

# Journal



Name:

Woche:

Gewicht:

Umfang:

Tag 1

Notizen

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 2

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 3

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 4

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 5

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 6

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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Tag 7

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Gefühl	+++	++	+	0	-	--	---
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Körper	+++	++	+	0	-	--	---
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