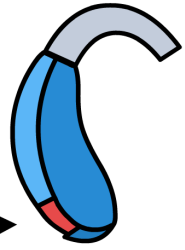


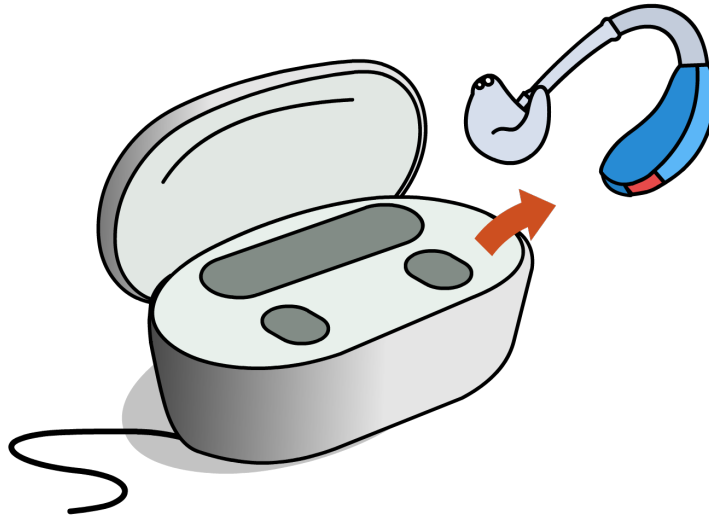


Morgonrutin

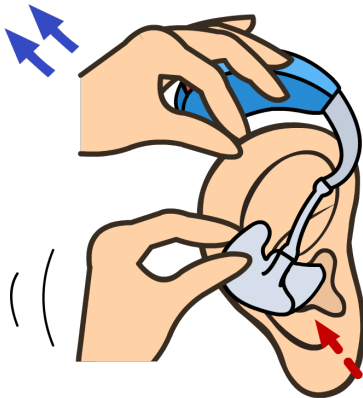
● = Höger
● = Vänster



1

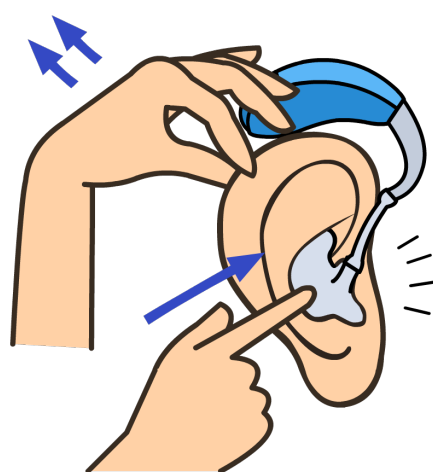


3



FÖRSÖK
KOMMA
ÖVER
DENNA
KNÖLEN!

4



5

