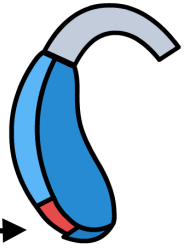


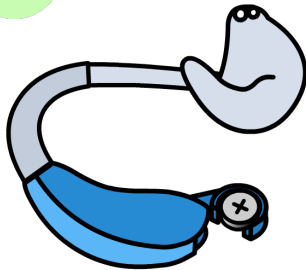


Morgonrutin

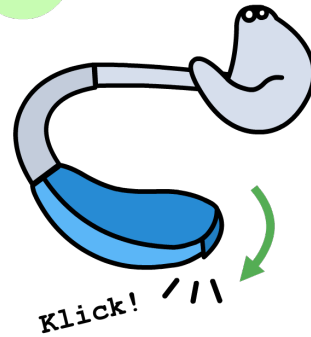
● = Höger
● = Vänster



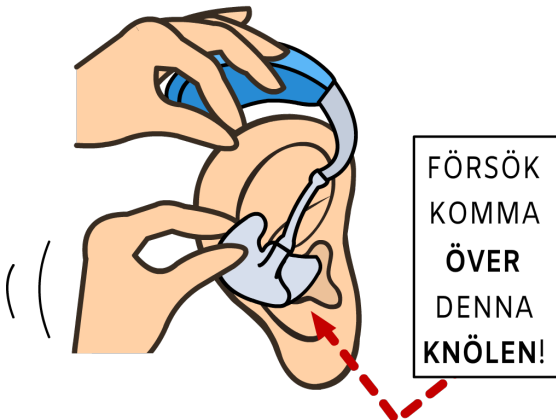
1



2



3



4



5

