Tijdschrijflijst

Gradatie: Energie / Pijn

1= Geweldig 4= Matig

2= Beter 5= Slecht

3= Basisniveau

Naam :

Dag v/d week :

Datum :

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Tijd** | **LIG** | **ZIT** | **STA** | **LO** | **Activiteit** | **1** | **2** | **3** | **4** | **5** |
| 06:30 |  |  |  |  |  |  |  |  |  |  |
| 07:00 |  |  |  |  |  |  |  |  |  |  |
| 07:30 |  |  |  |  |  |  |  |  |  |  |
| 08:00 |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |
| 17:30 |  |  |  |  |  |  |  |  |  |  |
| 18:00 |  |  |  |  |  |  |  |  |  |  |
| 18:30 |  |  |  |  |  |  |  |  |  |  |
| 19:00 |  |  |  |  |  |  |  |  |  |  |
| 19:30 |  |  |  |  |  |  |  |  |  |  |
| 20:00 |  |  |  |  |  |  |  |  |  |  |
| 20:30 |  |  |  |  |  |  |  |  |  |  |
| 21:00 |  |  |  |  |  |  |  |  |  |  |
| 21:30 |  |  |  |  |  |  |  |  |  |  |
| 22:00 |  |  |  |  |  |  |  |  |  |  |
| 22:30 |  |  |  |  |  |  |  |  |  |  |
| 23:00 |  |  |  |  |  |  |  |  |  |  |
| 23:30 |  |  |  |  |  |  |  |  |  |  |
| 00:00 |  |  |  |  |  |  |  |  |  |  |