
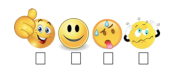


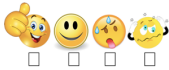

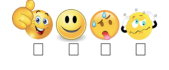

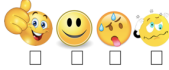

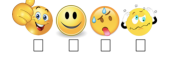



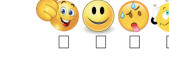
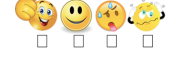
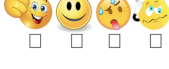
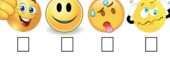

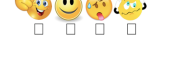
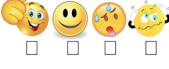
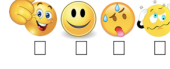




Nom/prénom :.....

Classe :.....

## Carnet de mes activités physiques pendant le confinement

Semaine du ..... au .....

Jour ou date	Comment je me sens physique-ment?	Comment je me sens mentale-ment ?	J'ai envie de..... (Me détendre, me défouler, m'amuser .....autres)	J'ai fait : <i>Une séquence du site eps Ifb... quelles séance ? Ou une autre activité ... précise laquelle ou colle le lien...</i>	Combien de temps ?	Avec qui ?	Comment as tu trouvé la séance ?	Comment je me sens maintenant ?	Suggestions :
Lundi									
Mardi									
Mercredi									
Jeudi									
Vendredi									
Samedi									
Dimanche	