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| --- | --- | --- | --- | --- | --- | --- | --- |
| Wat, Wanneer weekrooster | | | | | | | |
|  | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 08.30 |  |  |  |  |  |  |  |
| 09.00 |  |  |  |  |  |  |  |
| 09.30 |  |  |  |  |  |  |  |
| 10.00 |  |  |  |  |  |  |  |
| 10.30 |  |  |  |  |  |  |  |
| 11.00 |  |  |  |  |  |  |  |
| 11.30 |  |  |  |  |  |  |  |
| 12.00 |  |  |  |  |  |  |  |
| 12.30 |  |  |  |  |  |  |  |
| 13.00 |  |  |  |  |  |  |  |
| 13.30 |  |  |  |  |  |  |  |
| 14.00 |  |  |  |  |  |  |  |
| 14.30 |  |  |  |  |  |  |  |
| 15.00 |  |  |  |  |  |  |  |
| 15.30 |  |  |  |  |  |  |  |
| 16.00 |  |  |  |  |  |  |  |
| 16.30 |  |  |  |  |  |  |  |
| 17.00 |  |  |  |  |  |  |  |
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| 18.00 |  |  |  |  |  |  |  |
| 18.30 |  |  |  |  |  |  |  |
| 19.00 |  |  |  |  |  |  |  |
| 19.30 |  |  |  |  |  |  |  |
| 20.00 |  |  |  |  |  |  |  |
| 20.30 |  |  |  |  |  |  |  |
| 21.00 |  |  |  |  |  |  |  |
| 21.30 |  |  |  |  |  |  |  |
| 22.00 |  |  |  |  |  |  |  |

Zorg voor afwisseling in je activiteiten   
Plan ook leuke dingen in.  
Wees realistisch en begin op tijd

Betekenis Kleuren

Blauw Slaaptijd

Geel Tijd op school

Rood Werk en sport

paars Vrije tijd

Wit Huiswerk