# Voorbeeld van een ingevulde weekplanning

| Uur | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 8u-9u | Ontbijt | Uitslapen | Ontbijt | Ontbijt | Ontbijt | Ontbijt | **STUDEREN** |
| 9u-10u |  | Ontbijt |  | **STUDEREN** |  |  |  |
| 10u-11u | **LES** | STUDEREN | **LES** |  | **LES** | Werken |  |
| 11u-12u |  |  |  | **LES** |  |  | Brunch |
| 12u-13u |  |  |  |  |  |  |  |
| 13u-14u | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |  |
| 14u-15u |  |  | **STUDEREN** |  |  |  | **STUDEREN** |
| 15u-16u | **LES** | **LES** |  | **LES** | **LES** | Werken |  |
| 16u-17u |  |  | **LES** |  |  |  |  |
| 17u-18u | Boodschappen | **STUDEREN** |  | **STUDEREN** | Naar huis |  | Familie |
| 18u-19u |  |  |  |  |  | **STUDEREN** |  |
| 19u-20u | Eten | Eten | Eten | Eten | Eten |  | Eten |
| 20u-21u | **STUDEREN** |  | Training | **STUDEREN** | Training | Eten |  |
| 21u-22u | Tv | **STUDEREN** |  |  |  |  | Tv |
| 22u-23u |  |  | **STUDEREN** | Ontspanning | Uitgaan | Ontspanning |  |
| 23u-24u | Slapen | Slapen | Slapen | Slapen |  |  | Slapen |

# Sjabloon voor jouw studieplanning

*Van … tot …*

| Uur | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 8u-9u |  |  |  |  |  |  |  |
| 9u-10u |  |  |  |  |  |  |  |
| 10u-11u |  |  |  |  |  |  |  |
| 11u-12u |  |  |  |  |  |  |  |
| 12u-13u |  |  |  |  |  |  |  |
| 13u-14u |  |  |  |  |  |  |  |
| 14u-15u |  |  |  |  |  |  |  |
| 15u-16u |  |  |  |  |  |  |  |
| 16u-17u |  |  |  |  |  |  |  |
| 17u-18u |  |  |  |  |  |  |  |
| 18u-19u |  |  |  |  |  |  |  |
| 19u-20u |  |  |  |  |  |  |  |
| 20u-21u |  |  |  |  |  |  |  |
| 21u-22u |  |  |  |  |  |  |  |
| 22u-23u |  |  |  |  |  |  |  |
| 23u-24u |  |  |  |  |  |  |  |