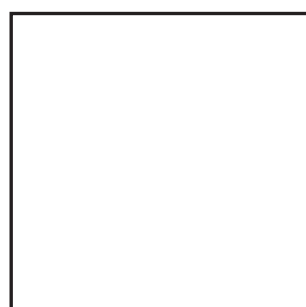
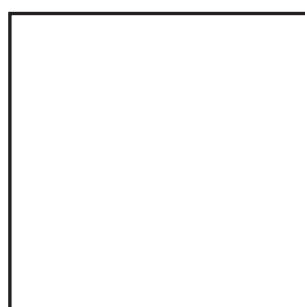
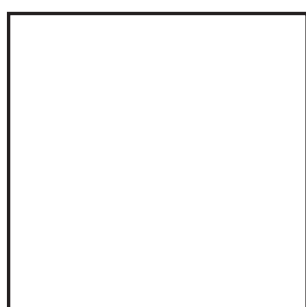
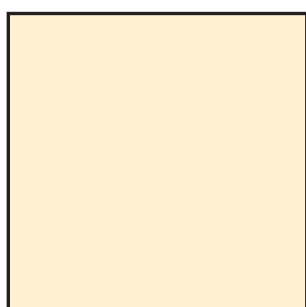
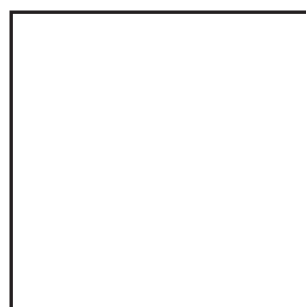
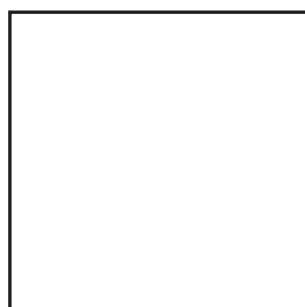
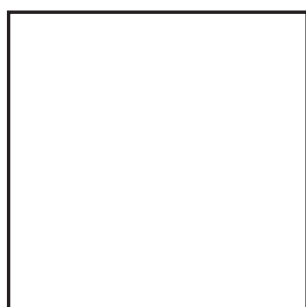
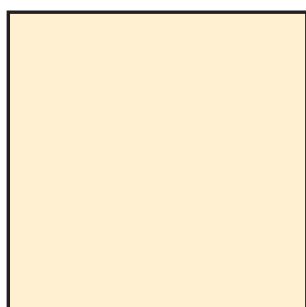
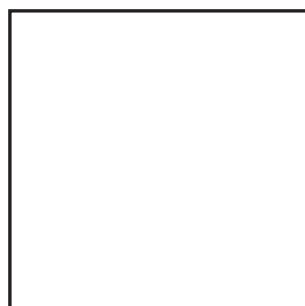
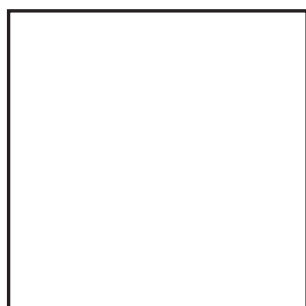
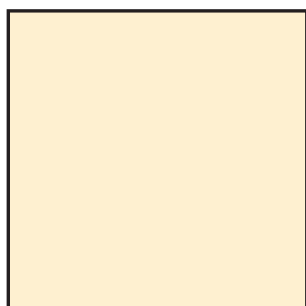
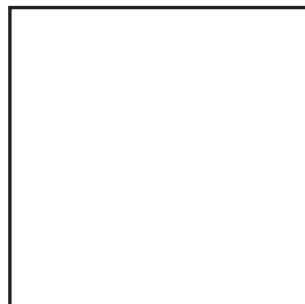
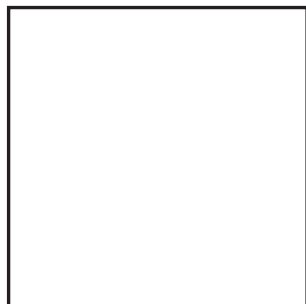
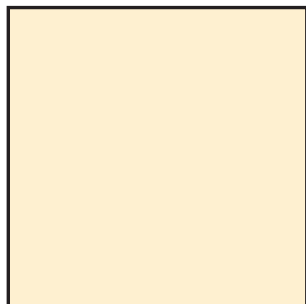


# RÖRELSEPASS

# FÖR NOVEMBER

NAMN:

Välj fyra sportgrenar som du njuter av. Rita eller fäst en bild av grenen i den gula 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 november?  
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