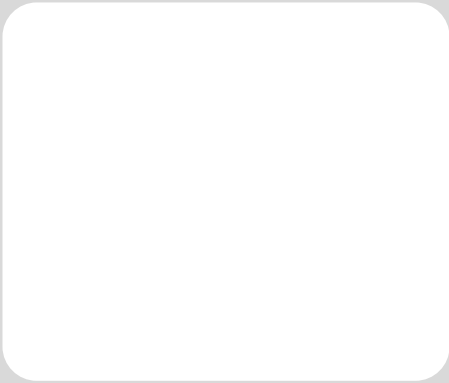
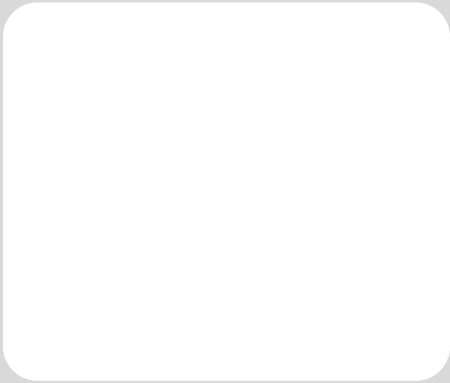
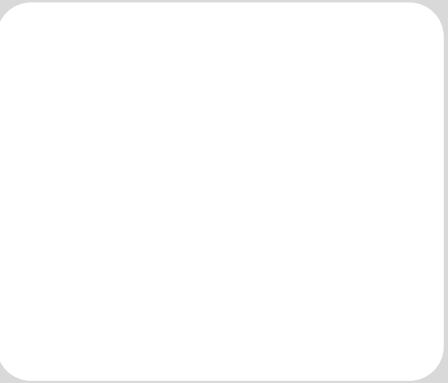
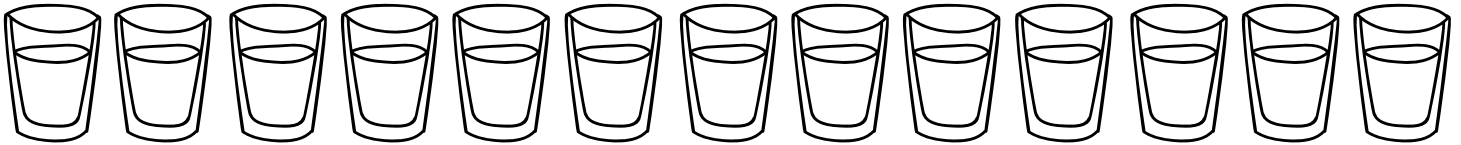


DATUM:


Ontbijt	Lunch	Diner
		


Aantal glazen water vandaag (150 ml)



Hoe laat ik gisteren ging slapen _____

Hoe laat ik opstond _____

Beweging vandaag 

 min

Ontspanning vandaag _____

Overig _____

Hoe voelde ik me vandaag

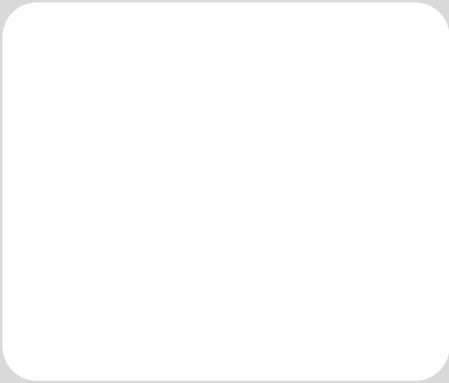
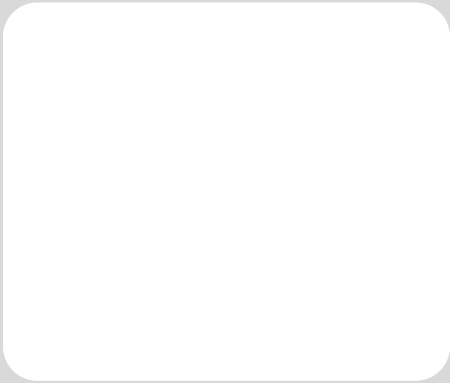
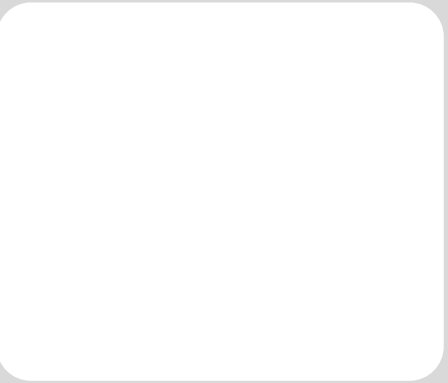


Fysiek

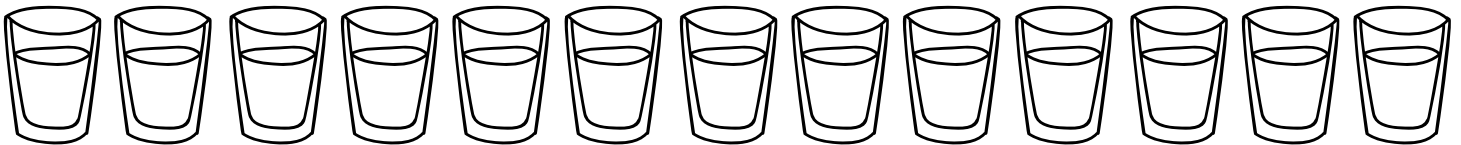


Mentaal

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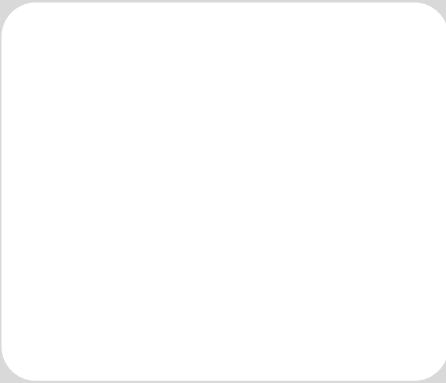
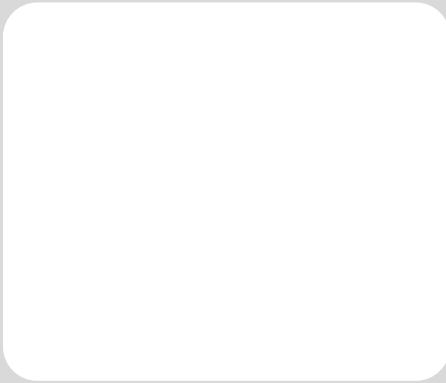
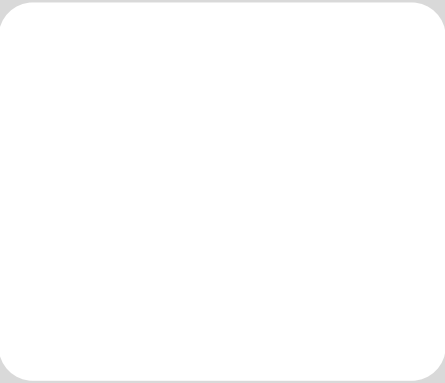


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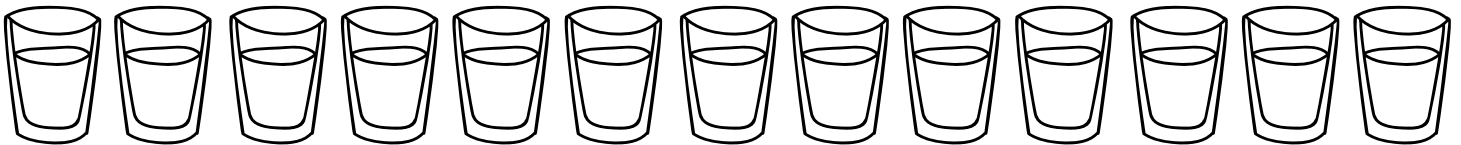


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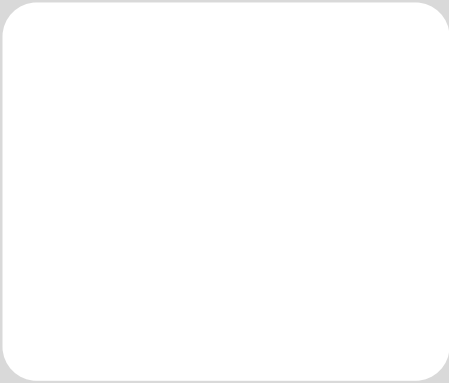
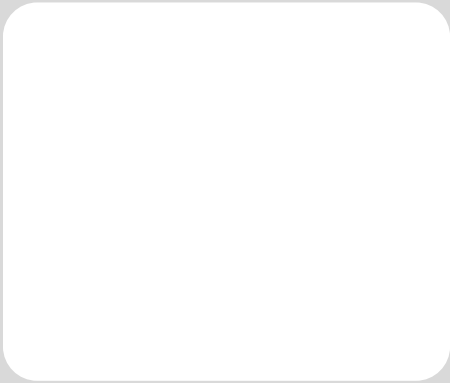
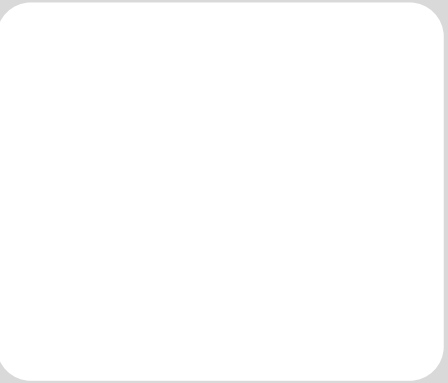


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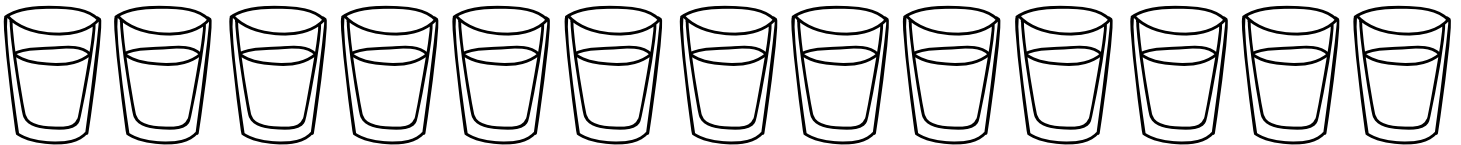


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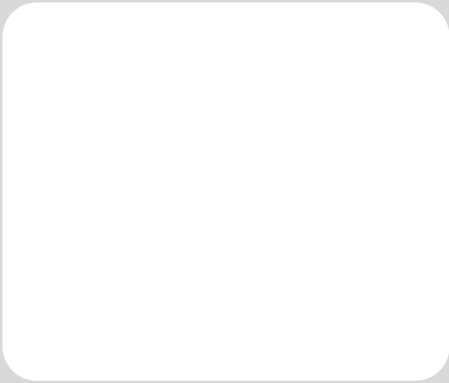
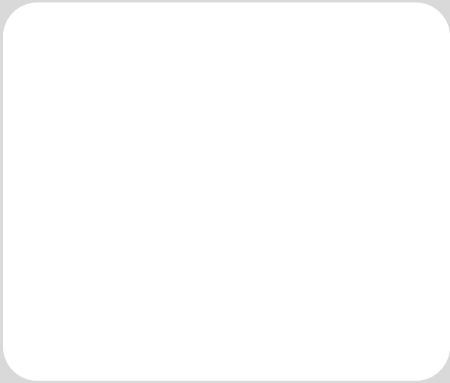
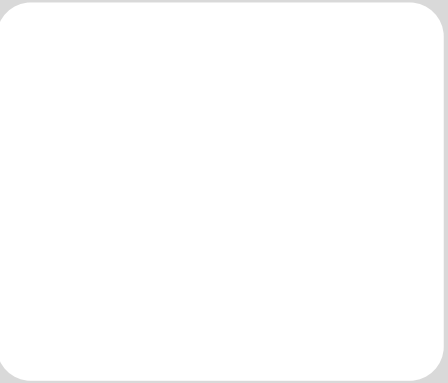


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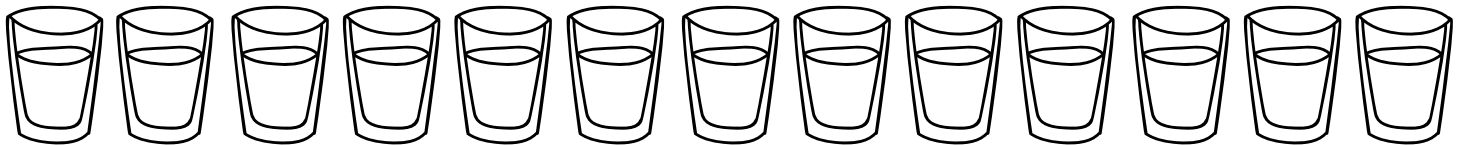


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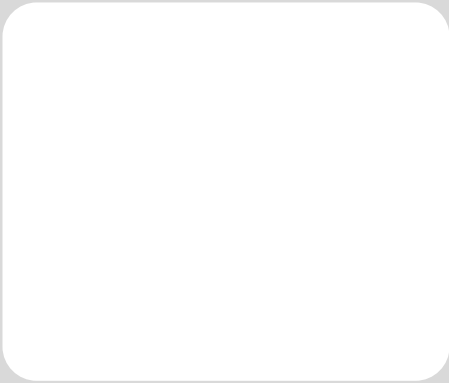
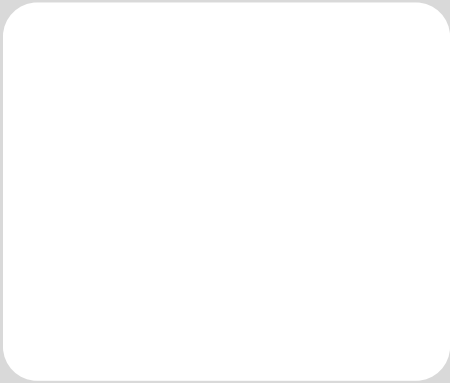
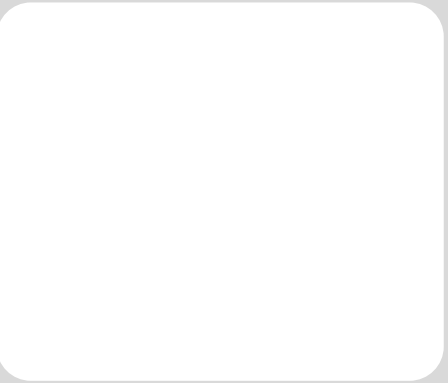


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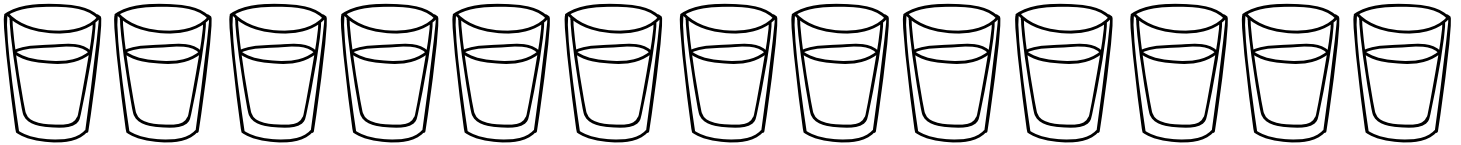


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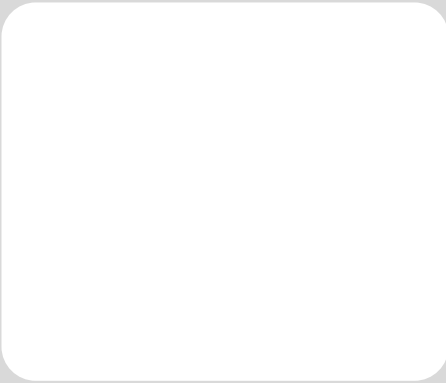
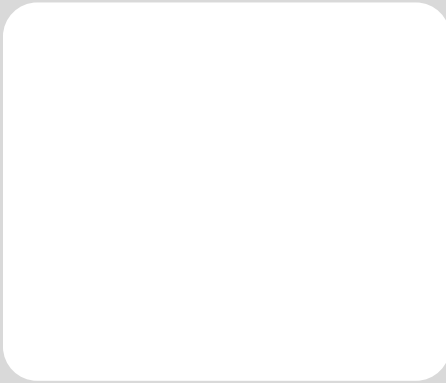
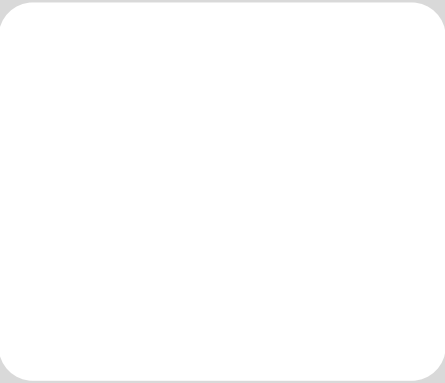


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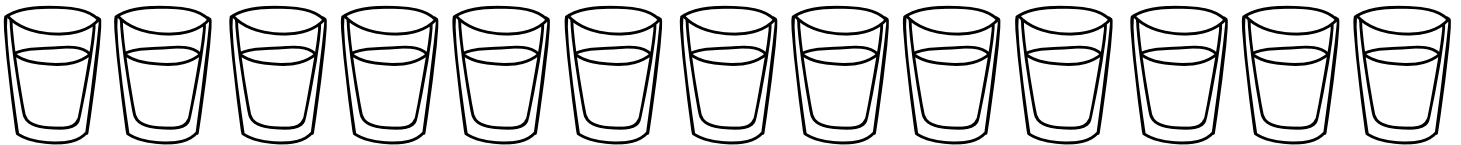


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Fysiek



Mentaal