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| **Tag** | **Aktivitäten**  Art der Bewegung, Training, z.B. Spaziergang, jonglieren, AMRAP, Handstand, Beweglichkeit, Yoga, … | **Dauer**  in Minuten | **Anmerkungen**  empfundene Intensität, „hat Spaß gemacht“, … |
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| Montag |  |  |  |
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| Dienstag |  |  |  |
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| Mittwoch |  |  |  |
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| Donnerstag |  |  |  |
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| Freitag |  |  |  |
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| Samstag |  |  |  |
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| Sonntag |  |  |  |
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| Name | **BEWEGUNGSTAGEBUCH** | Datum (Woche) |