


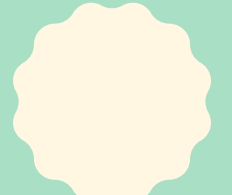
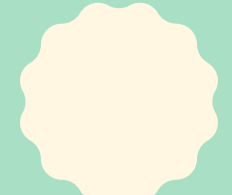



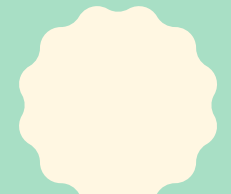

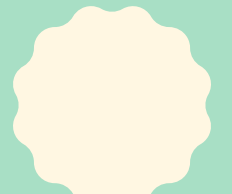
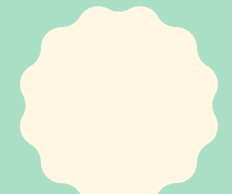


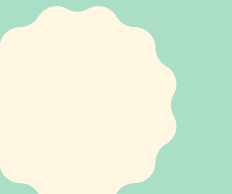



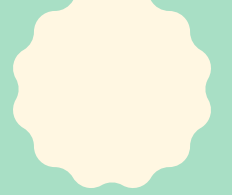

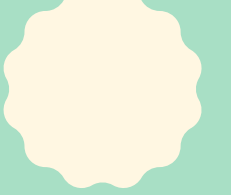

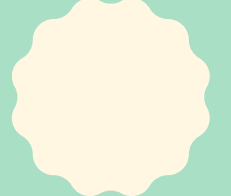
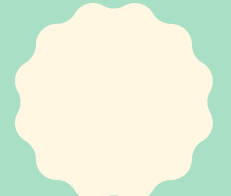
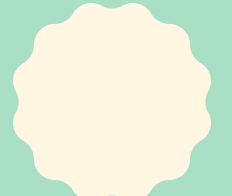
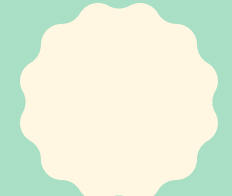


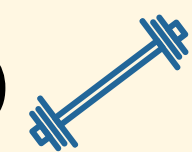
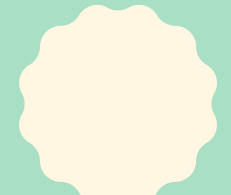
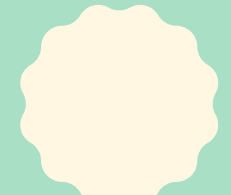
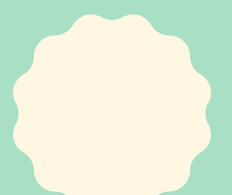





# KALENDARZ PROJEKT REDUKCJA 3

Twoje motto na ten tydzień .....

	PON	WT	ŚR	CZW	PIĄ	SOB	NIEDZ
<b>Dieta</b> 							
<b>Kroki (min 10-12 tys.)</b> 							
<b>Woda (1,5-2,5l)</b> 							
<b>Relax ( min 30 min)</b> 							
<b>Terning (indywidualnie)</b> 							

Podsumowanie tygodnia: