

A man and a woman are shown in silhouette, high-fiving each other against a bright, hazy sunset sky. The woman is on the left, wearing a white sports bra and dark shorts, with her hair in a ponytail. The man is on the right, wearing a dark t-shirt and light-colored pants. The sun is low on the horizon, creating a warm, golden glow.

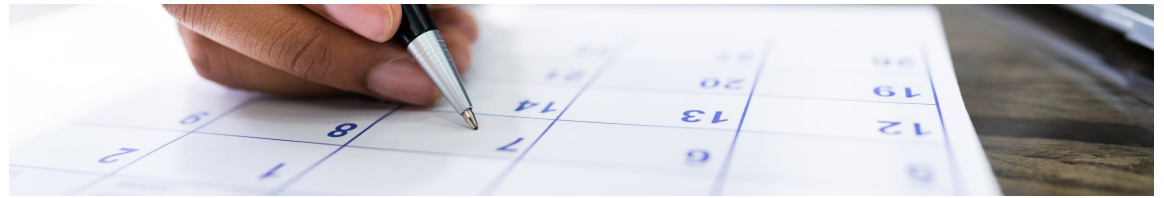
Min optimala vecka

Namn:

Datum:

PALEO
INSTITUTE

Min optimala vecka



	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
05.00 - 06.00							
06.00 - 07.00							
07.00 - 08.00							
08.00 - 09.00							
09.00 - 10.00							
10.00 - 11.00							
11.00 - 12.00							
12.00 - 13.00							
13.00 - 14.00							
14.00 - 15.00							
15.00 - 16.00							
16.00 - 17.00							
17.00 - 18.00							
18.00 - 19.00							
19.00 - 20.00							
20.00 - 21.00							
21.00 - 22.00							
22.00 - 23.00							
23.00 - 24.00							