**Weekplanning**

Houdt ongeveer bij welke activiteiten je op een bepaald tijdstip doet in één week.

**De vaste rubrieken zijn:**

* lessen/school (rood)
* stage (wit)
* reizen (oranje)
* sporten (roze)
* eten/boodschappen/huishoudelijke zaken (blauw)
* slapen en persoonlijke verzorging (zwart)
* ontspanning/sociale contacten (geel)
* ongerichte en onproductieve bezigheden (grijs)
* betaald werk/vrijwilligerswerk (paars)
* zelfstudie/huiswerk/studietaken (groen)

**Periode van tot Naam:**

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| **Uur** | **Ma.** | **Di.** | **Wo.** | **Do.** | **Vr.** | **Za.** | **Zo.** | **Bijzonderheden** |
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