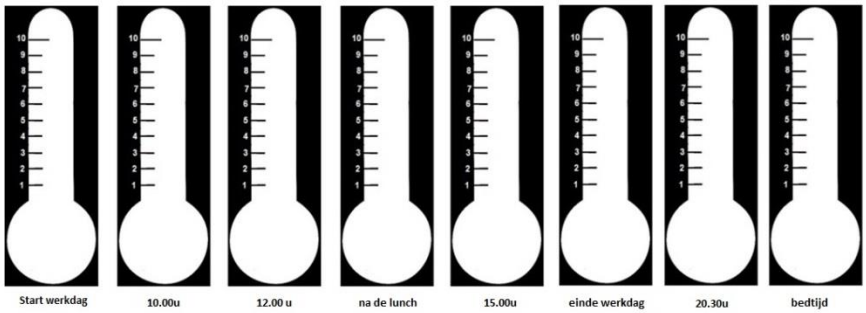
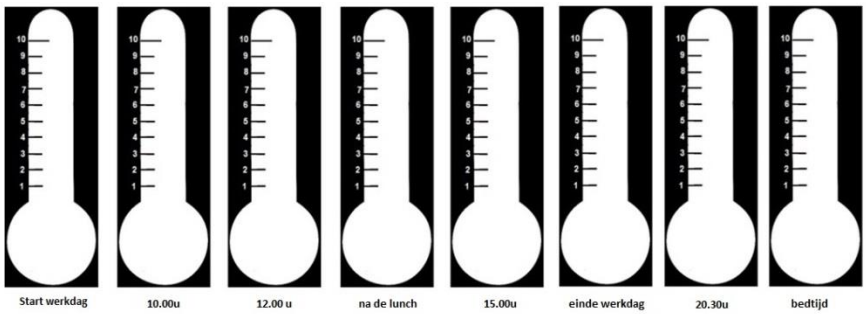
Hoe is het met jouw energiebalans gesteld? Hou de energiemeter een week lang bij en beoordeel deze hierna.

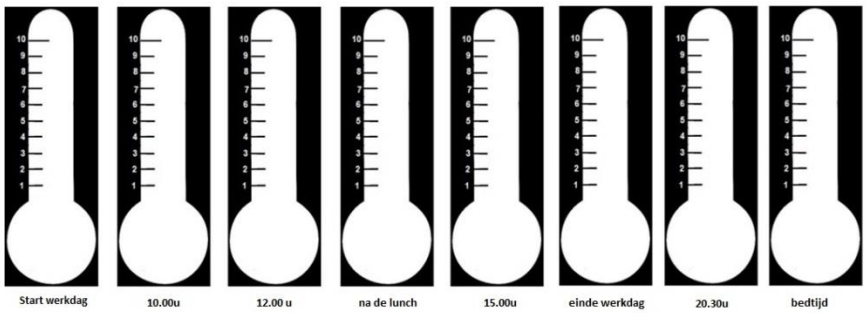
Maandag



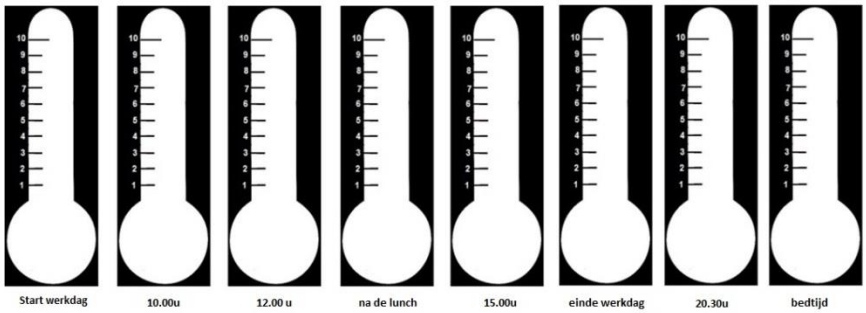

Dinsdag

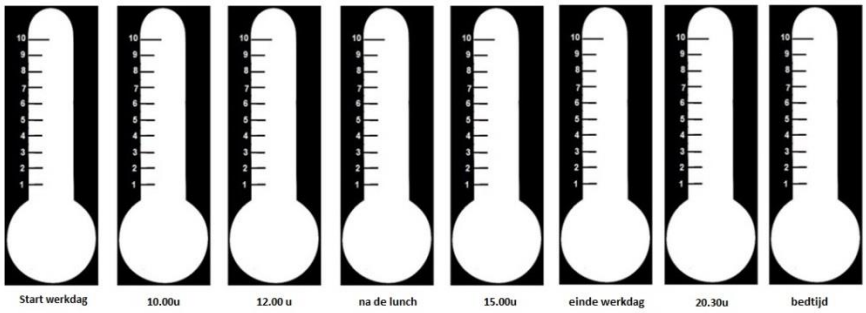



Woensdag




Donderdag




Vrijdag