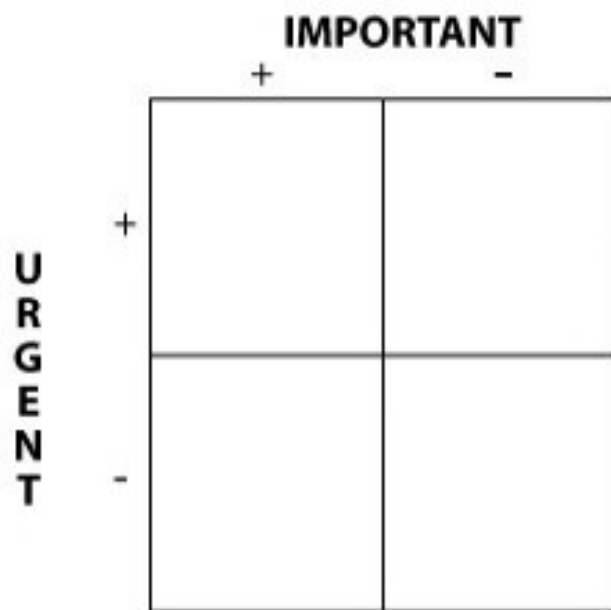


HOUR PLANNING PER WEEK/DAY



ENERGY MODEL

WORK
CONCENTRATION
VARIATION
FREE TIME
SLEEP



**CHOICE OF
ACTIVITIES**

24							
23							
22							
21							
20							
19							
18							
17							
16							
15							
14							
13							
12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	MA	DI	WOE	DO	VRU	ZA	ZO

WEEK PLANNING