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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 00:00 |  |  |  |  |  |  |  |
| 01:00 |  |  |  |  |  |  |  |
| 02:00 |  |  |  |  |  |  |  |
| 03:00 |  |  |  |  |  |  |  |
| 04:00 |  |  |  |  |  |  |  |
| 05:00 |  |  |  |  |  |  |  |
| 06:00 |  |  |  |  |  |  |  |
| 07:00 |  |  |  |  |  |  |  |
| 08:00 |  |  |  |  |  |  |  |
| 09:00 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 13:00 |  |  |  |  |  |  |  |
| 14:00 |  |  |  |  |  |  |  |
| 15:00 |  |  |  |  |  |  |  |
| 16:00 |  |  |  |  |  |  |  |
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| 18:00 |  |  |  |  |  |  |  |
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| 20:00 |  |  |  |  |  |  |  |
| 21:00 |  |  |  |  |  |  |  |
| 22:00 |  |  |  |  |  |  |  |
| 23:00 |  |  |  |  |  |  |  |

# Jouw Leefstijl

Geef met kleur de onderstaande dag invullingen aan:

* Slapen grijs
* Persoonlijke verzorging geel
* Eten groen
* Reizen rood
* Werk/school Licht blauw
* Huishoudelijke taken donker blauw
* Ontspanning paars