Datum

|  |  |  |
| --- | --- | --- |
| **Tijdstip** | **Activiteiten** | **Vermoeidheid\*** |
| 05:00 – 6:00 |  |  |
| 06:00 – 7:00 |  |  |
| 07:00 – 8:00 |  |  |
| 08:00 – 9:00 |  |  |
| 09:00 – 10:00 |  |  |
| 10:00 – 11:00 |  |  |
| 12:00 – 13:00 |  |  |
| 13:00 – 14:00 |  |  |
| 14:00 – 15:00 |  |  |
| 15:00 – 16:00 |  |  |
| 16:00 – 17:00 |  |  |
| 17:00 – 18:00 |  |  |
| 18:00 – 19:00 |  |  |
| 19:00 – 20:00 |  |  |
| 20:00 – 21:00 |  |  |
| 21:00 – 22:00 |  |  |
| 22:00 – 23:00 |  |  |
| 23:00 – 24:00 |  |  |
| 24:00 – 01:00 |  |  |
| 01:00 – 02:00 |  |  |
| 02:00 – 03:00 |  |  |
| 03:00 – 04:00 |  |  |
| 04:00 – 05:00 |  |  |

\* 0 = helemaal geen vermoeidheid, 10 = extreem veel vermoeidheid