**運 動 、 家 事 達 人 紀 錄 表**

**我是:**

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| ***運 動*** | | ***家 事*** | |
| **日期** | **做的運動** | **日期** | **做的家事** |
| **7/5** | **跑步二十分鐘** | **7/6** | **收拾碗筷** |
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**我的目標:兩個月的暑假,能將表格填滿**