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| **1. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **Pohybová aktivita** | | | |
| **Druh aktivity** | | **Čas (v kolik hodin)** | **Doba trvání** |
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| **2. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **3. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **Pohybová aktivita** | | | |
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| **4. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **Pohybová aktivita** | | | |
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| **5. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **6. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **Pohybová aktivita** | | | |
| **Druh aktivity** | | **Čas (v kolik hodin)** | **Doba trvání** |
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| **7. den** | | | |
| **Čas** | **Potravina** | **Množství (gram, kus, plátek…)** | **Poznámka** |
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| **Pitný režim** | | | |
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| **Pohybová aktivita** | | | |
| **Druh aktivity** | | **Čas (v kolik hodin)** | **Doba trvání** |
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