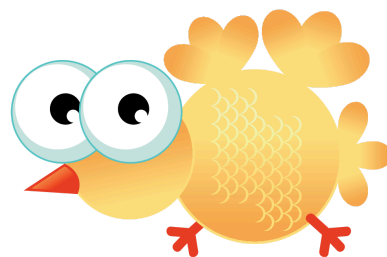


# Mijn eczeemdagboekje

In dit dagboekje kleur je 4 weken lang elke dag hoe het met je huid gaat. Zo zien jij, je ouders en de dokter of de behandeling helpt.

Naam: \_\_\_\_\_

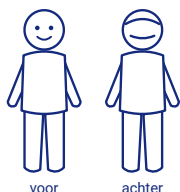
Startdatum: \_\_\_\_\_



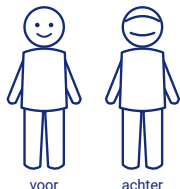
## Je hebt nodig

Drie kleurpotloden: **groen**, **oranje** en **rood**.

## Zo werkt het



**Mijn eczeem.** Kleur op het poppetje de plekjes waar je eczeem hebt. Groen bij weinig eczeem, oranje bij meer, rood bij veel.



**Jeuk en pijn.** Kleur groen waar je geen jeuk of pijn hebt, oranje waar het jeukt en rood waar het pijn doet.



**Mijn slaap.** Kleur het kussen groen als je goed hebt geslapen, oranje als je woelig sliep en rood als je slecht hebt geslapen.

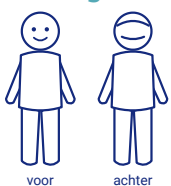
**Neem je dagboekje mee naar de dokter.**



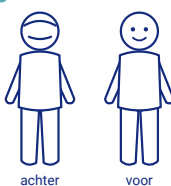
# Mijn eczeem

- Groen: weinig eczeem
- Oranje: meer eczeem
- Rood: veel eczeem

dag 1

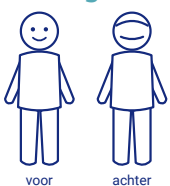


voor

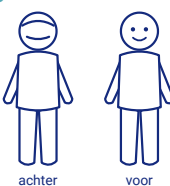


achter

dag 2

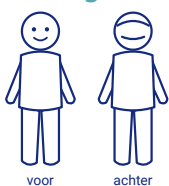


voor



achter

dag 3

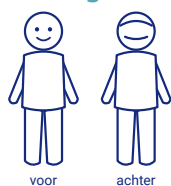


voor

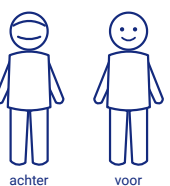


achter

dag 4

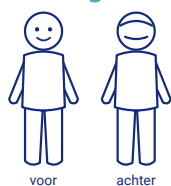


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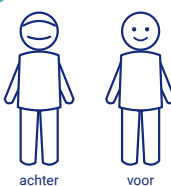


achter

dag 5



voor

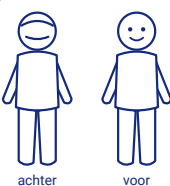


achter

dag 6

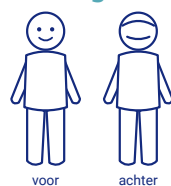


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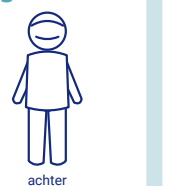


achter

dag 7

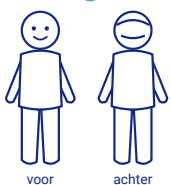


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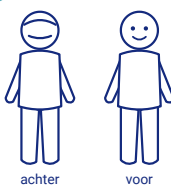


achter

dag 8

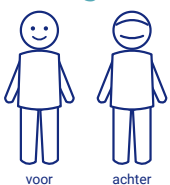


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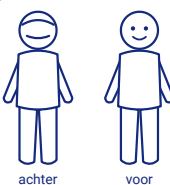


achter

dag 9

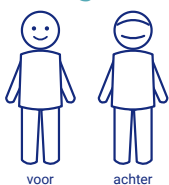


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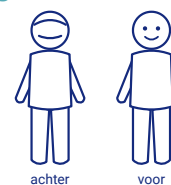


achter

dag 10

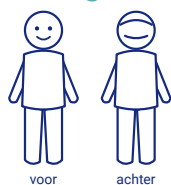


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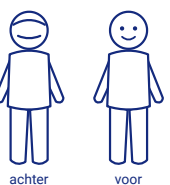


achter

dag 11

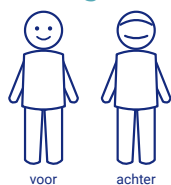


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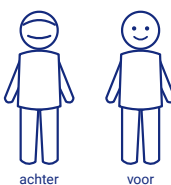


achter

dag 12



voor

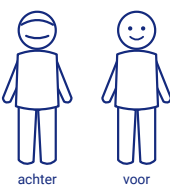


achter

dag 13

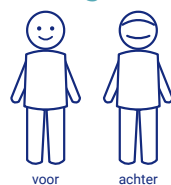


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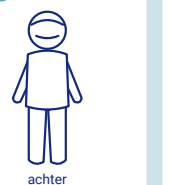


achter

dag 14

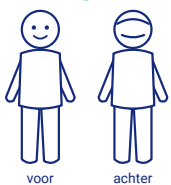


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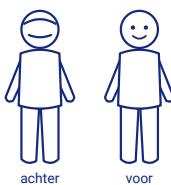


achter

dag 15

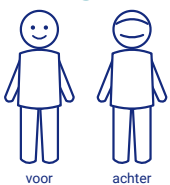


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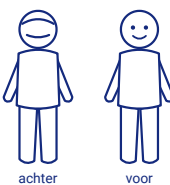


achter

dag 16

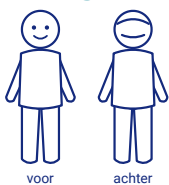


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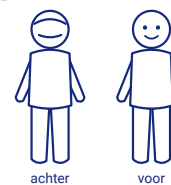


achter

dag 17

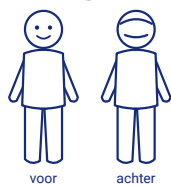


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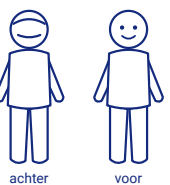


achter

dag 18

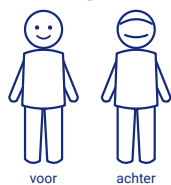


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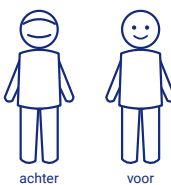


achter

dag 19



voor

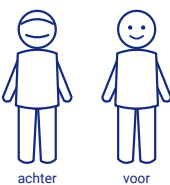


achter

dag 20



voor

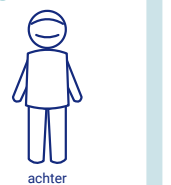


achter

dag 21

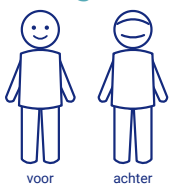


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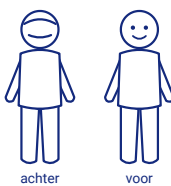


achter

dag 22

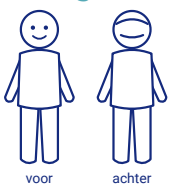


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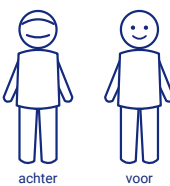


achter

dag 23

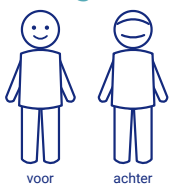


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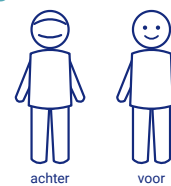


achter

dag 24

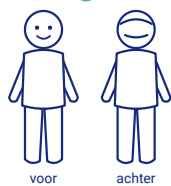


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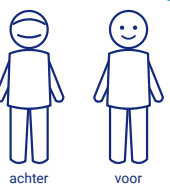


achter

dag 25

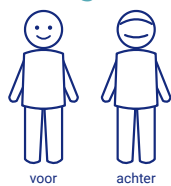


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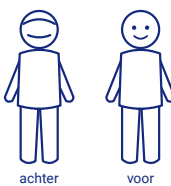


achter

dag 26



voor

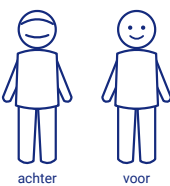


achter

dag 27

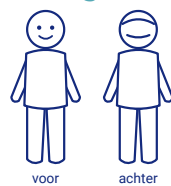


voor

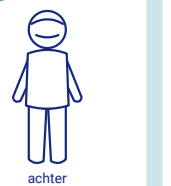


achter

dag 28



voor

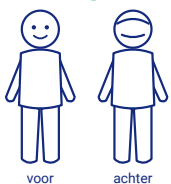


achter

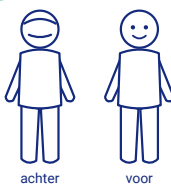
# Jeuk en pijn

- Groen: geen jeuk of pijn
- Oranje: jeuk
- Rood: pijn

dag 1

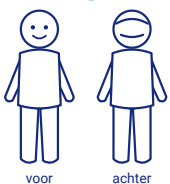


voor

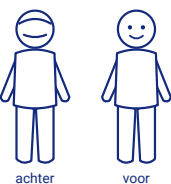


achter

dag 2

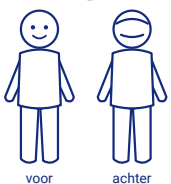


voor

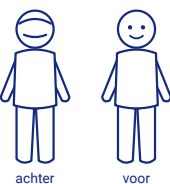


achter

dag 3

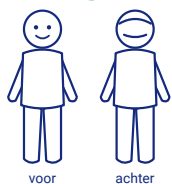


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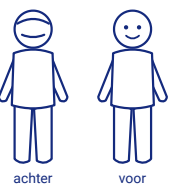


achter

dag 4

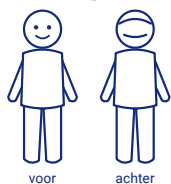


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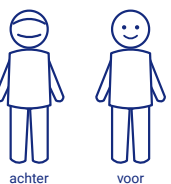


achter

dag 5

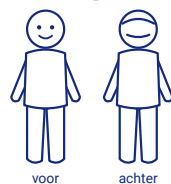


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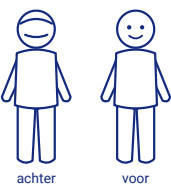


achter

dag 6

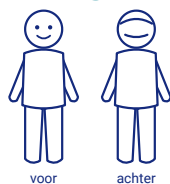


voor

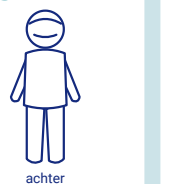


achter

dag 7

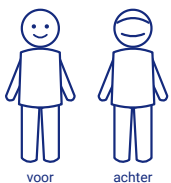


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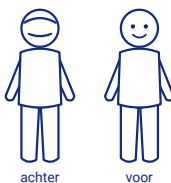


achter

dag 8

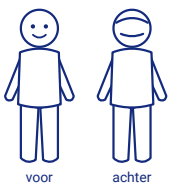


voor

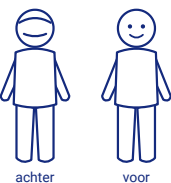


achter

dag 9

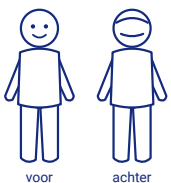


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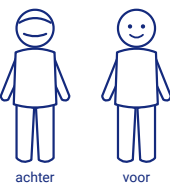


achter

dag 10

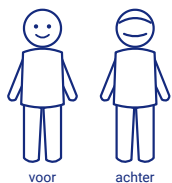


voor

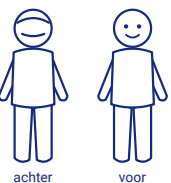


achter

dag 11

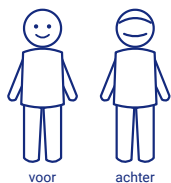


voor

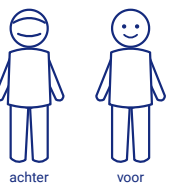


achter

dag 12



voor

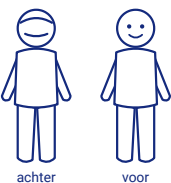


achter

dag 13

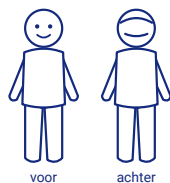


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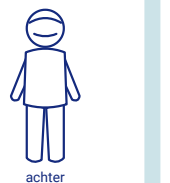


achter

dag 14

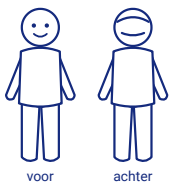


voor



achter

dag 15

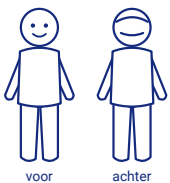


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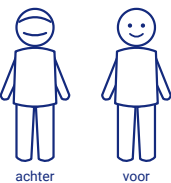


achter

dag 16

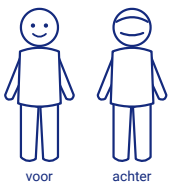


voor

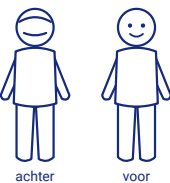


achter

dag 17

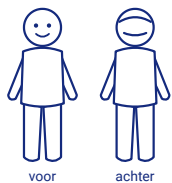


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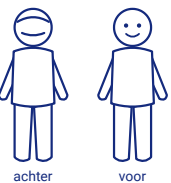


achter

dag 18

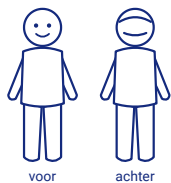


voor



achter

dag 19

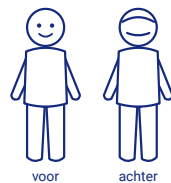


voor

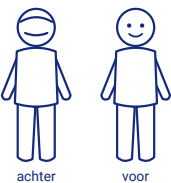


achter

dag 20

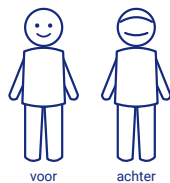


voor

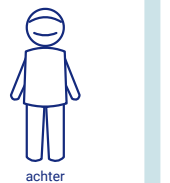


achter

dag 21

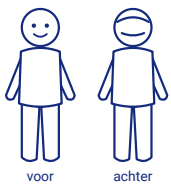


voor

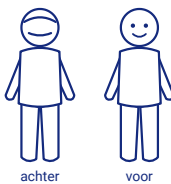


achter

dag 22

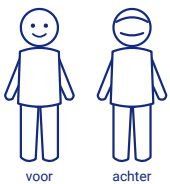


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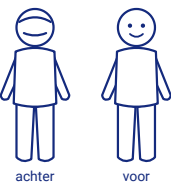


achter

dag 23

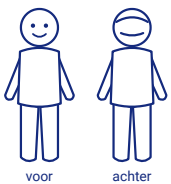


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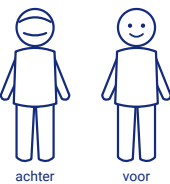


achter

dag 24



voor

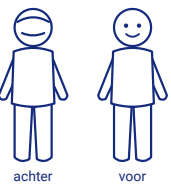


achter

dag 25

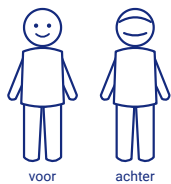


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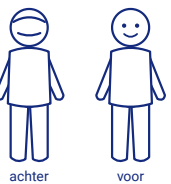


achter

dag 26

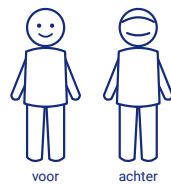


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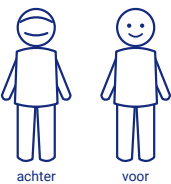


achter

dag 27

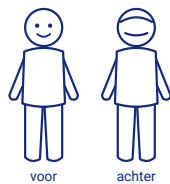


voor

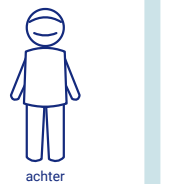


achter

dag 28



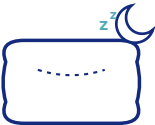
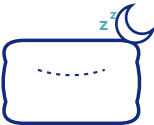
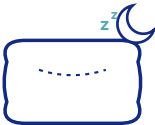
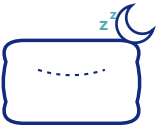
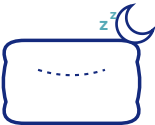
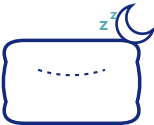
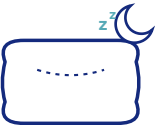
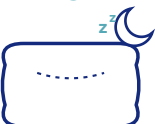
voor



achter

# Mijn slaap

- Groen: goed geslapen
- Oranje: woelig geslapen
- Rood: slecht geslapen

|                                                                                               |                                                                                               |                                                                                               |                                                                                               |                                                                                                |                                                                                                 |                                                                                                 |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| dag 1<br>    | dag 2<br>    | dag 3<br>    | dag 4<br>    | dag 5<br>    | dag 6<br>    | dag 7<br>    |
| dag 8<br>    | dag 9<br>    | dag 10<br>   | dag 11<br>   | dag 12<br>   | dag 13<br>   | dag 14<br>   |
| dag 15<br> | dag 16<br> | dag 17<br> | dag 18<br> | dag 19<br> | dag 20<br> | dag 21<br> |
| dag 22<br> | dag 23<br> | dag 24<br> | dag 25<br> | dag 26<br> | dag 27<br> | dag 28<br> |



Slaap je vaak slecht door de jeuk? Vertel het aan je ouders en de dokter.