LET'S GET THINGS DONE TODAY! __/__/__

TOP 3 PRIORITEITEN

- [ ] .....
- [ ] .....
- [ ] .....

KLUSJES

- [ ] Email bijwerken
- [ ] Declaraties
- [ ] Planning maken
- [ ] Uren bijwerken
- [ ] Archiveren
- [ ] Bureau opruimen

GENOEG DRINKEN !

TE DOEN

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NOTITIES

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GEZOND ETEN!

- [ ] Ontbijt
- [ ] Gezond tussendoortje
- [ ] Lunch
- [ ] Gezond tussendoortje
- [ ] Diner

VOLDOENDE BEWEGEN!

Fiets naar werk						☐
Trap lopen				☐	☐	☐
Drinken halen	☐	☐	☐	☐	☐	☐
Middag wandeling						☐
Praatje maken					☐	☐
Sporten						☐

TEKENING

AFSPRAKEN

- [ ] .....
- [ ] .....
- [ ] .....

IDEEËN

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GOEDE DINGEN VAN VANDAAG

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KAN WACHTEN TOT MORGEN

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CompetenZa
coaching training & advies
info@competenza.nu | www.competenza.nu