**寒假家事運動規劃表**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **日期** | **家事** | **分鐘** | **運動** | **分鐘** |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
| **/** |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |