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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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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