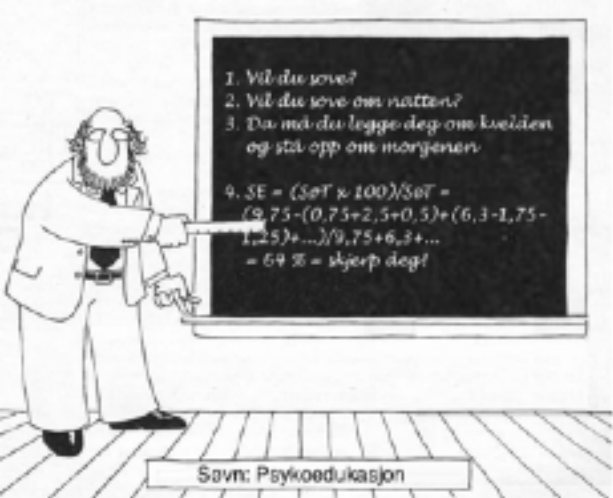




- 
1. Vil du sove?
2. Vil du sove om natten?
3. Da må du legge deg om kvelden
og stå opp om morgenen

4. $SE = (SeT \times 100) / SeT =$
 $(9,75 - (0,75 + 2,5 + 0,5) + (6,3 - 1,75 -$
 $1,25) + \dots) / 9,75 + 6,3 + \dots$
 $= 64 \% = \text{skjerp deg!}$

10:43

Insomnia Coach



Sat
Apr 16

Sun
Apr 17

Mon
Apr 18

Tue
Apr 19

Wed
Apr 20

Thu
Apr 21

Today



TRAINING PLAN



SLEEP COACH



FOCUS



RELAX



IMPROVE

THE IDEAL RECOMMENDATION

The weather is
nice!



10°C



15°C

SLEEPBUDS

Example 1 for 14.00 - 15.00
 Example 2 for 15.00 - 16.00

 1st Day
 15.00.00

2nd Day

3rd Day

4th Day

5th Day

6th Day

7th Day

8th Day

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1. Description of the dog (breed, age, sex, etc.)	2. Breed	3. Age	4. Sex	5. Color	6. Height	7. Weight	8. Price	9. Location
1. Dog (1st day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
2. Dog (2nd day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
3. Dog (3rd day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
4. Dog (4th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
5. Dog (5th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
6. Dog (6th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
7. Dog (7th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
8. Dog (8th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
9. Dog (9th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
10. Dog (10th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00

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11. Dog (11th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
12. Dog (12th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
13. Dog (13th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00
14. Dog (14th day)	15.00	08.00	08.00	25.00	25.00	25.00	25.00	25.00

	A	B	C	D	E	F	G	H	I	J
1	Name								Date	
2	week 13.08.18 - 19.08.18 (B) week 17.08.18 - 19.08.18 (F) week 23.08.18 - 25.08.18 (J)								Example week 0.00.00	
3	List of all employees for each week here are:									
4	Employee name								Example P.L.	
5	John D.	20.00	20.00	20.00	20.00	20.00	20.00	20.00	10.00	
6	Jane A.	20.00	20.00	20.00	20.00	20.00	20.00	20.00	10.00	
7	Mike B.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
8	Ann C.	5.00	5.00	5.00	5.00	5.00	5.00	5.00	2.50	
9	Tom D.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
10	Sarah E.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
11	Paul F.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
12	David G.	5.00	5.00	5.00	5.00	5.00	5.00	5.00	2.50	
13	List of all employees for each week here are:									
14	Employee name									
15	John D.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
16	Jane A.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
17	Mike B.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
18	Ann C.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
19	Tom D.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
20	Sarah E.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
21	Paul F.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
22	David G.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
23	John D.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
24	Jane A.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
25	Mike B.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
26	Ann C.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
27	Tom D.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
28	Sarah E.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
29	Paul F.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	
30	David G.	10.00	10.00	10.00	10.00	10.00	10.00	10.00	5.00	





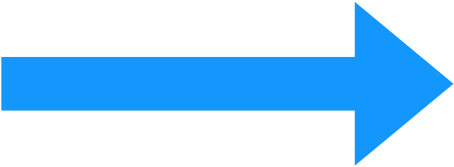
Arbeid med dette
Informasjon
Hjelp
Støtte

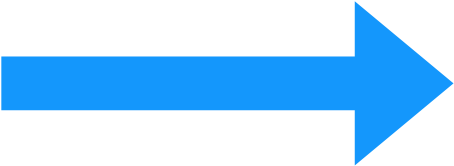
c)

a)

b)







Arbideid med dete



støtte

