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| |  | | --- | | DE DAGKALENDER | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | DATUM | |  | | |  |  |  |  | | --- | --- | --- | --- | | DRINKEN! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Takenlijst | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | Wat wordt er gegeten? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Belangrijke opmerkingen | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Noodzaak om te kopen | |  | | | |  | | --- | | Lichaamsbeweging | |  | |
| |  | | --- | | Uitgeput | |  | | |  | | --- | | 3 positieve gedachten van de dag | |  | | |