1. **POLA MAKAN SEHAT**

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| Hari/tgl | Pagi | | Siang | | Malam | |
| Ex | R | Ex | R | Ex | R |
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1. **POLA HIDUP SEHAT**

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| Hari/tgl | Waktu | | Kegiatan | |
| Ex | R | Ex | R |
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1. **KEBUGARAN JASMANI**

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| Tanggal | Waktu | Aktivitas | Keterangan |
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