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