**Sport Protokoll**

**Name/ Vorname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Klasse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| DATUM | SPORTART  AKTIVITÄT | DAUER  In  Minuten | INTENSITÄT  von 1 (= sehr tief)  bis 10 (= sehr hoch) | SPASSFAKTOR  von 1 (= sehr tief)  bis 10 (= sehr hoch) |
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