

1 Desayuno -



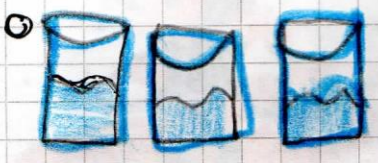
2 Fruta -



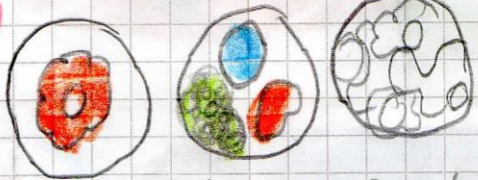
3 hacer ejercicio -



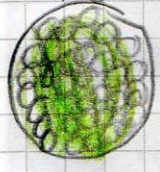
4 Tomar agua



5
Desayuno Almuerzo Comida



6 9 rano



5 (igene personal)

