

Vaneskjema for uka

Navn: _____ Dato: _____

★ Sett en hake i ruta hver dag for hver vane du har gjort.

man tir ons tor fre lør søn



pusse
tenner

☐	☐	☐	☐	☐	☐	☐	☐
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vaske
hender

☐	☐	☐	☐	☐	☐	☐	☐
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bevege seg

☐	☐	☐	☐	☐	☐	☐	☐
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drikke vann

☐	☐	☐	☐	☐	☐	☐	☐
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legge
seg tidlig

☐	☐	☐	☐	☐	☐	☐	☐
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