

# Vochttabel

Naam :       Datum :

Doel :
*Vb. 3 flesjes van 0,5L per dag of 6 glazen (van 250ml) per dag*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ochtend | Tussendoor | Middag | Tussendoor | Avond | Tussendoor | Dagtotaal |
| Maandag |       |       |       |       |       |       |       |
| Dinsdag |       |       |       |       |       |       |       |
| Woensdag |       |       |       |       |       |       |       |
| Donderdag |       |       |       |       |       |       |       |
| Vrijdag |       |       |       |       |       |       |       |
| Zaterdag |       |       |       |       |       |       |       |
| Zondag |       |       |       |       |       |       |       |