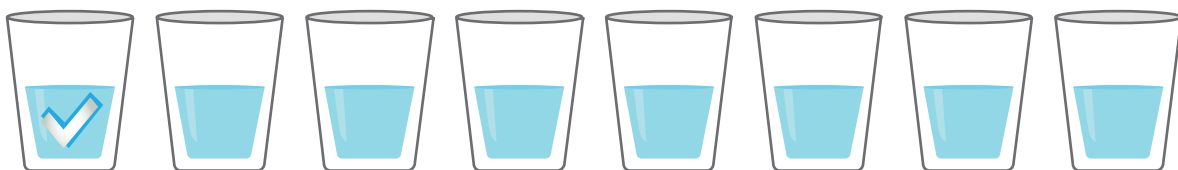




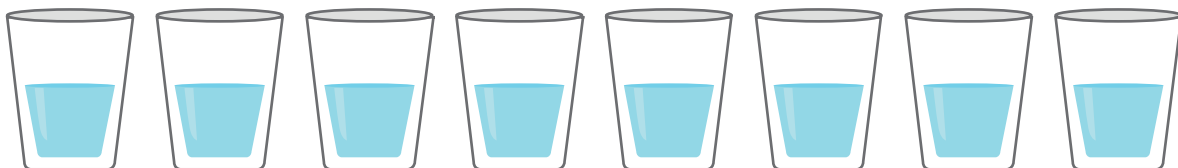
8 GLAZEN PER DAG

Datum:

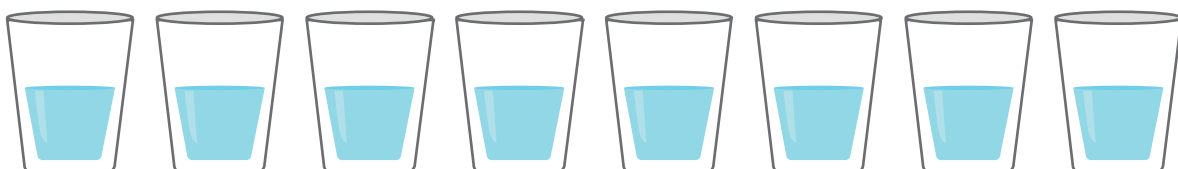
Zondag



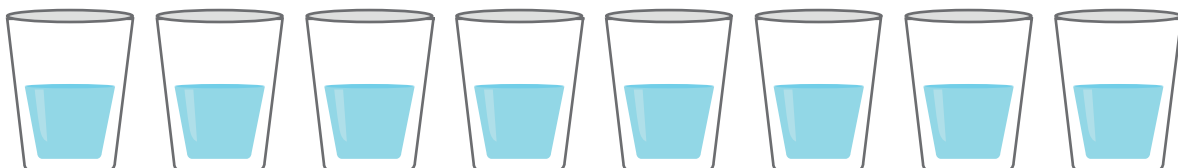
Maandag



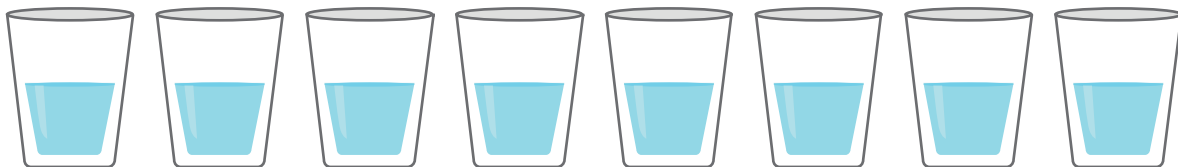
Dinsdag



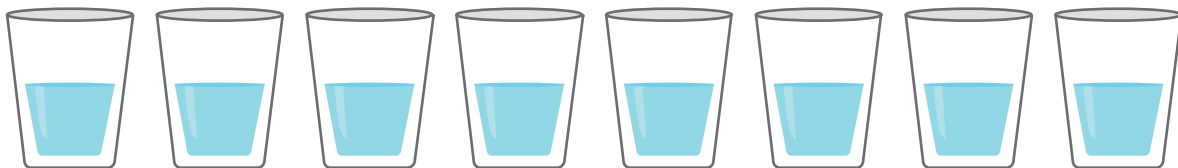
Woensdag



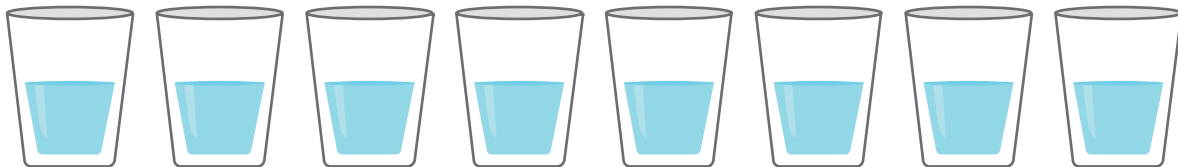
Donderdag



Vrijdag



Zaterdag



1. Maak een "SELFIE" foto elke zondag (of op de dag dat je begint)
2. Noteer de datum van de eerste dag