support needed to further the teacher's continuous growth and development. Professional development should be individualized to the needs of the teacher and students (based on available data), and specifically relate to the teacher's areas for growth as identified in the teacher's evaluation. The evaluator should recommend professional development opportunities, and support the teacher by providing resources (e.g., time, financial). The growth plan should be reflective of the data available and include:

- Identification of area(s) for future professional growth;
- Specific resources and opportunities to assist the teacher in enhancing skills, knowledge and practice;
- Outcomes that will enable the teacher to increase student learning and achievement.

Sample Individual Professional Growth Plan Under Etpes

Padhraic Smyth



Sample Individual Professional Growth Plan Under Etpes:

Immerse yourself in the artistry of words with Crafted by is expressive creation, **Sample Individual Professional Growth Plan Under Etpes** . This ebook, presented in a PDF format (Download in PDF: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

https://crm.avenza.com/About/uploaded-files/Documents/sears_kenmore_model_2142_manual.pdf

Table of Contents Sample Individual Professional Growth Plan Under Etpes

1. Understanding the eBook Sample Individual Professional Growth Plan Under Etpes
 - The Rise of Digital Reading Sample Individual Professional Growth Plan Under Etpes
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Individual Professional Growth Plan Under Etpes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Individual Professional Growth Plan Under Etpes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Individual Professional Growth Plan Under Etpes
 - Personalized Recommendations
 - Sample Individual Professional Growth Plan Under Etpes User Reviews and Ratings
 - Sample Individual Professional Growth Plan Under Etpes and Bestseller Lists
5. Accessing Sample Individual Professional Growth Plan Under Etpes Free and Paid eBooks
 - Sample Individual Professional Growth Plan Under Etpes Public Domain eBooks
 - Sample Individual Professional Growth Plan Under Etpes eBook Subscription Services
 - Sample Individual Professional Growth Plan Under Etpes Budget-Friendly Options

6. Navigating Sample Individual Professional Growth Plan Under Etpes eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Individual Professional Growth Plan Under Etpes Compatibility with Devices
 - Sample Individual Professional Growth Plan Under Etpes Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Individual Professional Growth Plan Under Etpes
 - Highlighting and Note-Taking Sample Individual Professional Growth Plan Under Etpes
 - Interactive Elements Sample Individual Professional Growth Plan Under Etpes
8. Staying Engaged with Sample Individual Professional Growth Plan Under Etpes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Individual Professional Growth Plan Under Etpes
9. Balancing eBooks and Physical Books Sample Individual Professional Growth Plan Under Etpes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Individual Professional Growth Plan Under Etpes
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Individual Professional Growth Plan Under Etpes
 - Setting Reading Goals Sample Individual Professional Growth Plan Under Etpes
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Individual Professional Growth Plan Under Etpes
 - Fact-Checking eBook Content of Sample Individual Professional Growth Plan Under Etpes
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Sample Individual Professional Growth Plan Under Etpes Introduction

In the digital age, access to information has become easier than ever before. The ability to download Sample Individual Professional Growth Plan Under Etpes has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Sample Individual Professional Growth Plan Under Etpes has opened up a world of possibilities. Downloading Sample Individual Professional Growth Plan Under Etpes provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Sample Individual Professional Growth Plan Under Etpes has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Sample Individual Professional Growth Plan Under Etpes. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Sample Individual Professional Growth Plan Under Etpes. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Sample Individual Professional Growth Plan Under Etpes, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Sample Individual Professional Growth Plan Under Etpes has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to

engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Sample Individual Professional Growth Plan Under Etpes Books

1. Where can I buy Sample Individual Professional Growth Plan Under Etpes books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Sample Individual Professional Growth Plan Under Etpes book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Sample Individual Professional Growth Plan Under Etpes books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Sample Individual Professional Growth Plan Under Etpes audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.

9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Sample Individual Professional Growth Plan Under Etpes books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Sample Individual Professional Growth Plan Under Etpes :

sears kenmore model 2142 manual

~~sears riding mower repair~~

sdmo mics telys

sda bible study guide second quartet 24

scripps spelling bee word definition

~~sda church manual elections~~

scrap circuit boards products

seagate barracuda 7200 11 ncq 750gb storage owners manual

seadoo gtx rfi gs 1998 workshop manual

sears model air compressor manual

scribbling the cat travels with an african soldier english edition

sears manual sleeve hitch

se scales guide

seadoo 2015 service manual

searching for hen s teeth poetry from the search zone

Sample Individual Professional Growth Plan Under Etpes :

اردو سے انگریزی کے الفاظ کے اردو سے انگریزی کے الفاظ **urdu to english dictionary** - Sep 01 2022

web urdu to english dictionary is designed by keeping in mind the needs of urdu speaking people who don t have a command over the english language yet want to learn it as they have to encounter the international language english on daily basis

translate urdu to english online translate com - Jan 05 2023

web translate from urdu to english get your text translated by proficient translators from urdu to english and modified by

web urdu dictionary with meanings in hindi english rekhta dictionary word of the day **پتھر پار کھانا** origin arabic
 meaning interference interruption intrusion intervention mediation trespass proverb of the day patthar par kyaa asar
 meaning no education or training helps a fool trending words saahir **پتھر پار کھانا** origin arabic

web urdu dictionary ijunoon english to urdu dictionary is an online dictionary this dictionary provides synonyms antonyms english definitions wikipedia reference names meanings roman to urdu search urdu to english search related words sentence translation and image based examples ijunoon dictionary started off in the

web apr 8 2020 download our urdu to english translatio dictionary app and overcome all your language hurdles urdu to english translator dictionary is our latest app for all those who find it difficulty in english and urdu vocabulary features translations english to urdu urdu to english dictionary translator layout is very user friendly

web urdu to english dictionary urdu to english urdu to english dictionary finding translations have just been made easier visit our free online urdu to english dictionary for all sorts of urdu to english meaning that you can incorporate in any text document school work and other materials urdu to english free online dictionary

web searchable english urdu and urdu english dictionary with beginner s lessons urduword com english urdu dictionary and lessons search dictionary browse dictionary lessons contribute i want to translate english to

web connecting to apple music connecting read reviews compare customer ratings see screenshots and learn more about english urdu dictionary app download english urdu dictionary app and enjoy it on your iphone ipad and ipod touch

web home dictionary translate english to urdu and translate urdu to english in free online dictionary welcome to the english to urdu dictionary and urdu to english dictionary translate english to urdu and translate urdu to english find meaning of urdu words in english roman words translation and roman urdu meanings are also available online

web translate now understand your world and communicate across languages with google translate translate text speech images documents websites and more across your devices

cambridge english urdu dictionary translate from english to urdu - May 09 2023

urdu english dictionary urdu to english dictionary english to urdu - Nov 03 2022

urdu dictionary online translation lexilogos - Apr 08 2023

google translate on the app store - Mar 07 2023

google translate - Oct 14 2023

online urdu dictionary meaning of urdu words rekhta - Feb 06 2023

the english urdu dictionary glosbe - Dec 04 2022

urdu to english dictionary app apps on google play - Jul 11 2023

web jul 4 2020 updated on jul 4 2020 education data safety arrow

forward safety starts with understanding how developers collect and share your data data

200k urdu to english dictionary words translation □□□ □□□□□ - Jul 31 2022

web this online dictionary not only allows you to translate urdu to english meaning but also helps you in improving your vocabulary by providing the chance for urdu to english translate in a glimpse of an eye now translate urdu to english

paragraph online without any hassle urdu to english find free urdu to english dictionary online

running with the giants by john c maxwell hachette book group - May 09 2023

web motivational guru john c maxwell finds inspiration and encouragement in the lives of old testament personalities

running with the giants by john c maxwell full - Feb 23 2022

web running with the giants what the old testament heroes want you to know about life and leadership by john c maxwell

running with the giants what old testament heroes want you - Apr 08 2023

web john maxwell reminds us that even in a modern world the greatest inspiration is still found within the pages of the old testament in running with the giants maxwell brings those great personalities to life david would remind us how to overcome adversity noah would tell us not to fear doing the impossible

running with the giants what old testament heroes want you to - Oct 02 2022

web running with the giants what old testament heroes want you to know about life and leadership by maxwell john c 1947

publication date 2002 topics bible o t biography leadership religious aspects christianity publisher

running with the giants what the old book by john c maxwell - May 29 2022

web john maxwell s thinking for a change was one of the best books i read last year so when i saw running with the giants another title from this new york times best selling author and motivational teacher i scooped it up eagerly the premise certainly caught my attention

running with the giants maxwell john c pdf esther - Jul 31 2022

web great acclaim for running with the giants john maxwell is the best at communicating biblical truths about management in a simple useable format his latest book running with the giants is the best thus far

running with the giants by john c maxwell audible com au - Apr 27 2022

web running with the giants as it s meant to be heard narrated by john c maxwell discover the english audiobook at audible free trial available

running with the giants by john c maxwell hachette book group - Jun 10 2023

web running with the giants what the old testament heroes want you to know about life and leadership

running with the giants what old testament heroes want you - Jun 29 2022

web buy running with the giants what old testament heroes want you to know about life and leadership giants of the bible

first edition by c maxwell john isbn 9780446530699 from amazon s book store everyday low

running with the giants john maxwell gateway church - Mar 27 2022

web special guest john maxwell reminds us we can make a difference for our families and future generations and leave a lasting mark on the world for god at any a

running with the giants what the old by maxwell john c - Oct 14 2023

web sep 24 2002 amazon com review himself an inspiration to millions through his motivational speeches and bestselling books john c maxwell reaches out to the leading icons of the old testament for the life and leadership lessons conveyed in his thought provoking albeit slim running with the giants

running with the giants google books - Aug 12 2023

web nov 16 2008 running with the giants what the old testament heroes want you to know about life and

running with the giants by john c maxwell ebook ebooks com - Dec 04 2022

web us 9 99 buy multiple copies give this ebook to a friend add to list more books by this author more books by this publisher print copy permissions supported devices motivational guru john c maxwell finds inspiration and encouragement in the lives of old testament personalities

running with the giants what the old testament heroes - Sep 13 2023

web sep 24 2002 running with the giants what the old testament heroes want you to know about life and leadership john c maxwell 4 06 885 ratings88 reviews motivational guru john c maxwell finds inspiration and encouragement in the lives of old testament personalities genres leadership christian nonfiction business personal development

running with the giants what old testament heroes - Jan 05 2023

web sept 25 forecast maxwell s most recent book your road map to success debuted in may in the number one spot on the wall street journal business bestseller list this tiny hardback has all

running with the giants by john c maxwell audible com - Feb 06 2023

web sample running with the giants what old testament heroes want you to know about life and leadership unabridged by john c maxwell narrated by john c maxwell length 1 hr and 38 mins 4 3 260 ratings try for 0 00 prime members new to audible get 2 free audiobooks during trial pick 1 audiobook a month from our unmatched collection

running with the giants what the old testament heroes want you - Jul 11 2023

web from rebekah to david abraham to moses running with the giants puts us face to face with the towering figures of the bible from these great heroes and from the inimitable john c maxwell comes the inspiration to live as they did as leaders as success stories and as people close to god

running with the giants what old testament heroes want you - Nov 03 2022

web sep 1 2002 john c maxwell running with the giants what old testament heroes want you to know about life and leadership audio cassette abridged september 1 2002 by john c maxwell author 4 7 341 ratings part of giants of the bible 3 books see all formats and editions kindle 9 99 read with our free app audio cassette from 12 36

running with the giants what old testament heroes want you - Mar 07 2023

web sep 24 2002 7 years ago originally posted on running with the giants what old testament heroes want you to

running with the giants by john c maxwell open library - Sep 01 2022

web mar 1 2006 imported from amazon com record running with the giants by john c maxwell march 1 2006 hachette audio edition audio cd in english unabridged edition

unser hochzeits countdown von groh verlag buch 978 3 - Dec 11 2022

web beschreibung 99 tage vorfreude für brautpaare mit dem countdown kalender der tag der hochzeit ist ein ganz besonderer tag die vorfreude darauf könnt ihr mit diesem countdown kalender richtig genießen denn vorfreude ist

hochzeits countdown im app store - May 04 2022

web features hochzeits countdown budget planer tipps zur hochzeitsplanung gästeliste organizer für aufgaben erinnerungen etc liebe zitat des tages teile deinen live countdown

unser hochzeits countdown geschenkverlage - Mar 14 2023

web sep 8 2019 unser hochzeits countdown herausgegeben von groh verlag 99 tage vorfreude für brautpaare mit dem countdown kalender der tag der hochzeit ist ein ganz besonderer tag die vorfreude darauf könnt ihr mit diesem countdown kalender richtig genießen denn vorfreude ist schließlich die schönste freude

der hochzeits countdown kalender verkürzt das warten - Feb 01 2022

web aug 26 2021 der hochzeits countdown kalender verkürzt das warten der hochzeitstermin steht fest noch ein jahr noch sechs monate acht wochen bis zum schönsten tag der welt das brautpaar jongliert in dieser zeit mit zehn bällen gleichzeitig und durchläuft stimmungssachterbahnen von himmelhochjauchzend bis supergestresst

unser hochzeits countdown unser hochzeits countdown - Mar 02 2022

web unser hochzeits countdown von unser hochzeits countdown jetzt online bestellen portofrei schnell zuverlässig kein mindestbestellwert individuelle rechnung 20 millionen titel hugendubel info die online buchhandlung für geschäftskund innen

suchergebnis auf amazon de für hochzeits countdown - Apr 03 2022

web jahres countdown kalender würfel aus holz mit themenleiste dauer jahre tisch kalender lückenlose tagezählung bis zu 432 tagen für hochzeiten geburtstage prüfungen und mehr weiß 215 17 69 lieferung bis mittwoch 7 juni gratis versand durch amazon klein unternehmen

unser hochzeits countdown spiral ciltli 9 eylül 2019 - Sep 08 2022

web unser hochzeits countdown groh redaktionsteam amazon com tr kitap Çerez tercihlerinizi seçin Çerez bildirimimizde ayrıntılı şekilde açıklandığı üzere alışveriş yapmanızı sağlamak alışveriş deneyiminizi iyileştirmek ve hizmetlerimizi sunmak için gerekli olan çerezleri ve benzer araçları kullanırız

hochzeits countdown braut bräutigam - Apr 15 2023

web der hochzeits countdown auf den ihr gewartet habt unser praktische countdown umfasst alles woran ihr bei der organisation eurer hochzeit denken müsst der countdown beginnt 15 monate vor der hochzeit und reicht bis zum großen tag selbst und den dinge die danach noch zu erledigen sind auch details wie danksagungen

hochzeits countdown kalender namen geschenke online - Jul 06 2022

web hochzeits countdown kalender personalisiert mit name des brautpaares hochzeits countdown kalender zum selbst befüllen 30 türchen zum befüllen mit geschenken kalender aus pappe mit 30 türchen personalisiert mit namen mr mrs schriftzug romantisches blumenmotiv countdown zur steigerung der vorfreude tolles

hochzeits countdown noch 100 tage dann wird geheiratet - Jun 17 2023

web hochzeitscountdown 100 tage countdown bis zur hochzeit so macht vorfreude noch mehr spaß dieser hochzeitscountdown ist ruckzuck als hübsche Überraschung für das brautpaar gezaubert denn ihr könnt die 100 tage vorlage downloaden und in a4 oder a5 selbst ausdrucken

hochzeitsticker dein hochzeits countdown - Jul 18 2023

web hochzeitsticker dein hochzeits countdown erstelle deinen individuellen hochzeitsticker bzw hochzeits countdown in nur 10 sekunden 100 kostenlos ideal zum einbinden auf deiner homepage oder im forum hier dein design aussuchen der hochzeit countdown was ist eigentlich ein hochzeits countdown

zähle nicht die tage bis zu eurer hochzeit die gratis countdown - Feb 13 2023

web mar 13 2017 countdown app für iphone user um die wartezeit auf eure hochzeit zu verkürzen inklusive täglichem love quote und teilen funktion gratis countdown ticker weddingbible der countdown zu deiner hochzeit wird nun bald zweistellig du weißt die zeit drängt aber trotzdem bist du immer wieder dabei die tage nachzuzählen

unser hochzeits countdown aufstellbuch amazon de - Jan 12 2023

web unser hochzeits countdown aufstellbuch groh verlag isbn 9783848523191 kostenloser versand für alle bücher mit versand und verkauf duch amazon

hochzeitscountdown online countdown für whatsapp - Sep 20 2023

web feb 28 2023 der online countdown ist eine moderne variante um an eure trauung zu erinnern mit ein paar ideen gestaltet ihr euren countdown noch persönlicher damit der weg zu eurer hochzeit ein unvergessliches erlebnis

der hochzeitscountdown so macht das warten spaß - May 16 2023

web oct 18 2021 mit einem hochzeits countdown vergeht die zeit des wartens wie im flug hochzeitsexpertin elena albrecht ein hochzeits countdown kalender ist eine schöne idee für ein verlobungs oder ein verfrühtes hochzeitsgeschenk das das herz jeder braut höher schlagen lässt meistens bereiten die trauzeugen des hochzeitspaars oder der

hochzeitscountdown die tage bis zur hochzeit im Überblick - Oct 09 2022

web mit einem hochzeitscountdown habt ihr immer die anzahl der restlichen tage bis zur hochzeit im Überblick diese gibt es natürlich nicht nur in form von kleinen holzwürfeln sondern auch als plakat oder aufsteller bei dem plakat könnt ihr mit einem stempel jeden vergangenen tag bis zu eurer hochzeit abstempeln

hochzeits countdown i kostenloser download liebe im kopf - Aug 19 2023

web oct 20 2022 nutzt jetzt unseren kostenlosen hochzeits countdown zum ausdrucken und zelebriert die letzten 99 tage bis zum großen tag von der verlobung über den versand der einladungen bis zu den letzten to do s die planungszeit vor der hochzeit ist voller besonderer und aufregender momente

webcountdown hochzeits countdown - Nov 10 2022

web countdown bis zur hochzeit alles ohne anmeldung webcountdown ist kostenlos genauso wie das widget für die eigene homepage deswegen einfach ausprobieren und die zeit ab sofort rückwärts zählen lassen viel freude damit

suchergebnis auf amazon de für hochzeit countdown - Jun 05 2022

web unser hochzeits countdown aufstellbuch von groh verlag hochzeits countdown kalender mit 7 türchen für die letzten 7 tage und einem 100 tage countdown jga geschenk braut countdown kalender adventskalender für braut brautbox zur hochzeit brautgeschenk 4 6 4 6 von 5 sternern 22

unser hochzeits countdown - Aug 07 2022

web unser hochzeits countdown herausgeber groh redaktionsteam verlag groh verlag taschenbuch isbn 978 3 8485 2319 1 erschienen am 09 09 2019 sprache deutsch format 14 8 cm x 11 3 cm x 1 5 cm gewicht 107 gramm umfang 26 seiten spiralbindung 20