Boccia = BO Pyöräily = PY   
Hiihto = HI Sauvakävely = SKÄ  
Hyötyliikunta = HY Soutu = SO  
Hölkkä = HÖ Suunnistus = SU  
Kelaus = KE Tanssi = TA  
Kotivoimistelu = KV Uinti = UI  
Kuntosali = KS Voimistelu = VO   
Kävely = KÄ Vesivoimistelu = VV  
Pallopelit = PA Lepopäivä = L  
Joku muu, mikä?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sairaspäivä = S

**KUNTOILIJAN TIEDOT**

Nimi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Osoite: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Puhelin: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**LIIKUNTAKORTTI**

**2019**

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**LIIKUNTASUORITUKSET**

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Kirjoita päivämäärän kohdalle ruutuun liikuntasuorituksen   
tunnus (esim. KÄ). Tunnukset löydät takasivulta. Liikuntasuorituksen saa 30 minuutin liikunnasta. Vain 1 suoritus/päivä.

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