**Sport Protokoll**

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

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| DATUM | SPORTARTAKTIVITÄT | DAUERInMinuten | INTENSITÄT von 1 (= sehr tief) bis 10 (= sehr hoch) | SPASSFAKTORvon 1 (= sehr tief) bis 10 (= sehr hoch) |
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