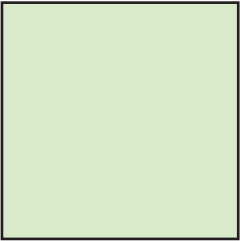
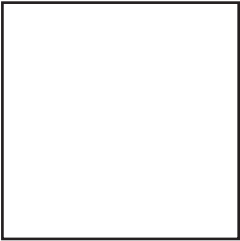
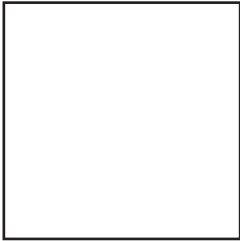
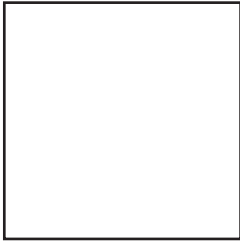
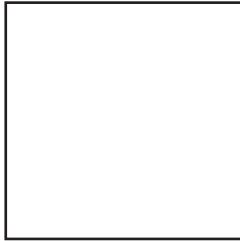
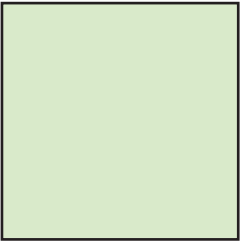
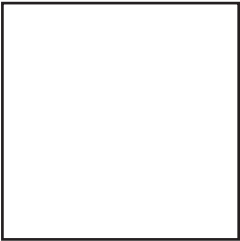
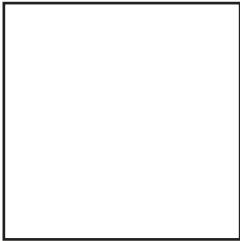
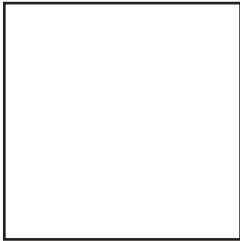
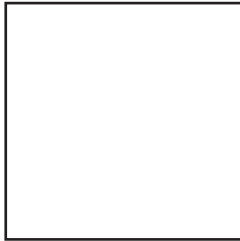
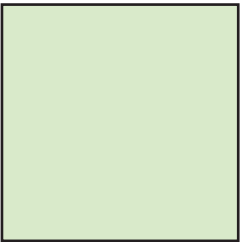
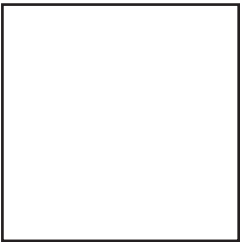
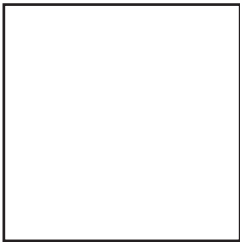
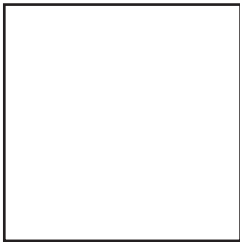
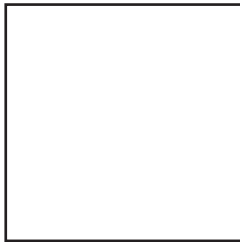
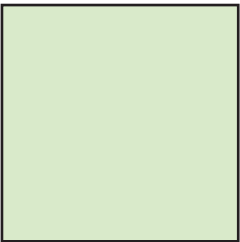
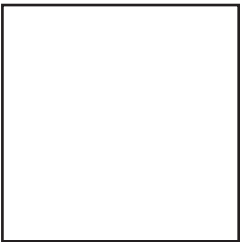
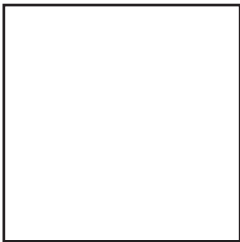
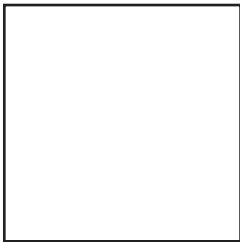
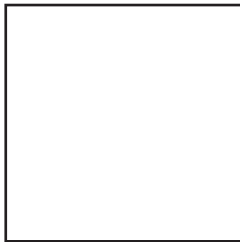
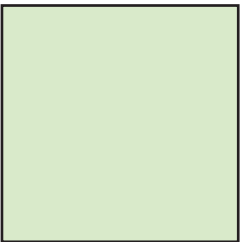
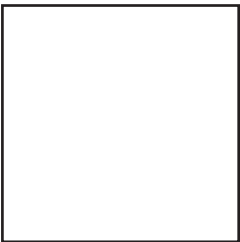
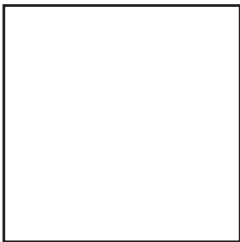
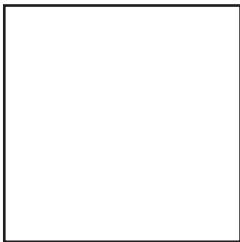
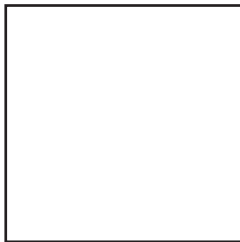


RÖRELSEPASS FÖR MARS

NAMN:

Välj fem sportgrenar som du njuter av. Rita eller fäst en bild av grenen i den gröna 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 mars? Är du nöjd med ditt resultat? Ringa in rätt min!



CC BY-NC-SA 4.0 Kirsi Alastalo 2021
på svenska Irina Johansson

RyhmäRenki.fi