

 vitacalOVERAL	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
maandag	5	10	20	rust	40	51	60	71	81
dinsdag	6	12	24	30	rust	54	rust	74	83
woensdag	7	15	rust	34	41	56	61	75	rust
donderdag	8	15	24	35	43	rust	65	rust	85
vrijdag	9	rust	28	37	45	58	68	77	87
zaterdag	10	18	29	38	50	59	rust	78	89
zondag	rust	20	30	40	rust	60	70	80	90

Week 10
rust
93
95
rust
97
98
100



