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| --- | --- | --- | --- | --- | --- | --- | --- |
| Lev & tænk enkelt | Mandag | Tirsdag | Onsdag | Torsdag | Fredag | Lørdag | Søndag |
| 6-7 |  |  |  |  |  |  |  |
| 7-8 |  |  |  |  |  |  |  |
| 8-9 |  |  |  |  |  |  |  |
| 9-10 |  |  |  |  |  |  |  |
| 10-11 |  |  |  |  |  |  |  |
| 11-12 |  |  |  |  |  |  |  |
| 12-13 |  |  |  |  |  |  |  |
| 13-14 |  |  |  |  |  |  |  |
| 14-15 |  |  |  |  |  |  |  |
| 15-16 |  |  |  |  |  |  |  |
| 16-17 |  |  |  |  |  |  |  |
| 17-18 |  |  |  |  |  |  |  |
| 18-19 |  |  |  |  |  |  |  |
| 19-20 |  |  |  |  |  |  |  |
| 20-21 |  |  |  |  |  |  |  |
| 21-22 |  |  |  |  |  |  |  |