

1 Sept. 2 fill in the medical list with the doctor	2 R 7 hours of sleep per night	3 R eat more vegetables	1 Sept. 2 buy runningshoes	2 3 sept. start running	3 Sept. 15 2,5km running without stopping	1 up to 1 sept. lose 1.5 kg on Sept. 8 2.5 kg lost	2 up to Oct. 15 lose 3 kg on Sept. 21 3,5kg lost	3 up to Nov. 15 lose 4,5kg on Sept. 29 4,5kg lost
8 R drink 2-3 l water every day	A health	4 R drink less alcohol 1 glas in the week and max 3 glasses in the weekend	8 R 2 x/week muscle exercise	B running	4 Oct. 15 5km running without stopping	8 R 2 x/week rowing	C loose weight eat less carbs	4 up to Dec. 15 lose 5kg on Oct. 10 6kg lost
7 R cook regularly, 3 to 4 times a week	6 September buy healthy cookbooks	5 Sept. 9 massage (make new appointments)	7 up to 15 dec. 12km running without stopping reached at 18 nov.	6 dec 10km running without stopping reached at 28 okt.	5 15 nov. 7,5km jrunning without stopping	4 up to Dec. 15 stretch loose 10kg	4 up to Oct. 31 loose 8kg on Oct. 28 8kg lost	5 Sept. 17 drink only water and soup
1 from Sept. 9 packing up	2 first week sept. order a moving car	3 2nd half sept. make appointment to clean house	Target 1/9/2017 - 15/12/2017 loose weight - 5kg - reached at 10/10 stretch - min 10kg run 10km - reached at 28/10 stretch - 12km reached at 18/11			1 up to Sept. 14 project Mistral discussion tile floors done	2 mid of Sept. project Emca letters to customers	3 up to 10 Oct. project Emca - start with customer appointments
8 from mid Sept divide new address	H moving house	4 Oct. 5 appointment notaries to write a deed				8 up to Oct. 17 accounting 4th quarter 2017	D work Cordeel GG b.i.s	4 Oct. 10 project Mistral all techniques checked
7 Dec. 10/11/12 helping Laura with her moving	6 Oct. 7-8 unpack in the nieuw house	5 Oct. 6 moving to my new home				7 Sept. 11 make an appointment with bookkeeper	6 Dec. 2 get desk cabinets at Ikea for GG bis	5 week 45 clean up the office and the sliding closet at Cordeel's
1 R walk the dog twice a day	2 first week sept. with the dog to the vet	3 R daily cat's litter box clean				1 November shorten curtains - living room and bedroom	2 October clean the car	3 up to Dec. 15 clean the windows at new home
8 Sept. 10 with Eliot to the dog day in Stekene	G relaxation, daughters, cat end dog	4 R cuddling time with the peds on the sofa every morning 10min	8 Oct. 7 clean apartment and hand over key	F housekeeping	4 Oct. 6 clean up terraces	8 Oct. 9 change address at municipality	E self-development, personal, free time	4 December culture calendar 2 things to choose workshop KI and ballet Faust Antwerp
7 up to Dec. 15 planning weekend with daughters	6 Nov. 19 to the sauna	5 R Tuesday evening yoga 1 x/ week	7 Oct. 7 clean all windows again before departure	6 R get groceries better planned, max 1 x per week	5 Oct. 6 make terrace furniture clean	7 December 15 read book 'MoodFood'	6 Sept. 15 go to the cinema	5 read book 'KI' done Dec. 5