## Hoe ziet jouw ideale verdeling tussen werk, sport, hobby’s, sociale contacten, enz. eruit?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **maandag** | **dinsdag** | **woensdag** | **donderdag** | **vrijdag** | **zaterdag** | **zondag** | **☺/☹** |
| **Ochtend** |  |  |  |  |  |  |  |  |
| **Middag** |  |  |  |  |  |  |  |  |
| **Avond** |  |  |  |  |  |  |  |  |
| **Nacht** |  |  |  |  |  |  |  |  |