ДНЕВНИК ПИТАНИЯ

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | День\_\_\_\_\_\_\_\_\_\_ Дата\_\_\_\_\_\_ | |  |  |  | | ЗАВТРАК |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ОБЕД |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | УЖИН |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | НОЧЬ |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |  | | Изображение выглядит как рисунок, окно  Автоматически созданное описание | | | | | | ВРЕМЯ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ В МИНУТАХ | | | | | |  | | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | День\_\_\_\_\_\_\_\_\_\_ Дата\_\_\_\_\_\_ | |  |  |  | | ЗАВТРАК |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ОБЕД |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | УЖИН |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | НОЧЬ |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |  | | Изображение выглядит как рисунок, окно  Автоматически созданное описание | | | | | | ВРЕМЯ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ В МИНУТАХ | | | | | |  | | | | | |

ДНЕВНИК ПИТАНИЯ

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | День\_\_\_\_\_\_\_\_\_\_ Дата\_\_\_\_\_\_ | |  |  |  | | ЗАВТРАК |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ОБЕД |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | УЖИН |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | НОЧЬ |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |  | | Изображение выглядит как рисунок, окно  Автоматически созданное описание | | | | | | ВРЕМЯ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ В МИНУТАХ | | | | | |  | | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | День\_\_\_\_\_\_\_\_\_\_ Дата\_\_\_\_\_\_ | |  |  |  | | ЗАВТРАК |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ОБЕД |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | ПЕРЕКУС |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | УЖИН |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | | НОЧЬ |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  |  | | Изображение выглядит как рисунок, окно  Автоматически созданное описание | | | | | | ВРЕМЯ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ В МИНУТАХ | | | | | |  | | | | | |