**身心靈的極頂修煉計畫書**

1. **計畫名稱：**(+個人動機背景概述)
2. **計畫概述與計畫執行**(以圖文描述追夢計畫實際內容)
3. **預期成果/效益**(條列式具體說明此次計畫的可能成果)
4. **計畫時程表**

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| **時間** |  |  |  |  |  |  |
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1. **預算明細**

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| 經費項目 | 單價 | 數量 | 單位 | 總價 | 說明 | 需求  順序 |
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| 總 計 | | | | |  |  |