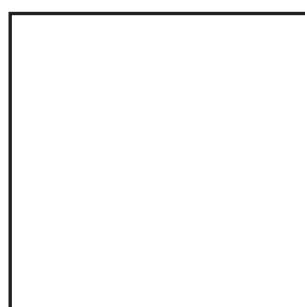
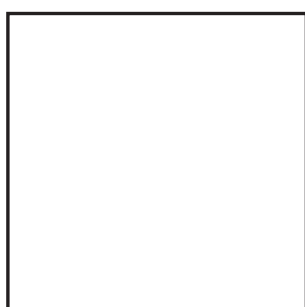
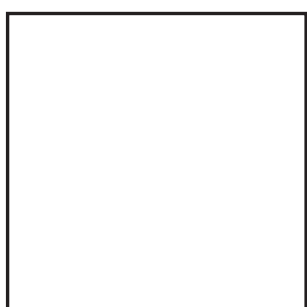
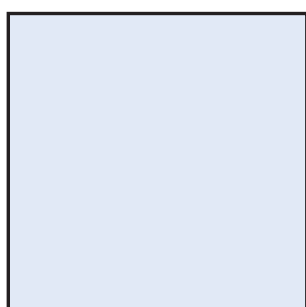
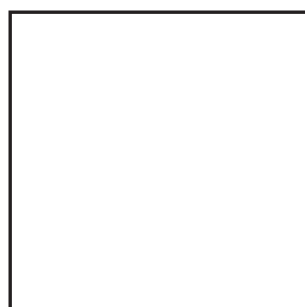
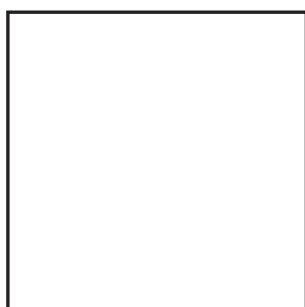
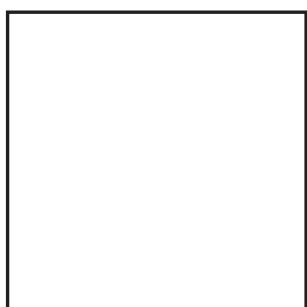
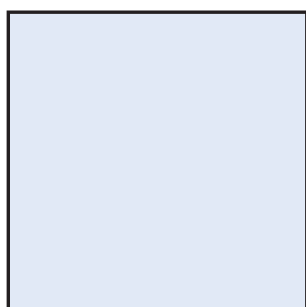
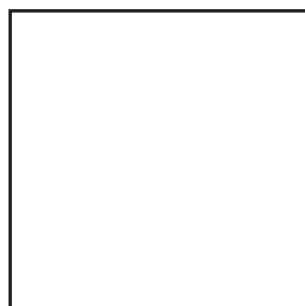
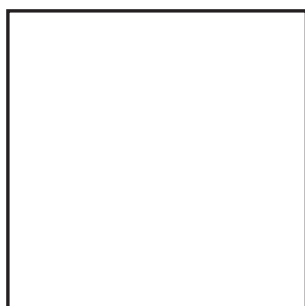
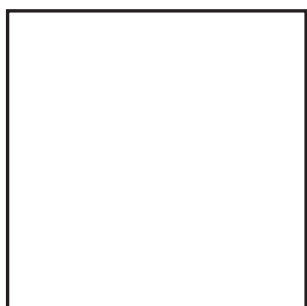
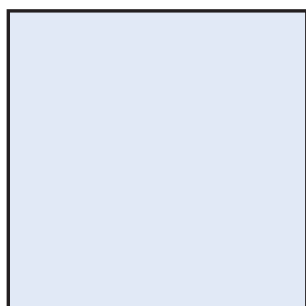
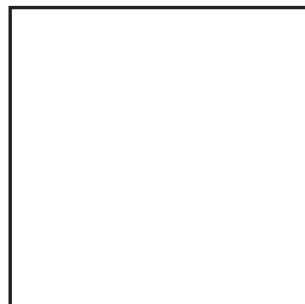
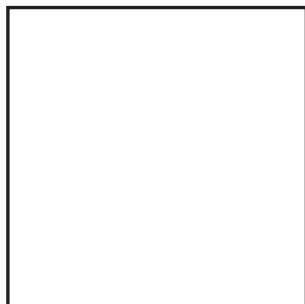
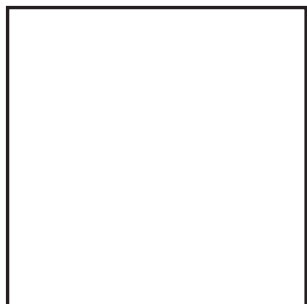
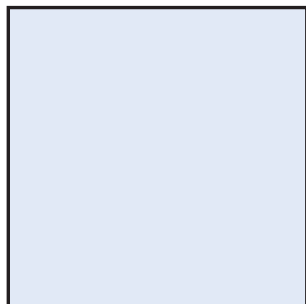


RÖRELSEPASS FÖR JANUARI

NAMN:

Välj fyra sportgrenar som du njuter av. Rita eller fäst en bild av grenen i den blåa rutan. Märk ut antalet gånger du rör på dig i de vita rutorna. Du kan anteckna datum eller hur lång tid du rörde på dig. Du kan också rita din egen min efter ansträngningen.



Hur mycket har du rört på dig i januari?
Är du nöjd med ditt resultat? Ringa in rätt min!



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på svenska Irina Johansson

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