



Dear Reader,

This book is for you.

It will accompany you for 365 days and offer you a year with yourself. Like a diary it will encourage you to record your feelings throughout the year and provide an opportunity to focus on yourself.

You can use whatever tool, material or colour is best for you to express your feelings on that specific day, including but not limited to:

PEN WAX CRAYON
PAINTBRUSH PENCIL
FINELINER MARKER
COLOURED PENCIL

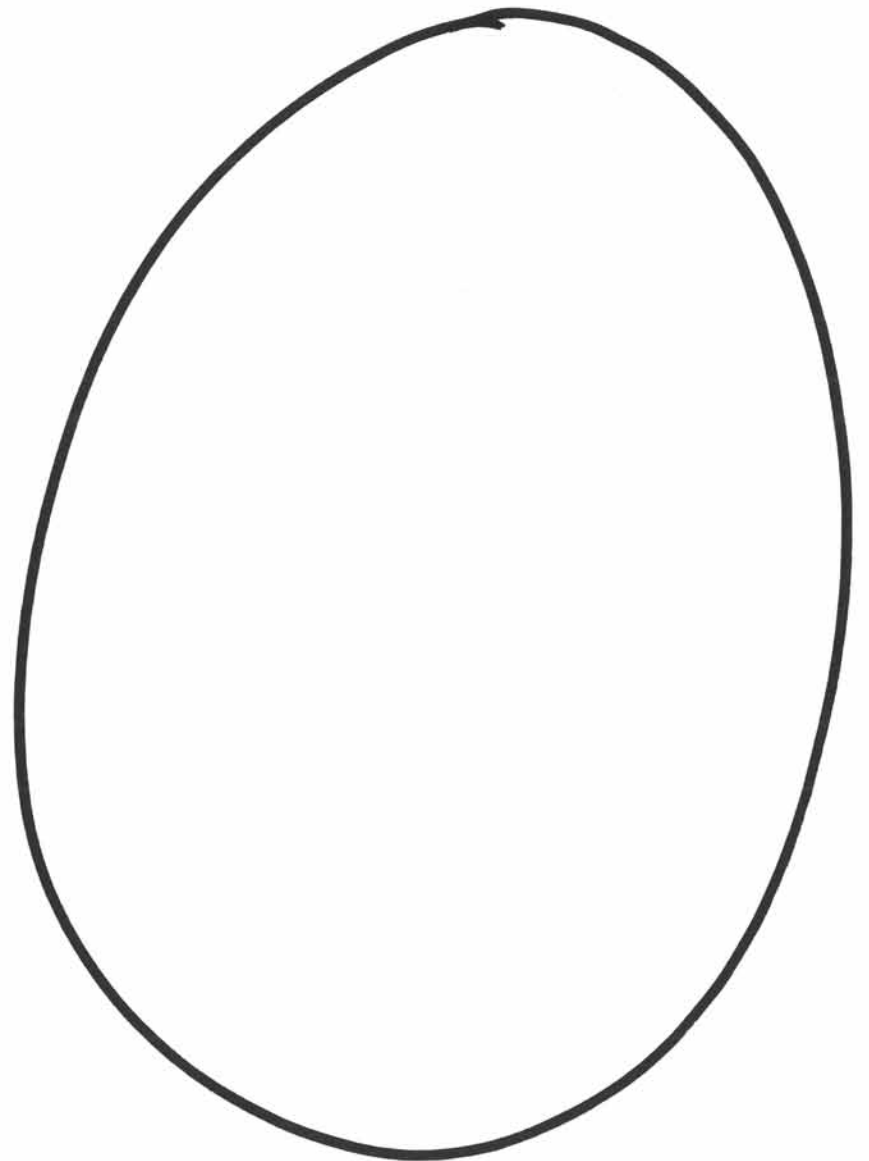
Before you start, close your eyes and listen to your mind and body talk. Then draw the facial expression that reflects the way you feel today. You can draw either the entire face or just a detail, such as the mouth, eyes, ears or an eyebrow. You can use the given picture as well as the space above, below or beside it. It's all up to you! Finally, write down a word that best describes your feelings.

Please note down the date you start your diary:

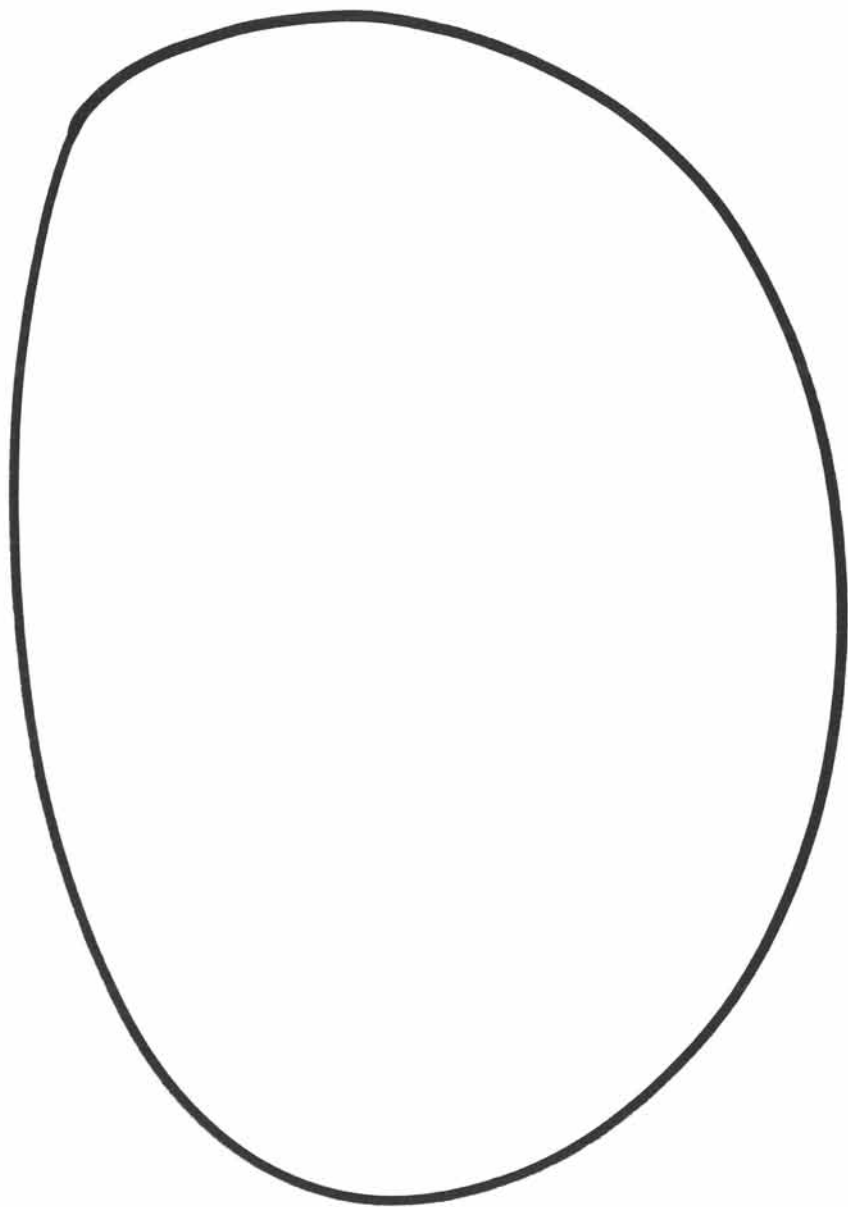
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Enjoy!

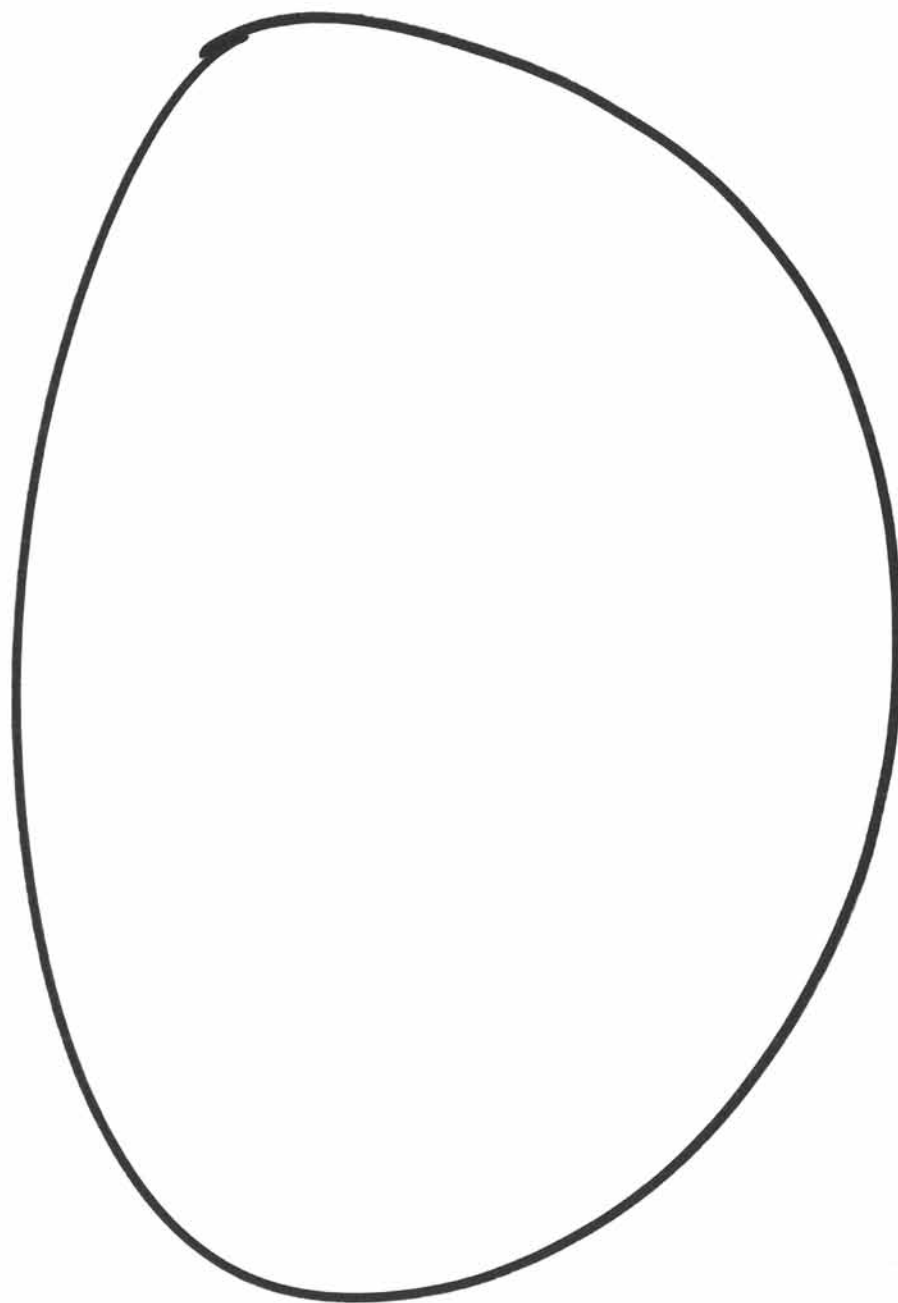
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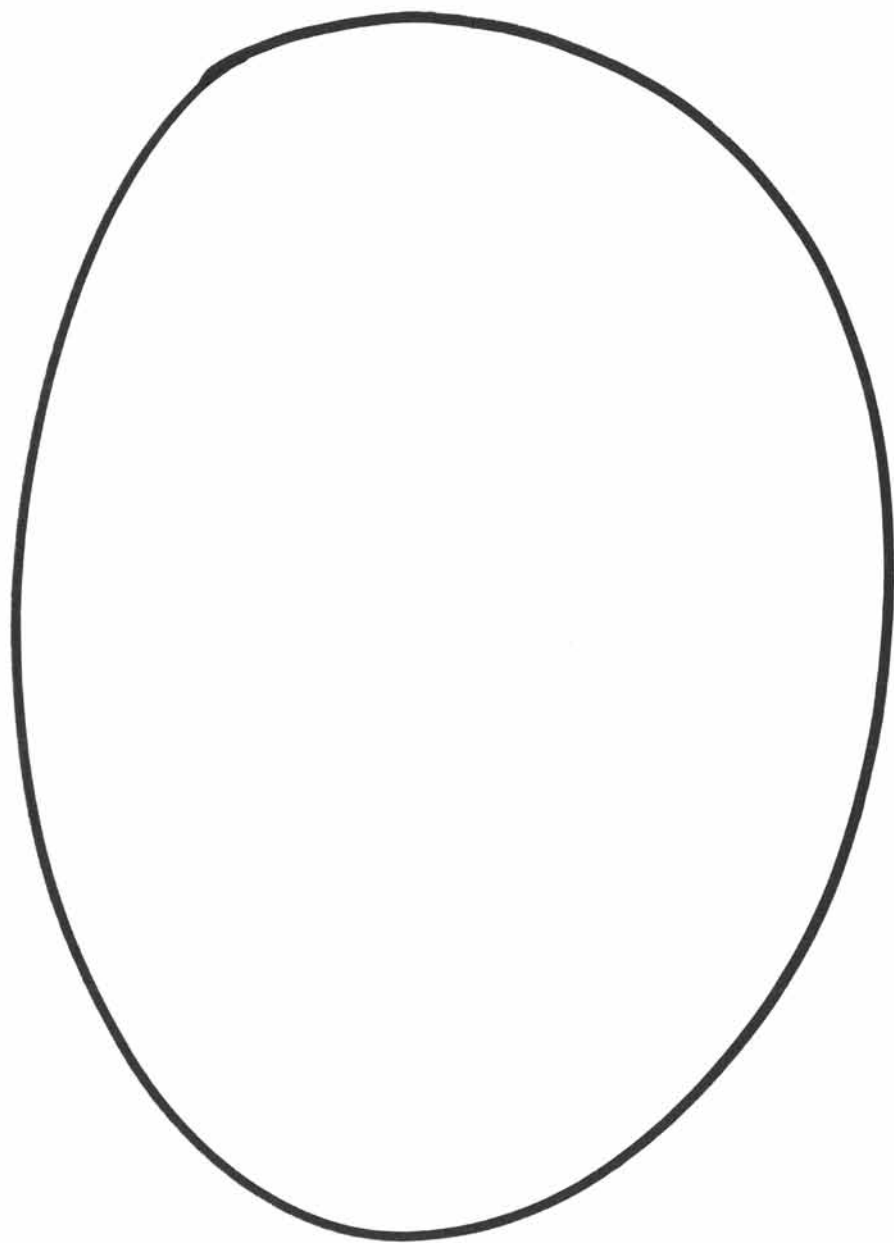
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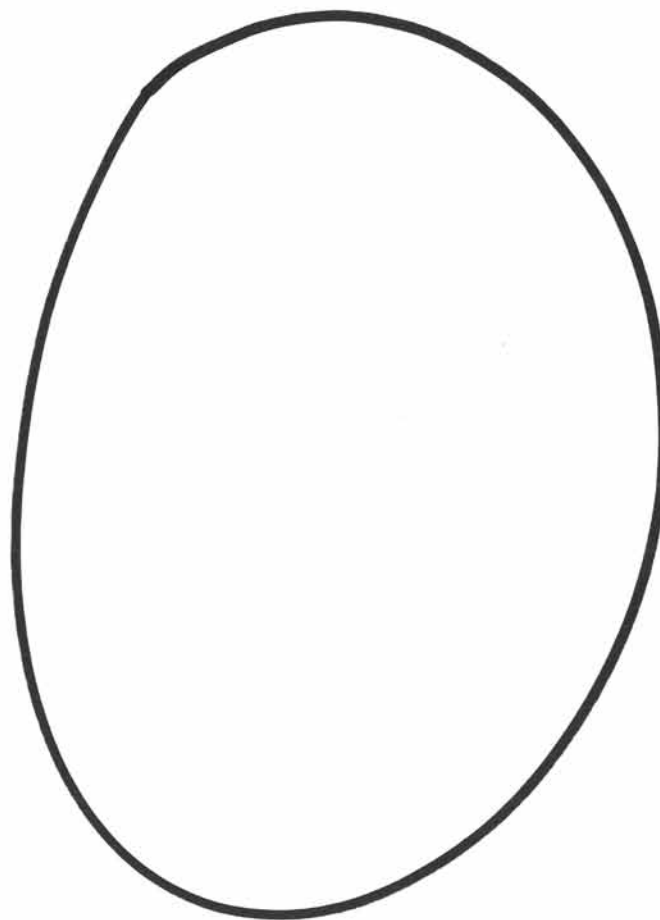
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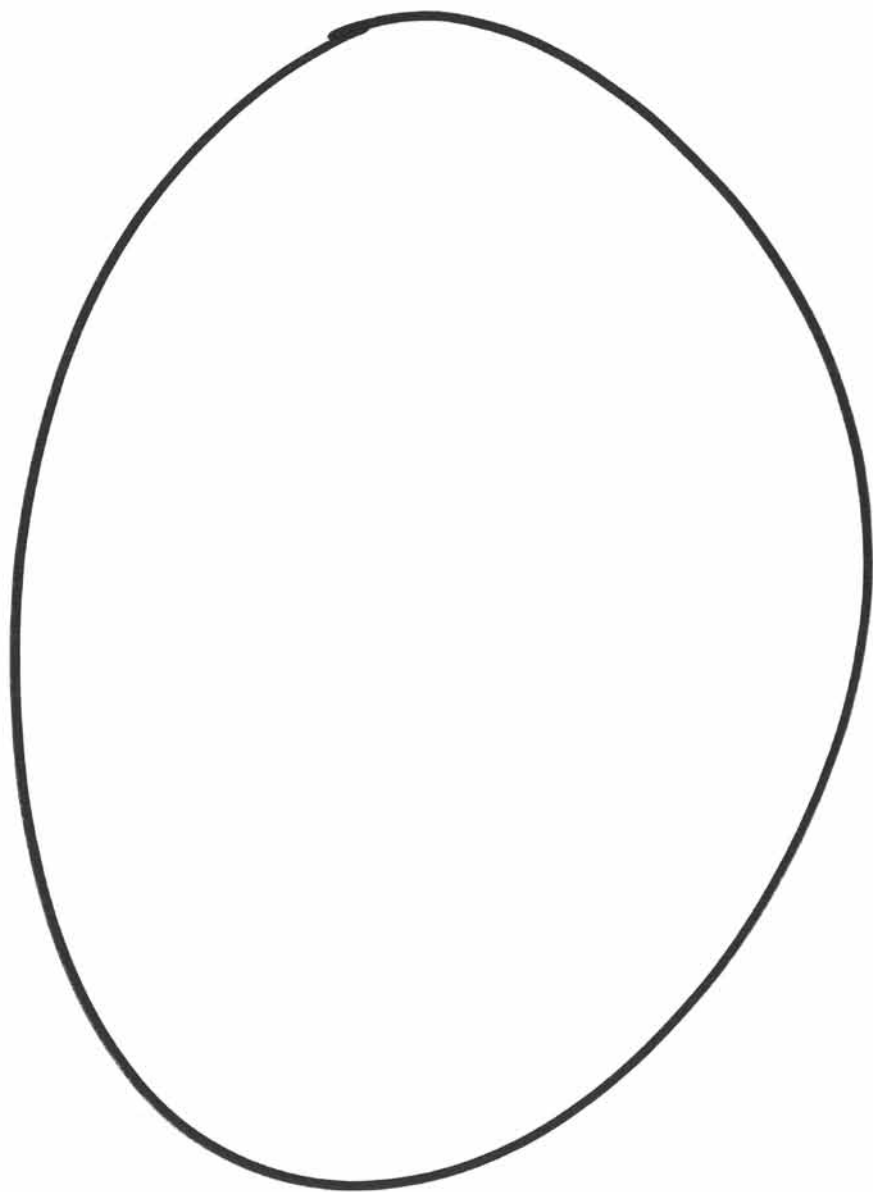
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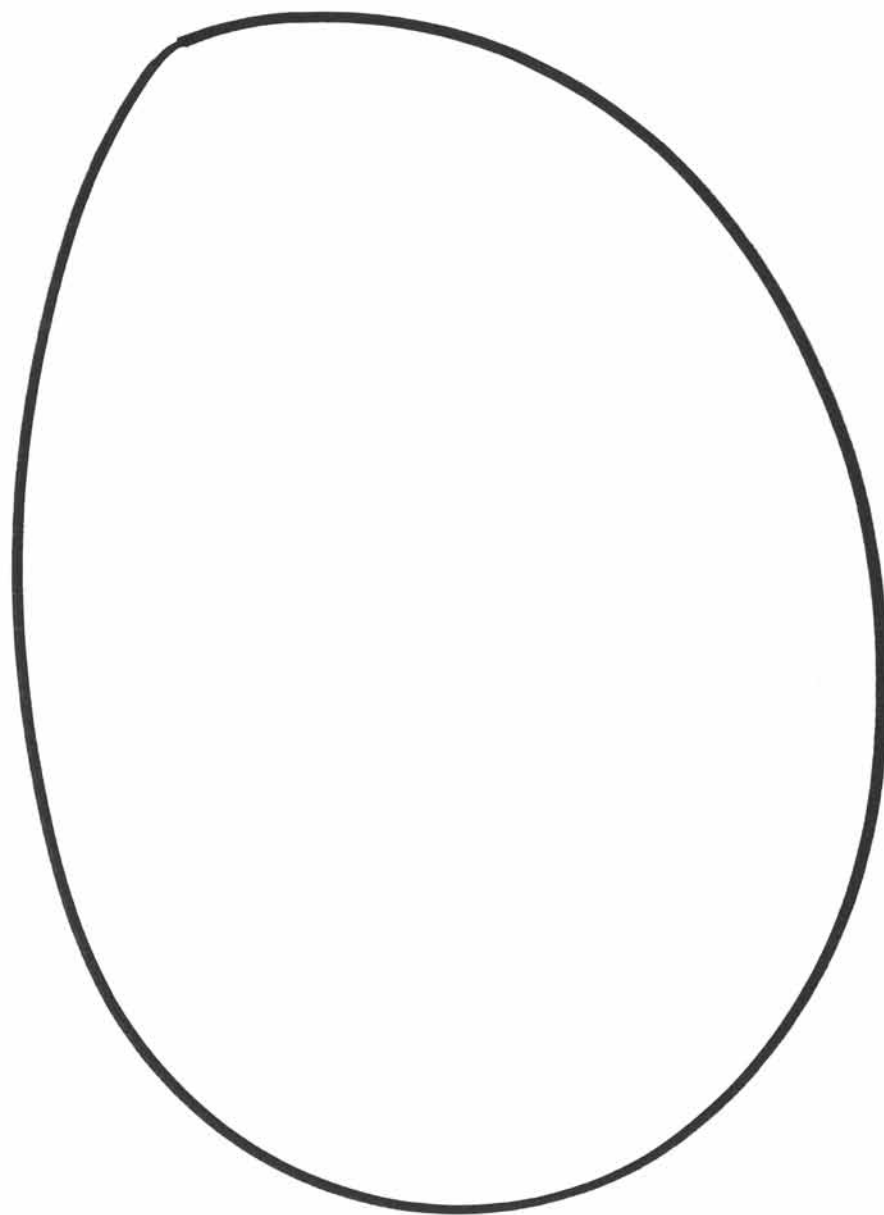
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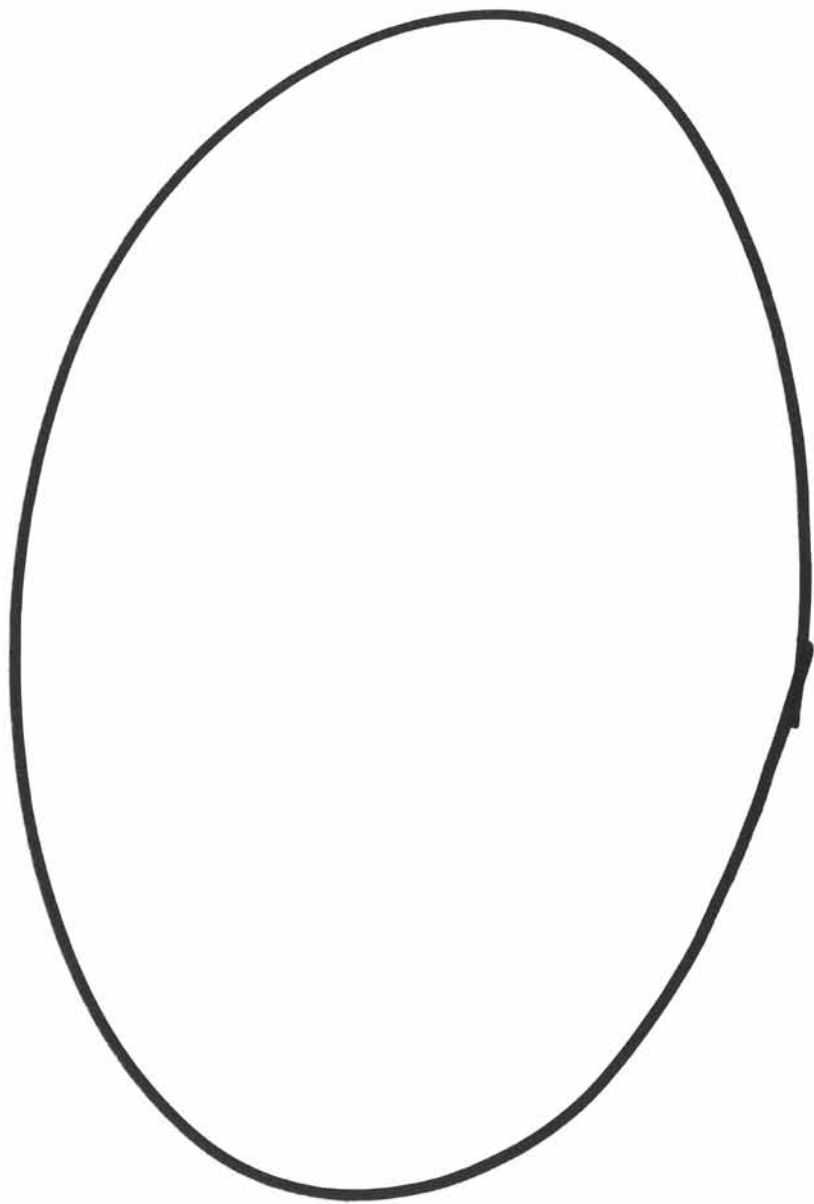
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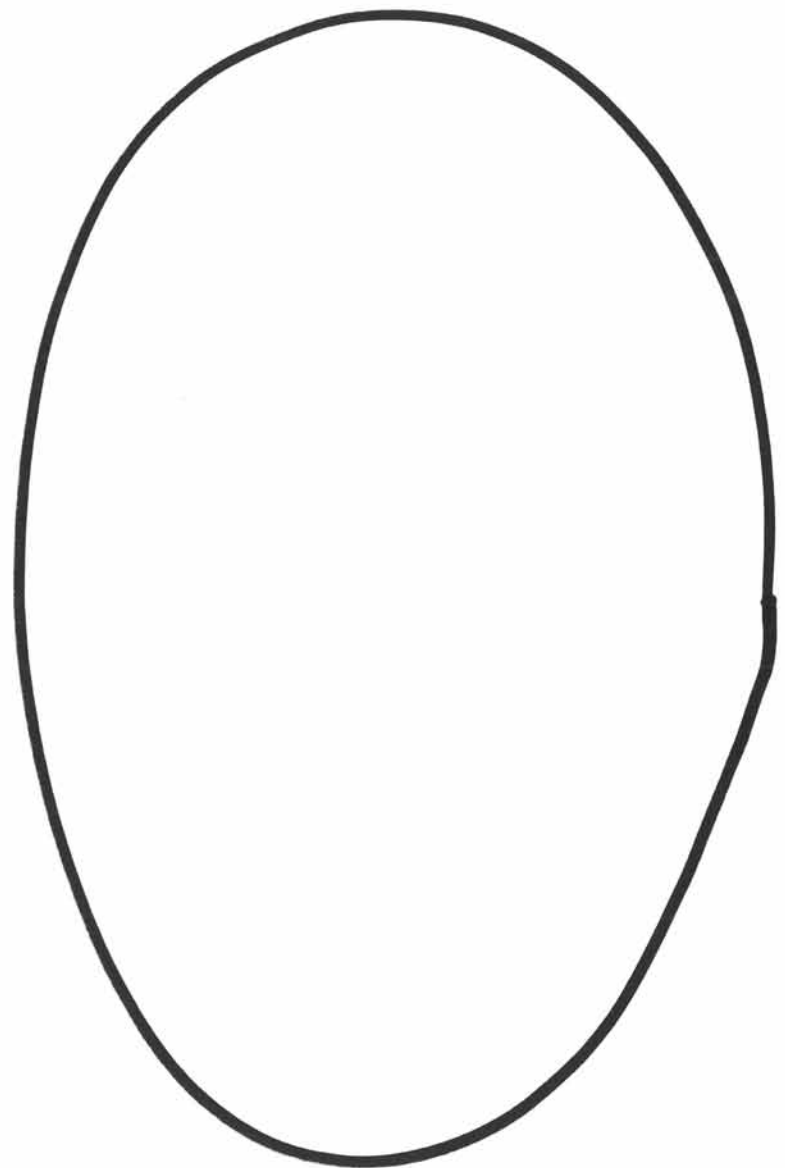
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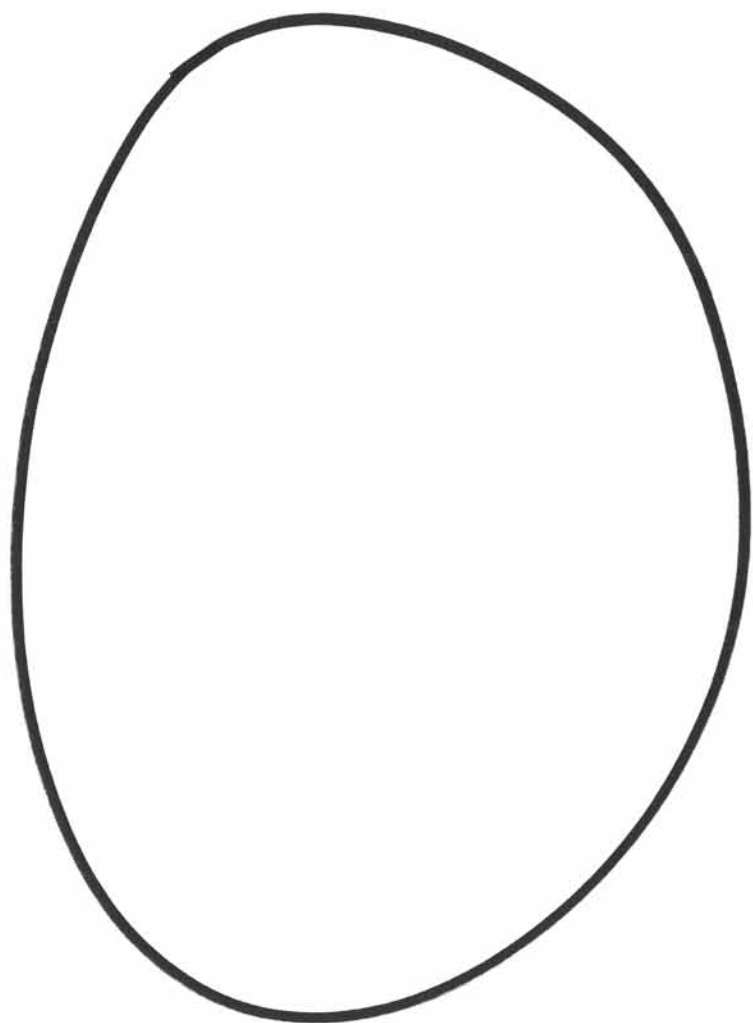
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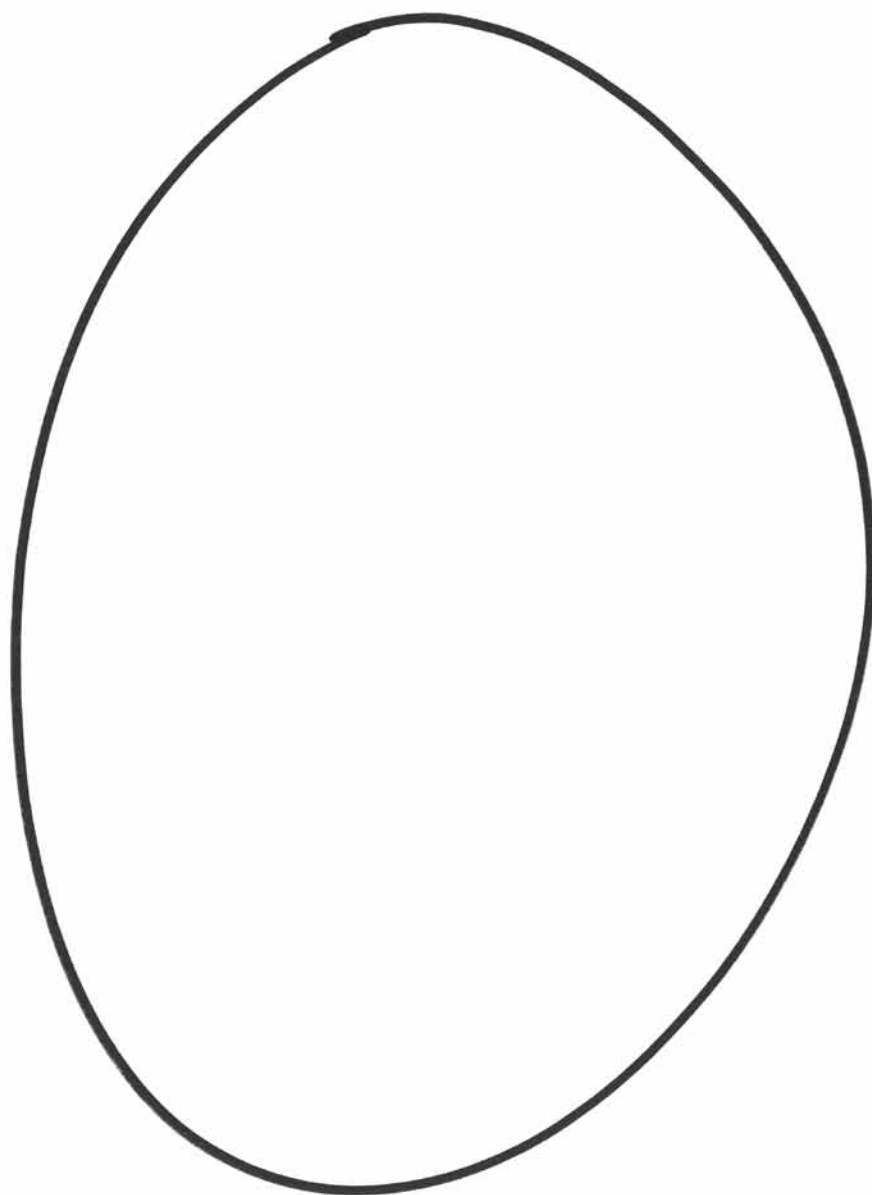
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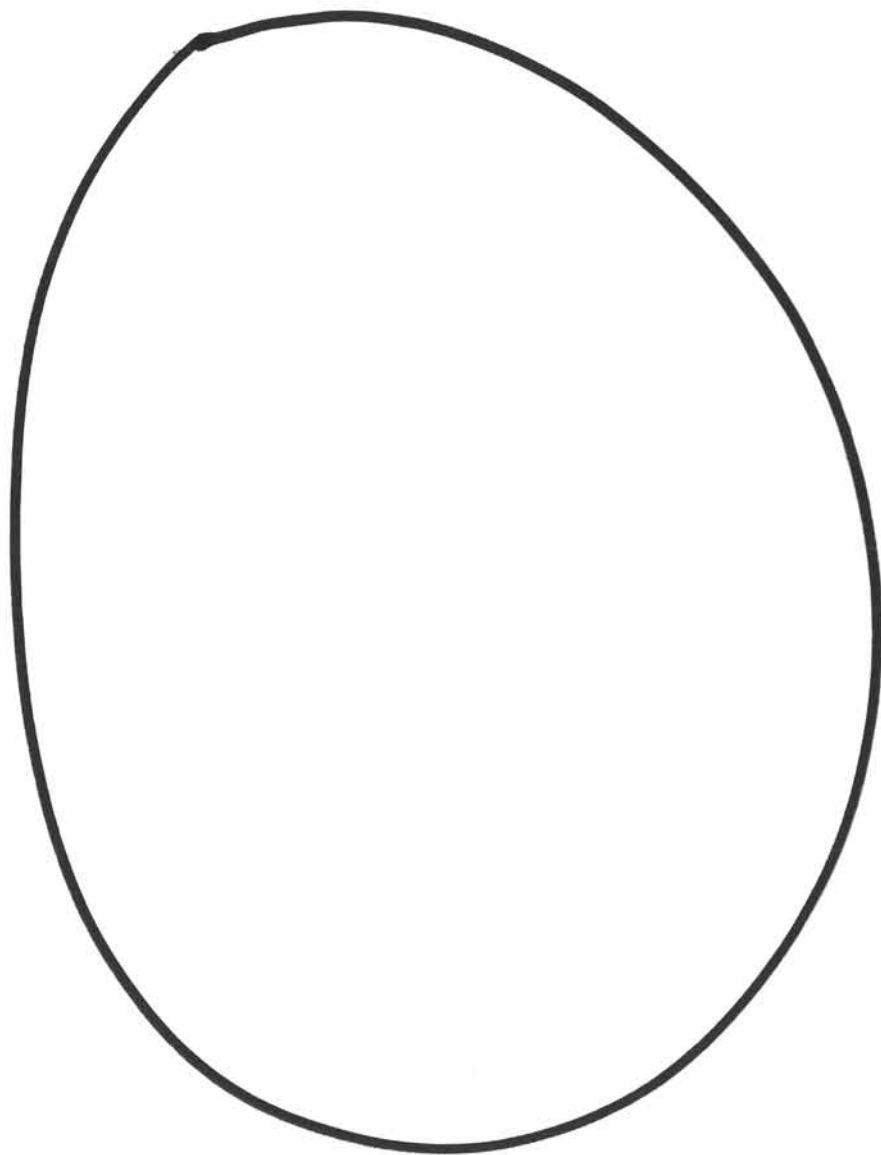
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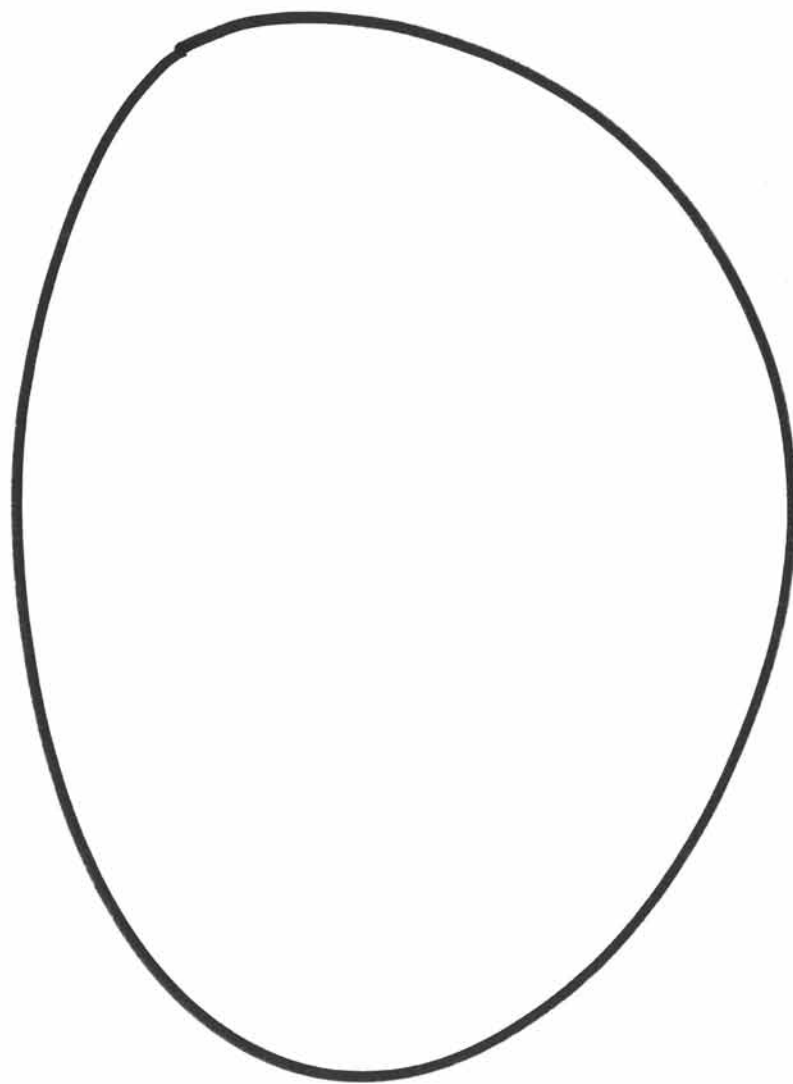
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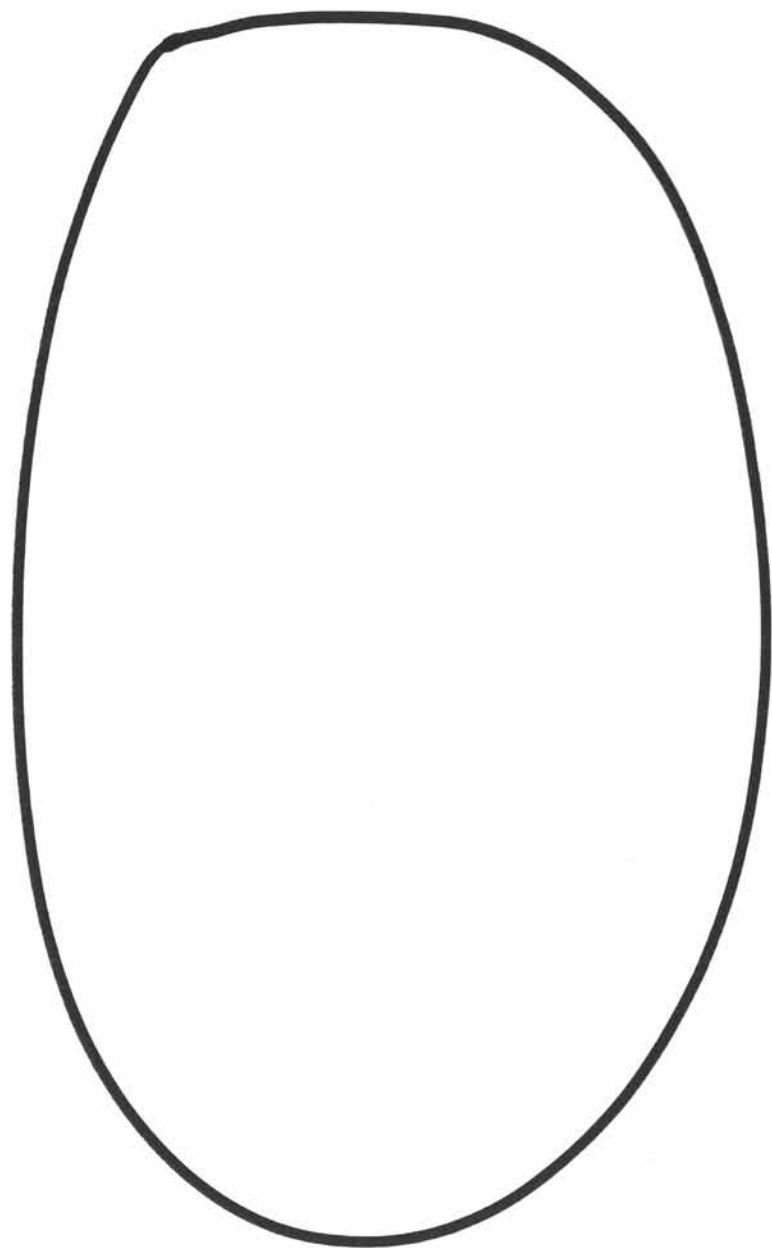
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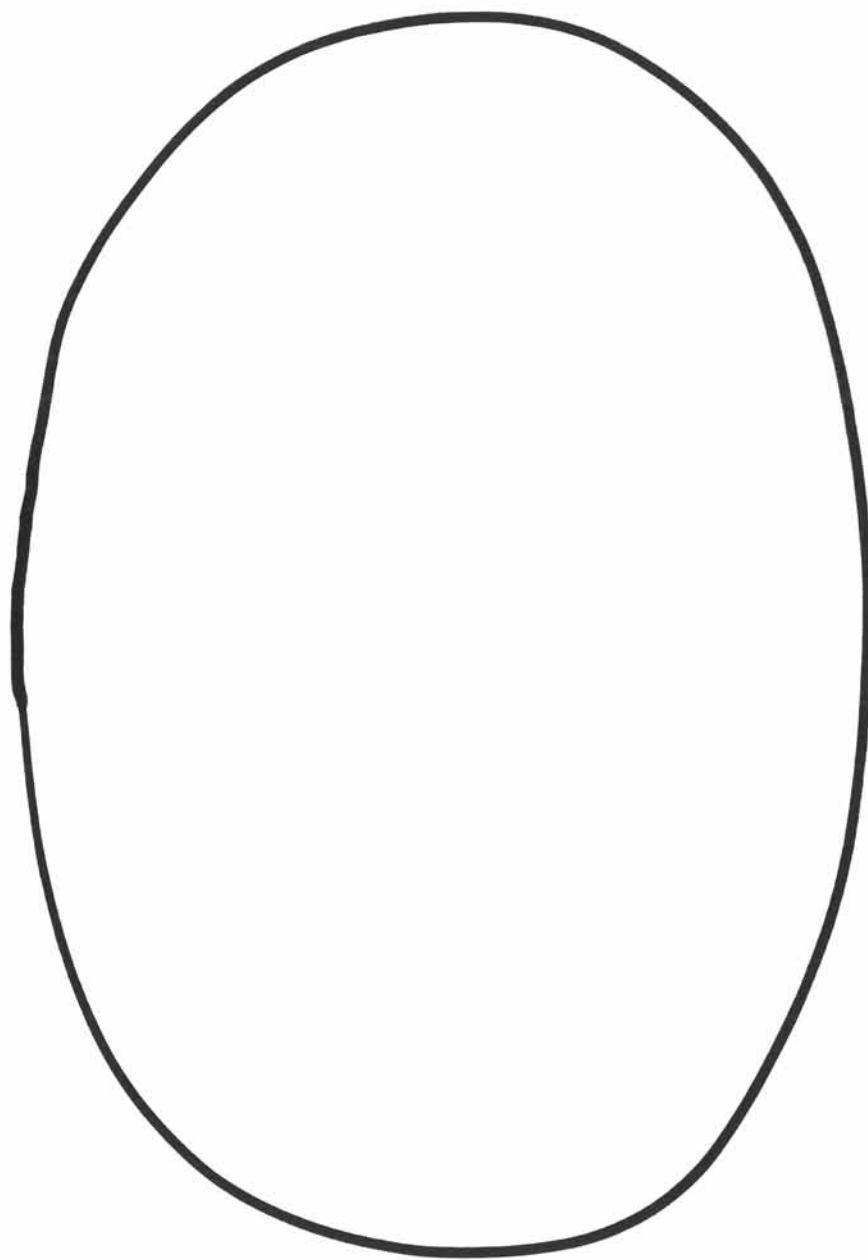
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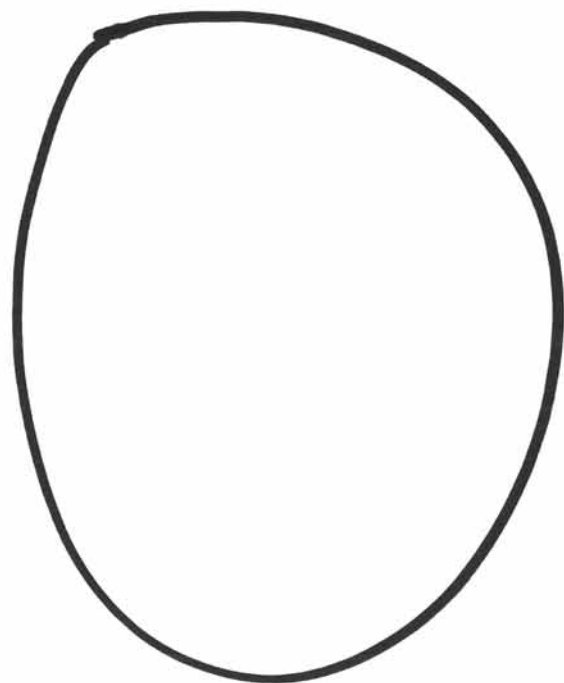
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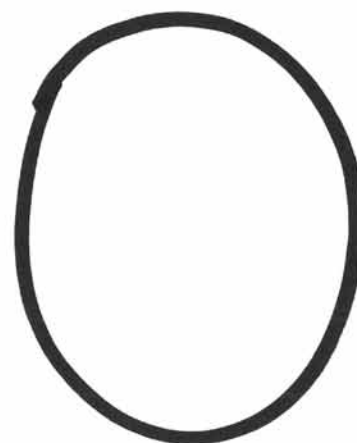
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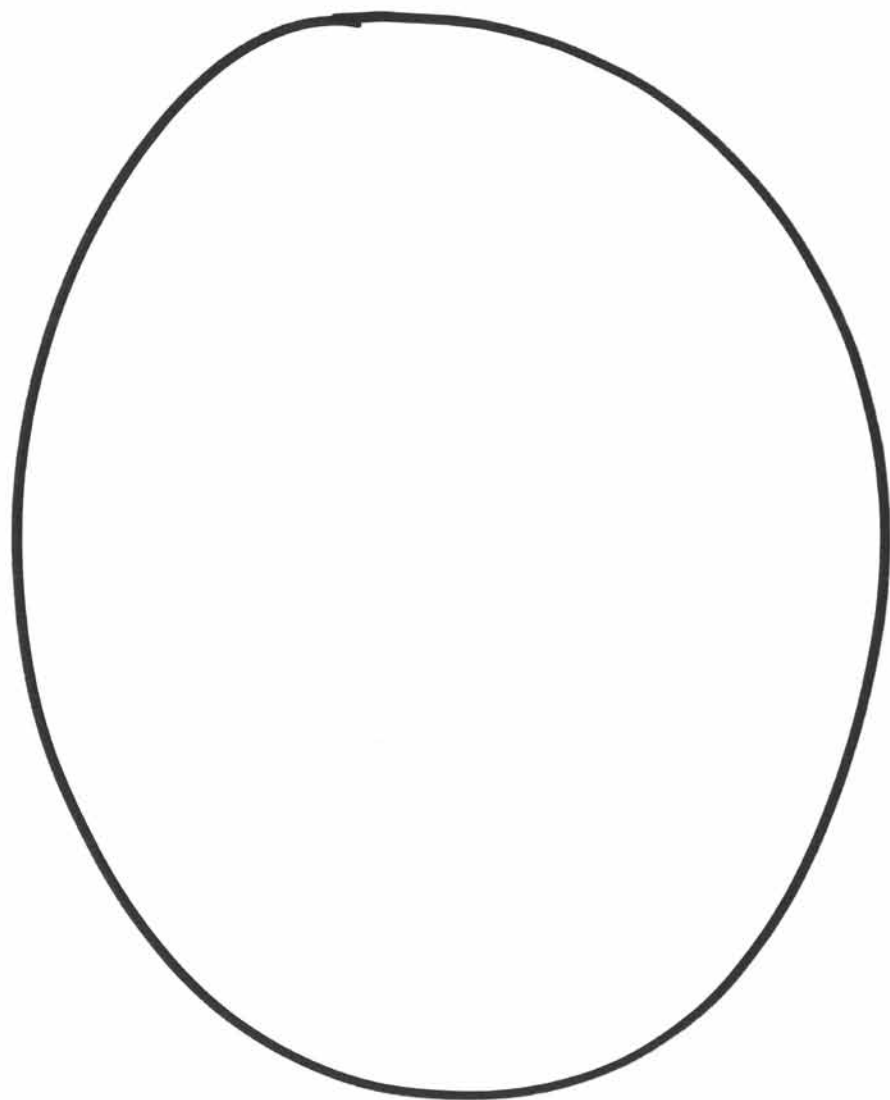
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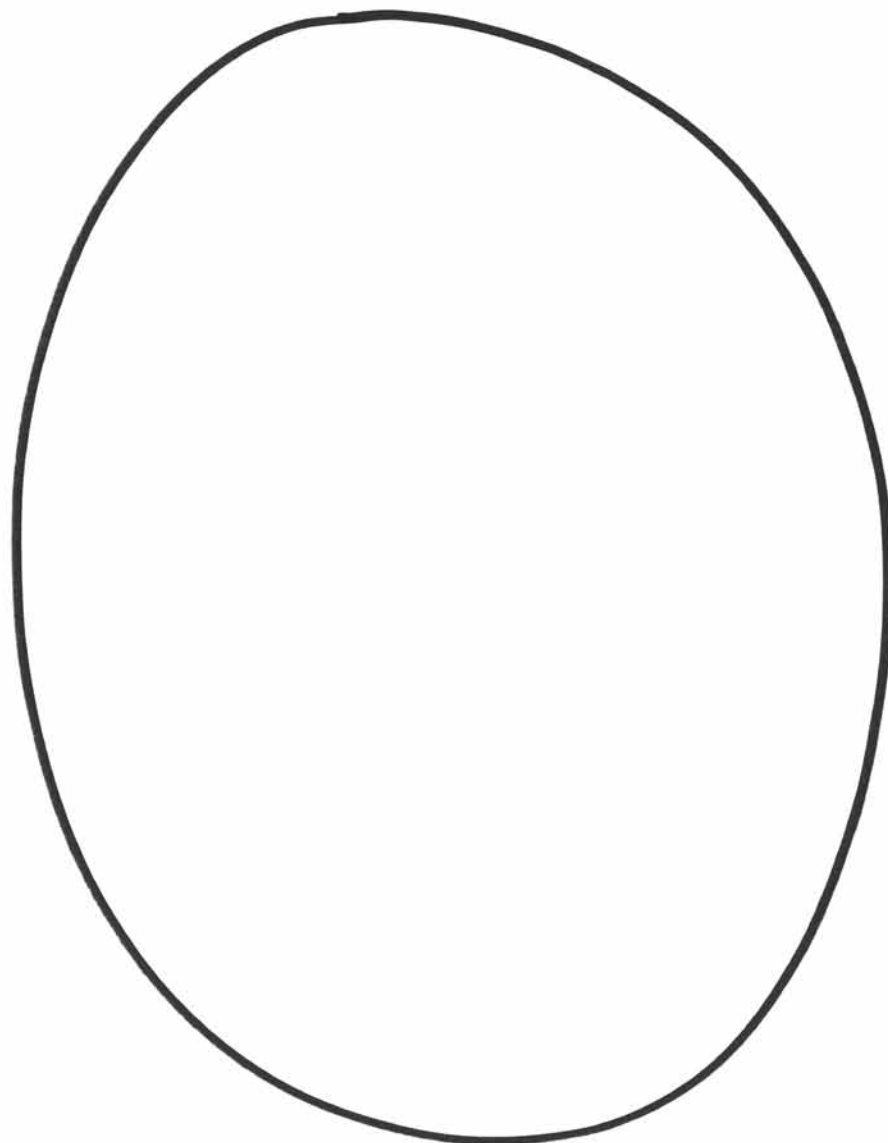
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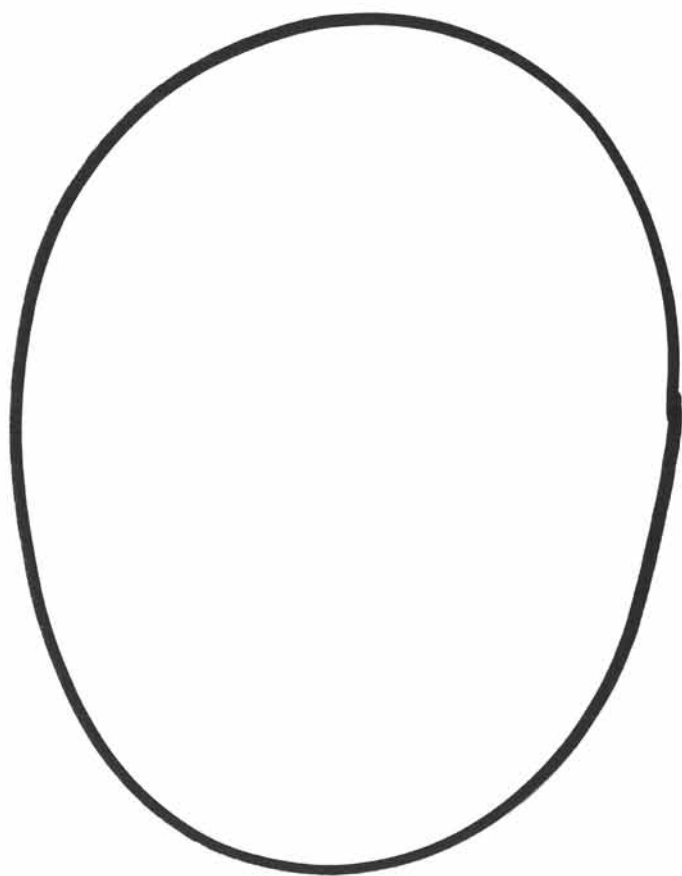
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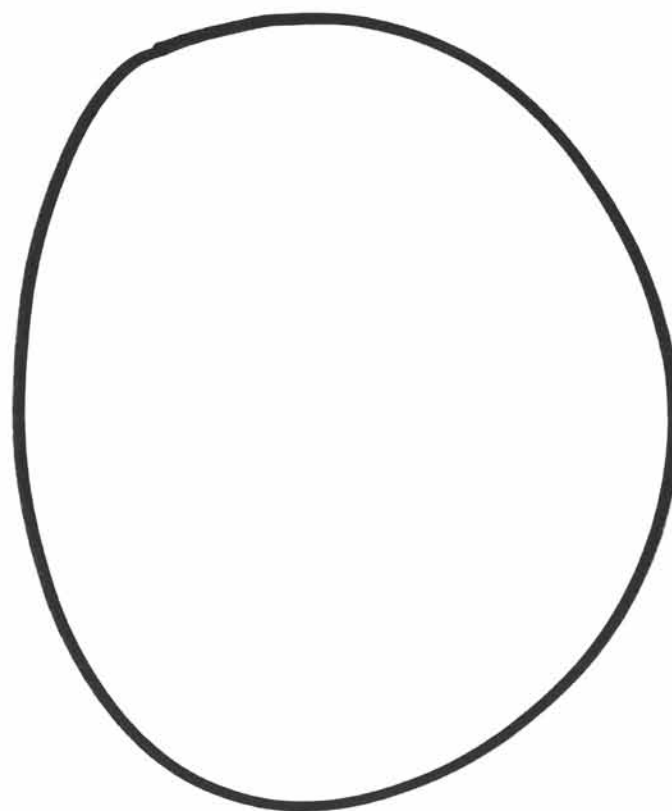
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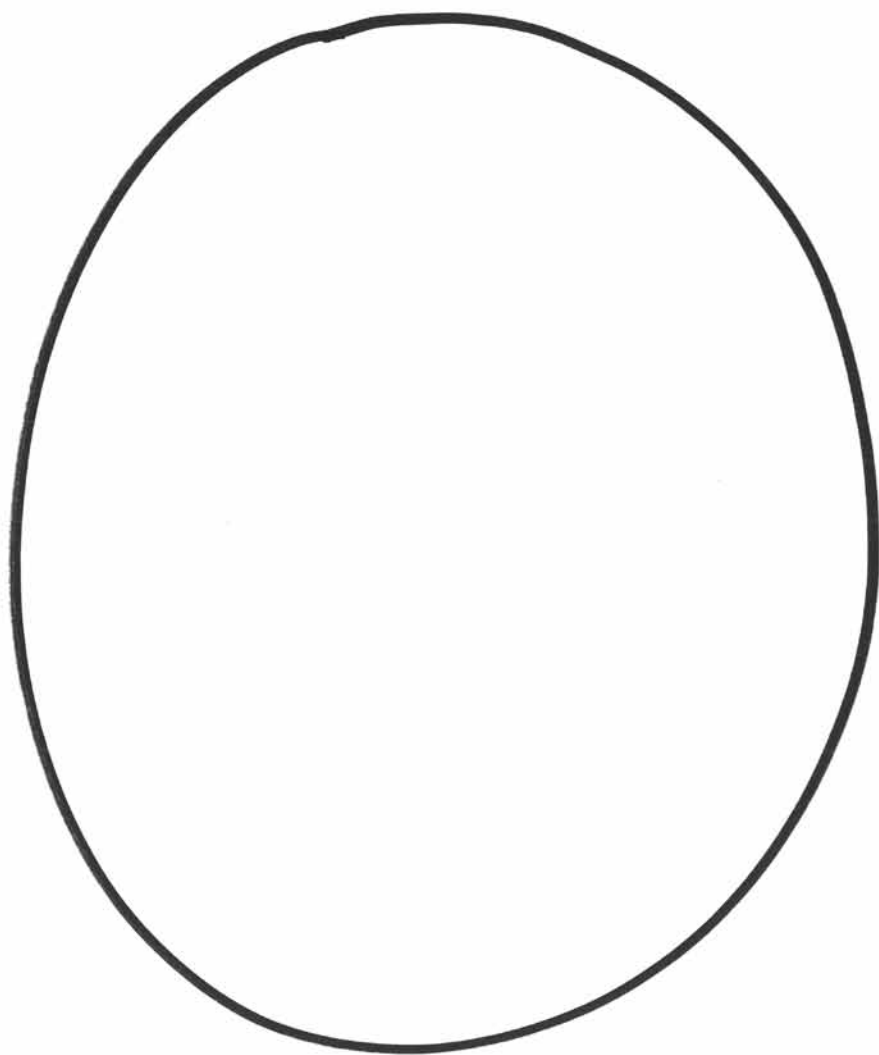
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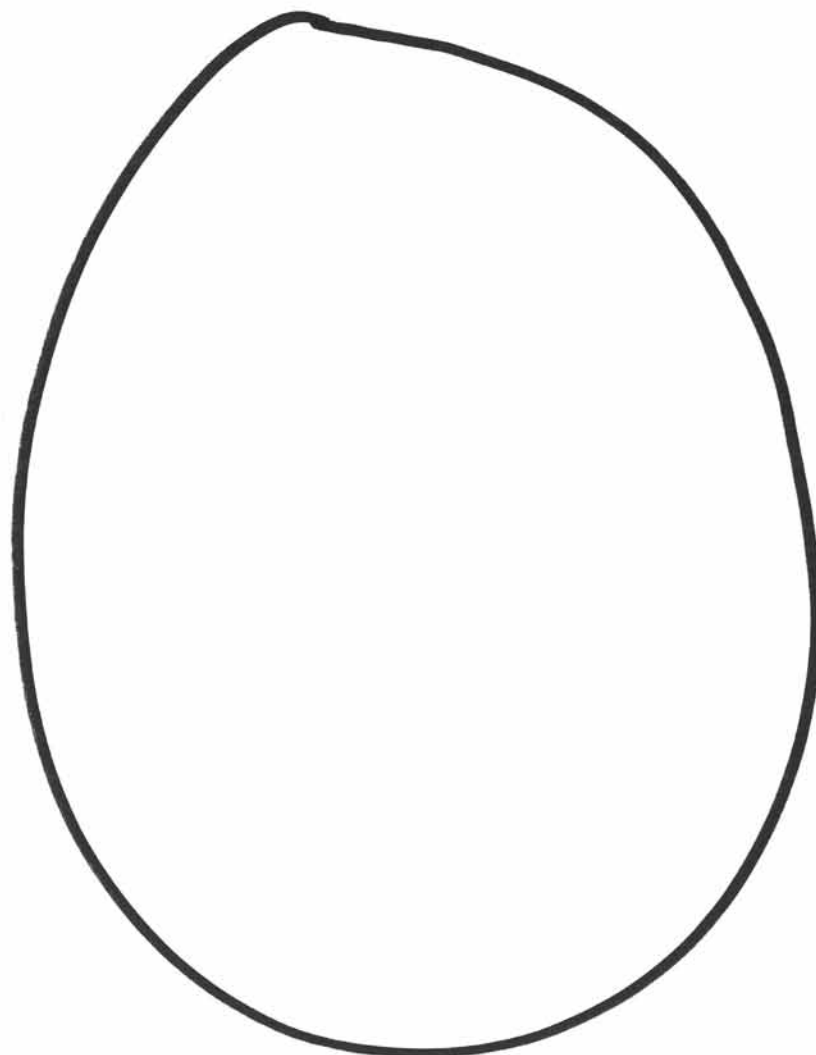
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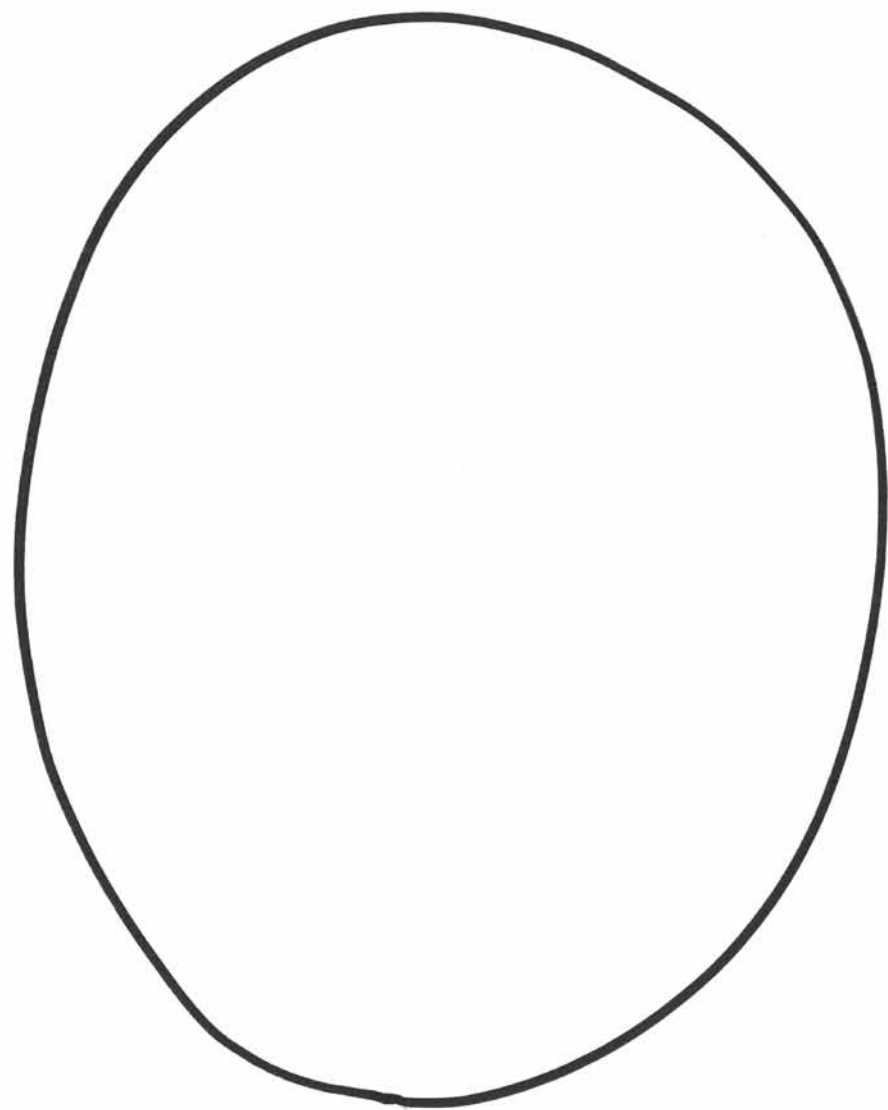
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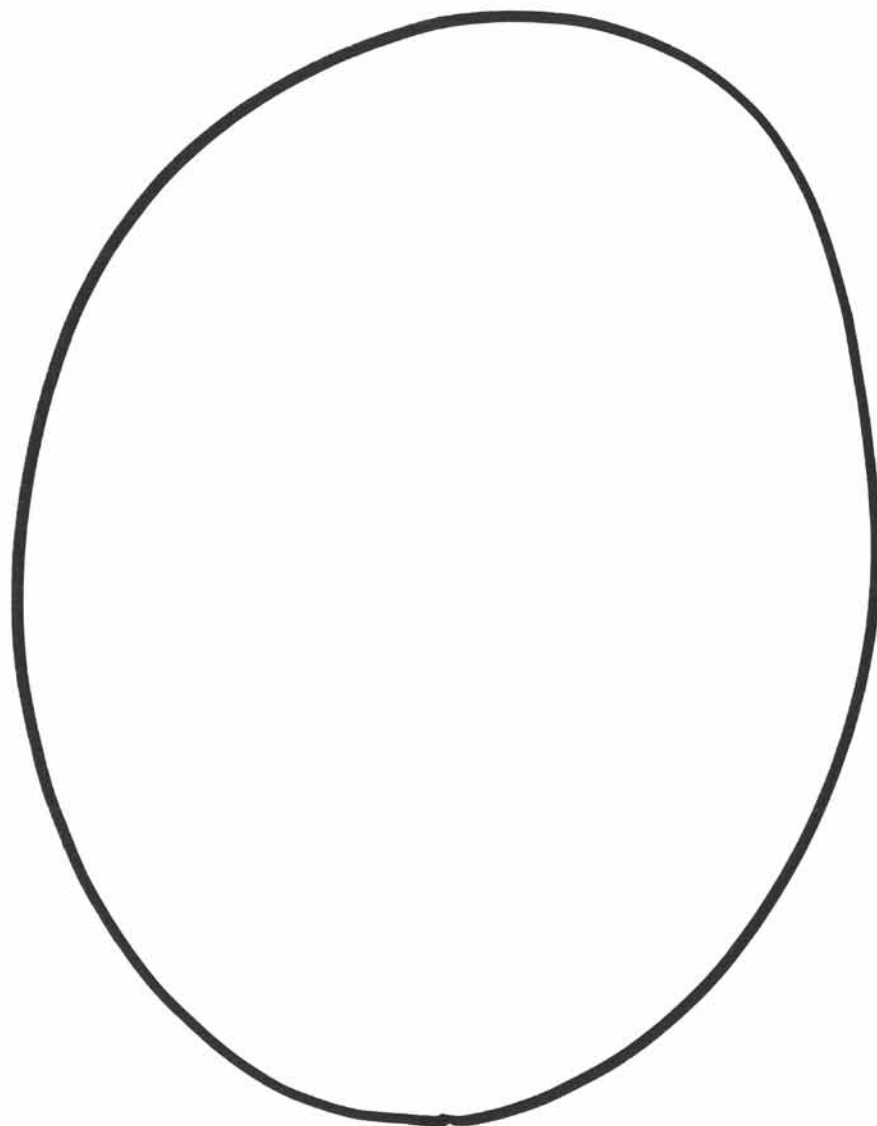
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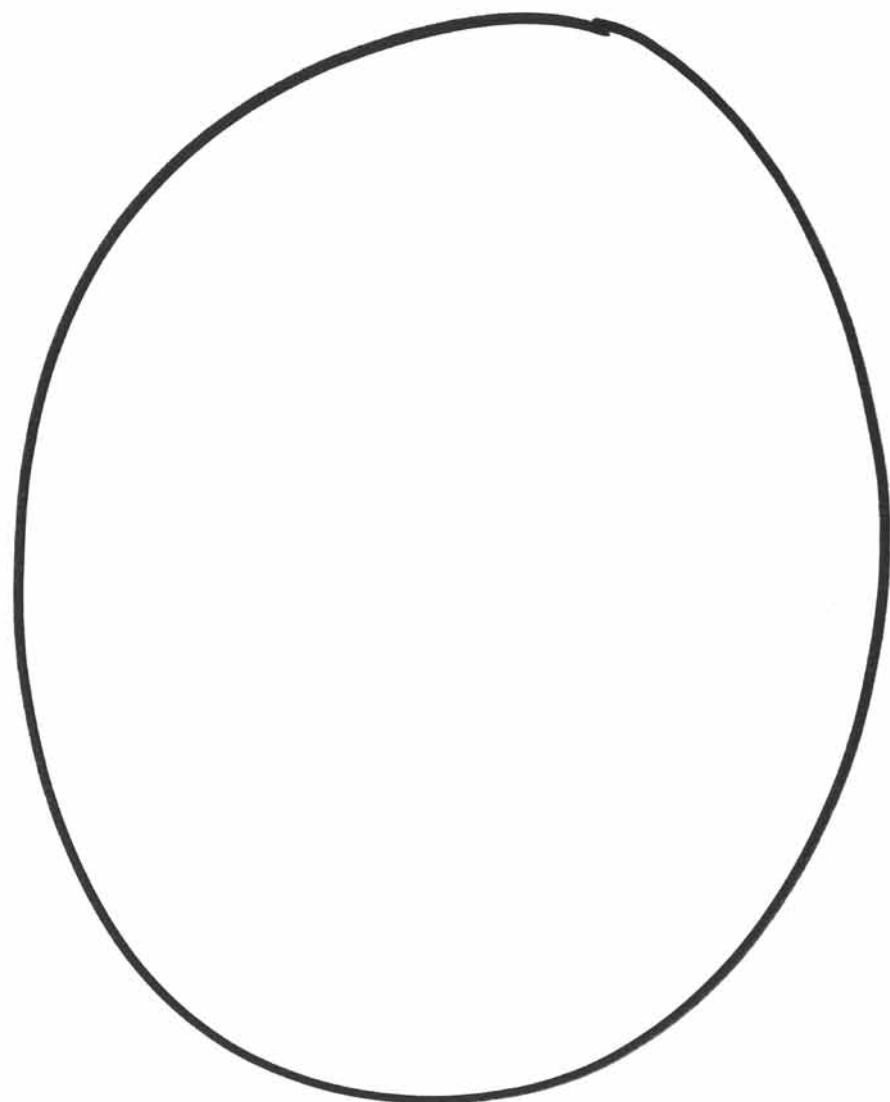
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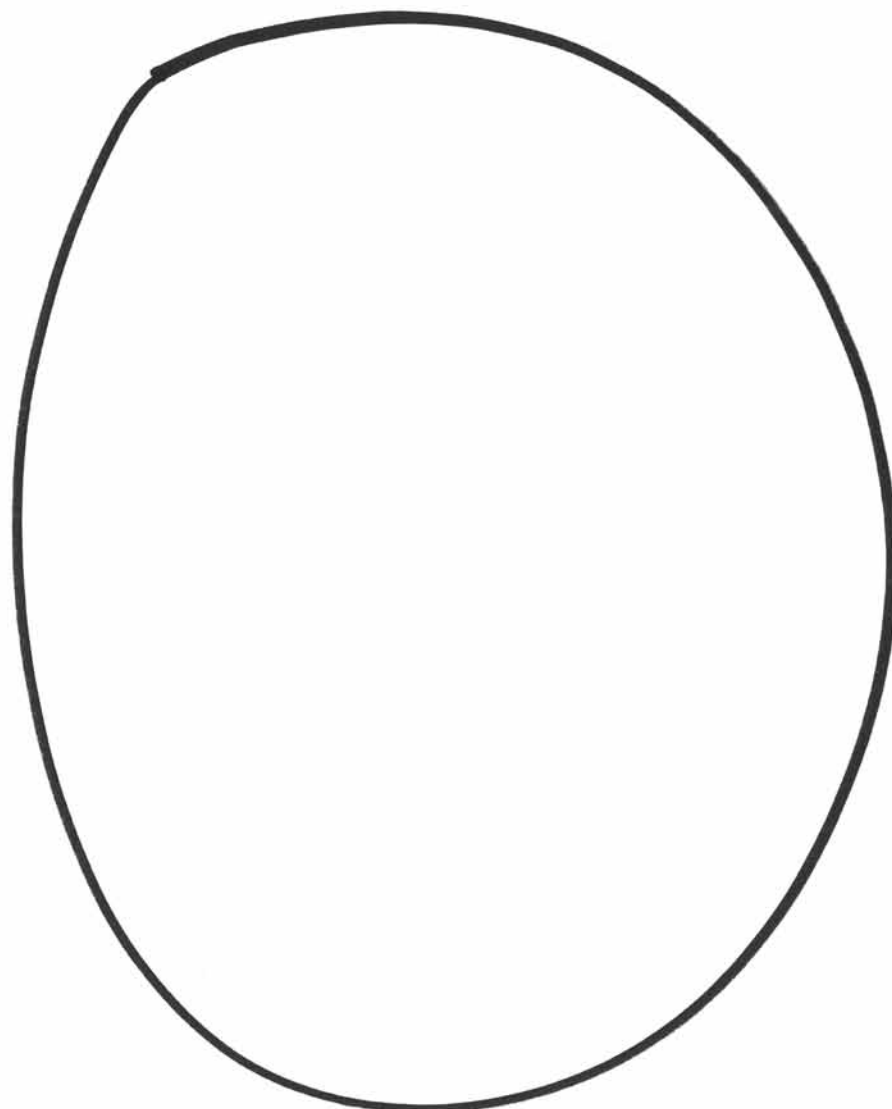
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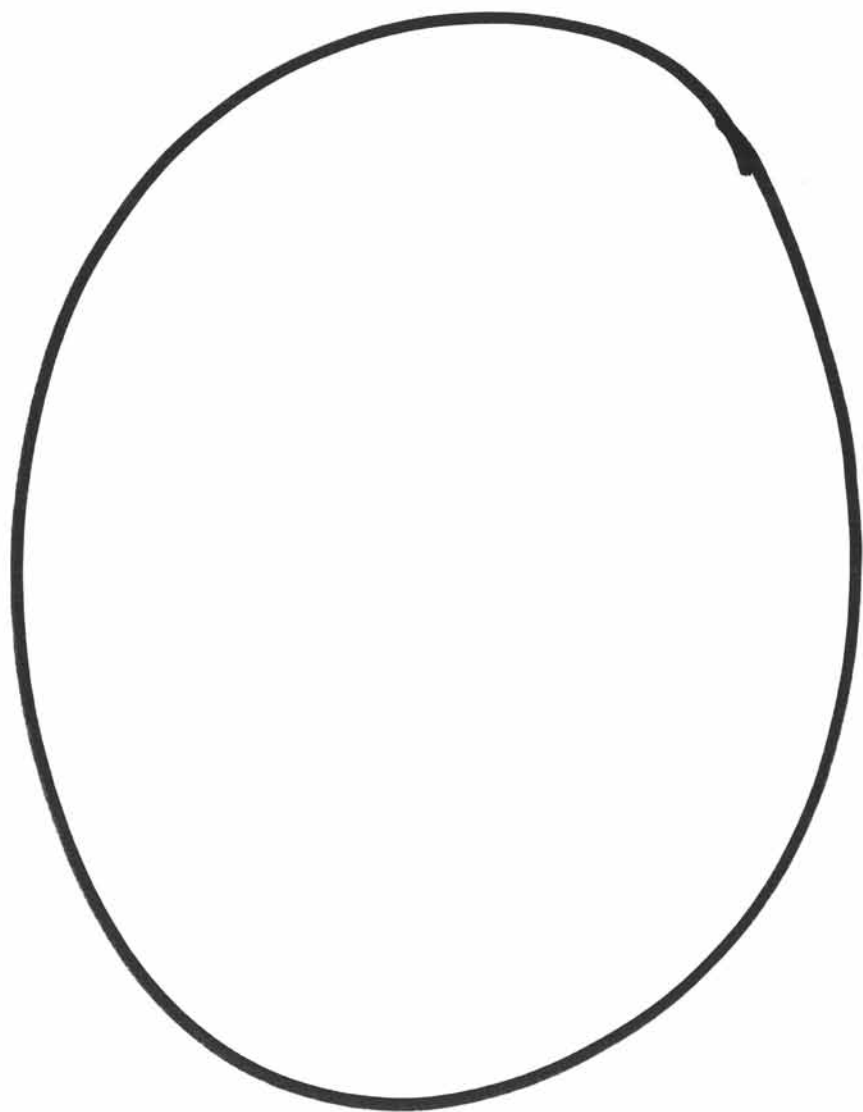
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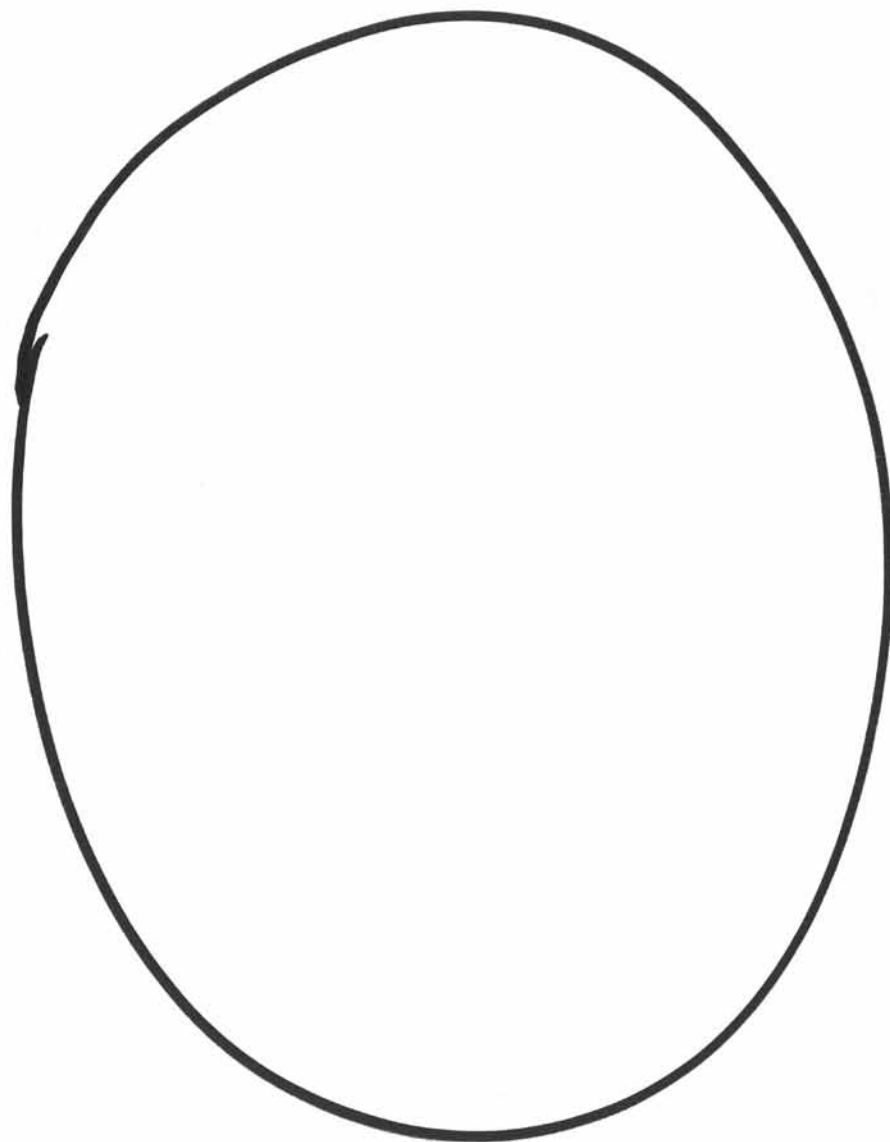
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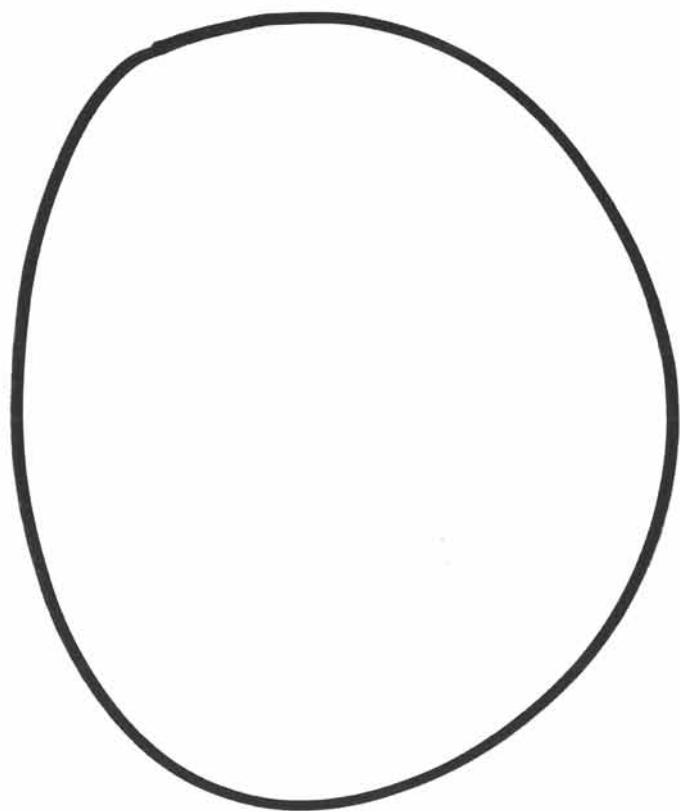
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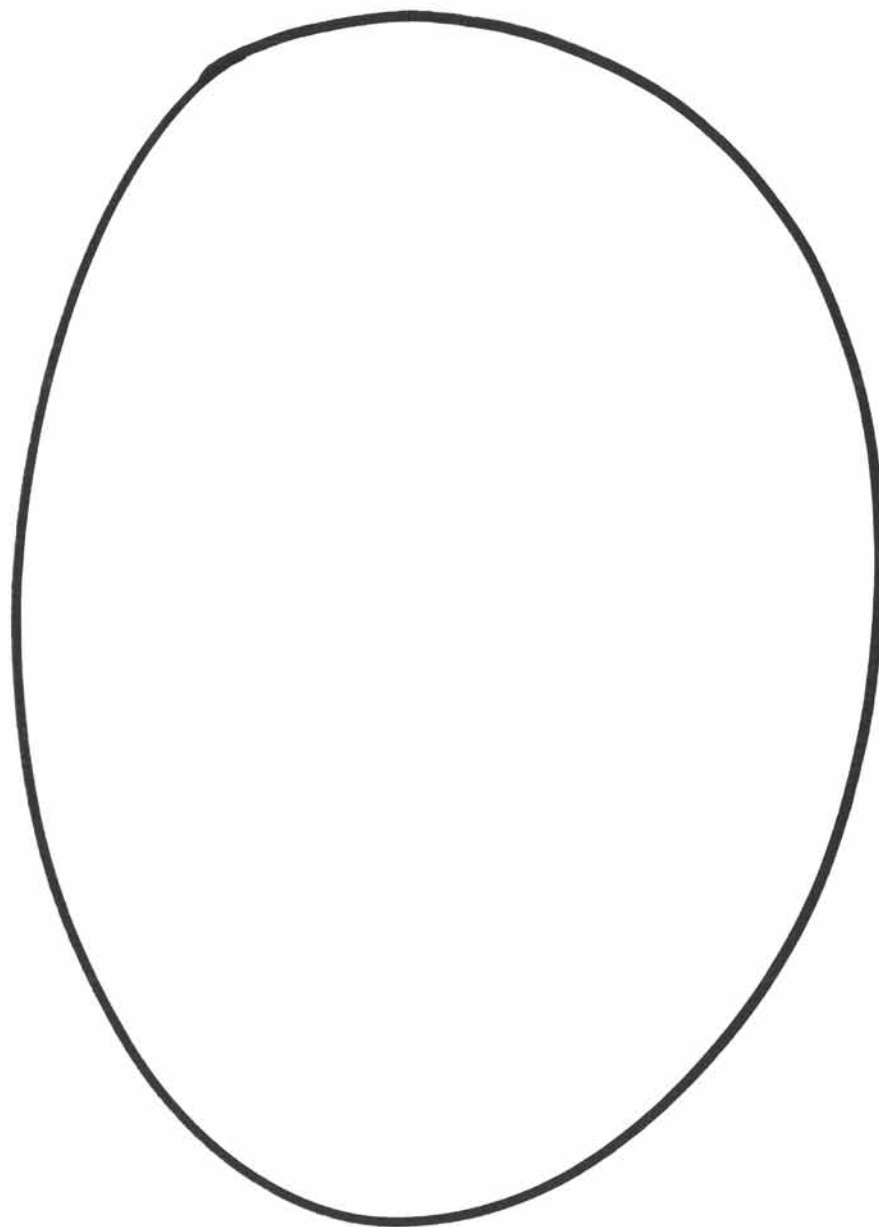
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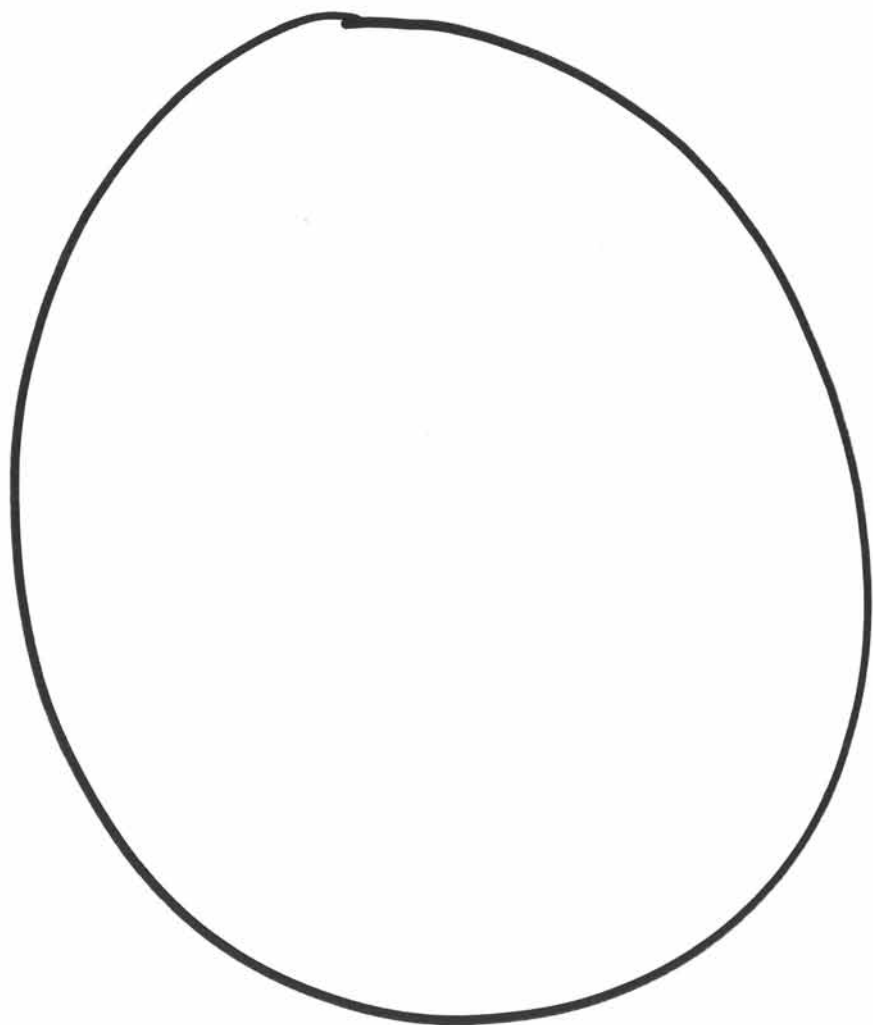
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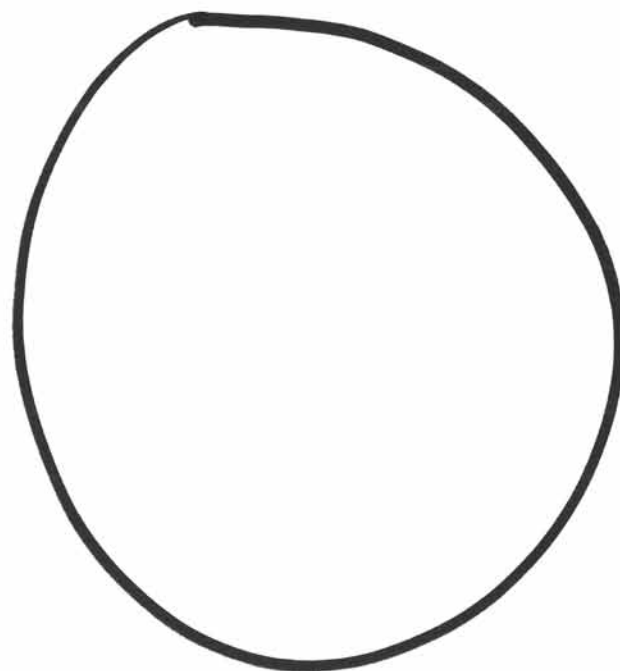
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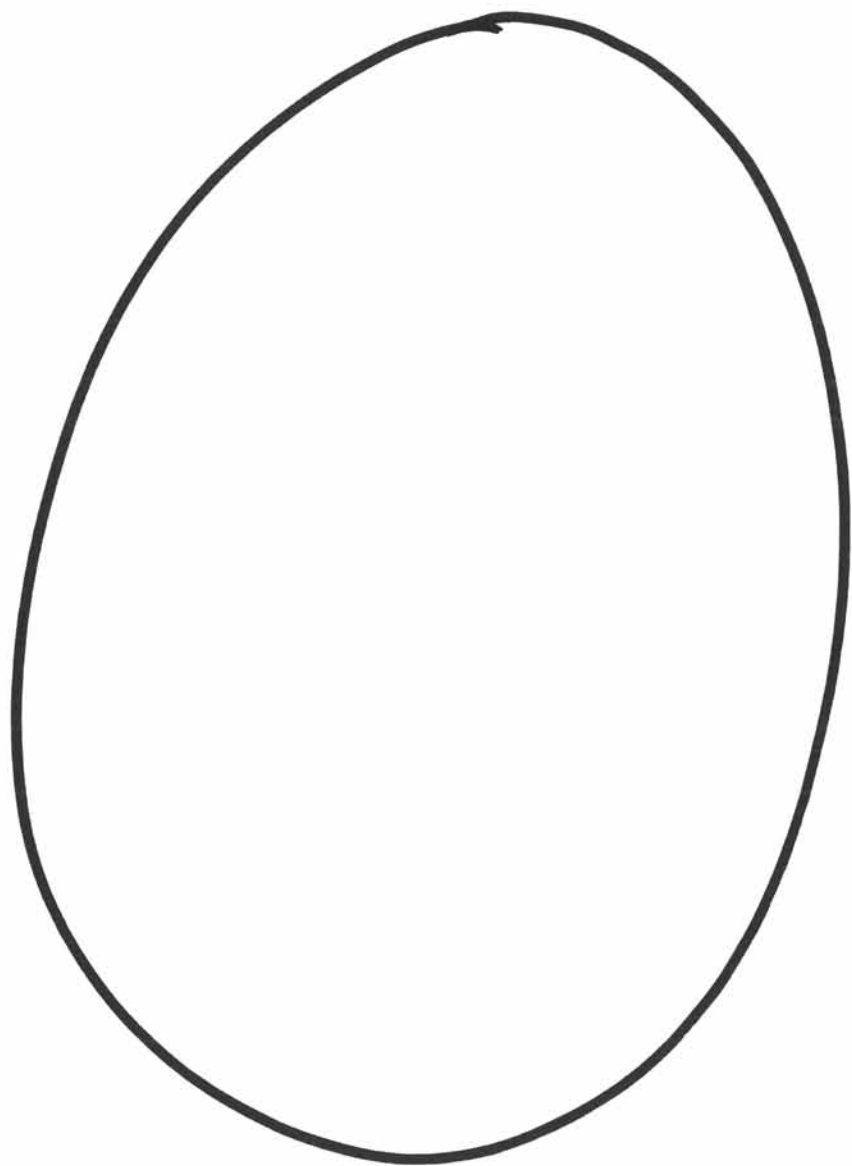
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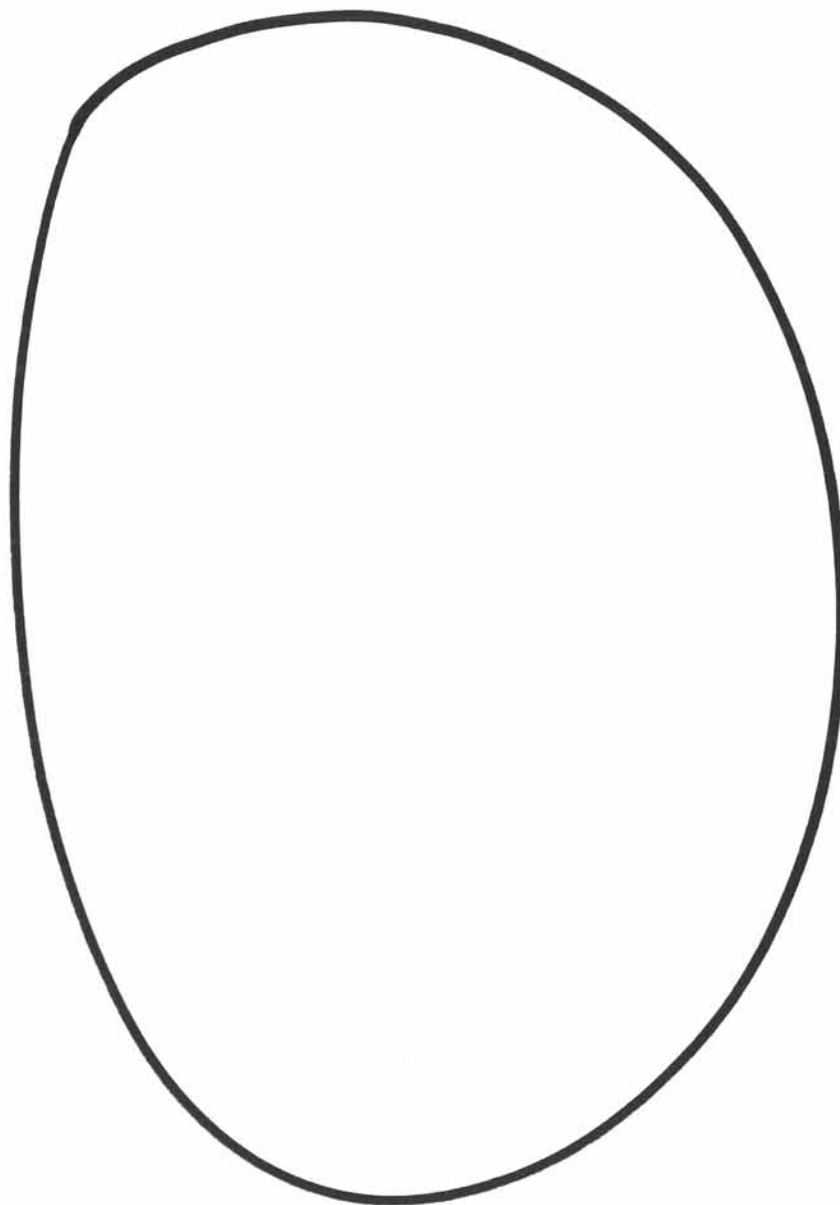
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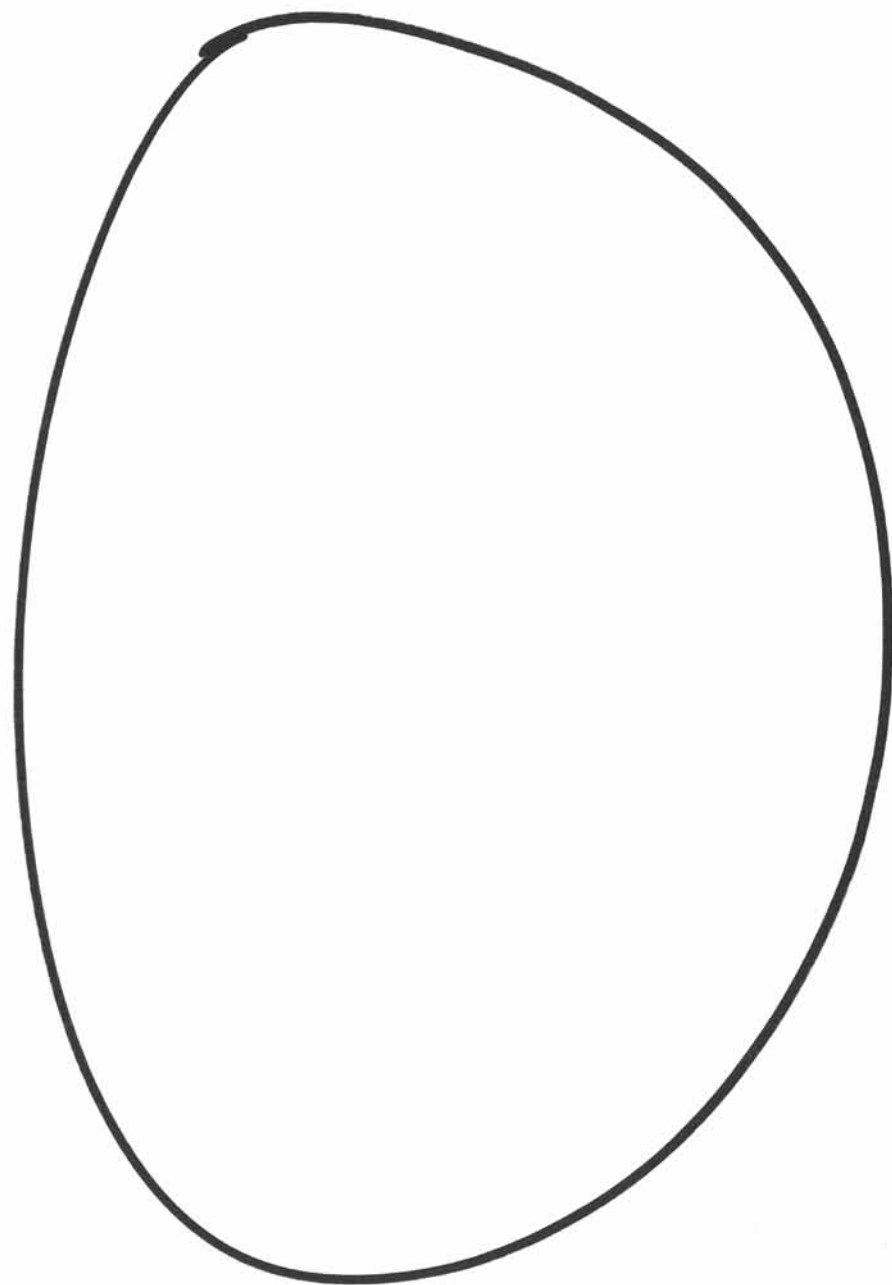
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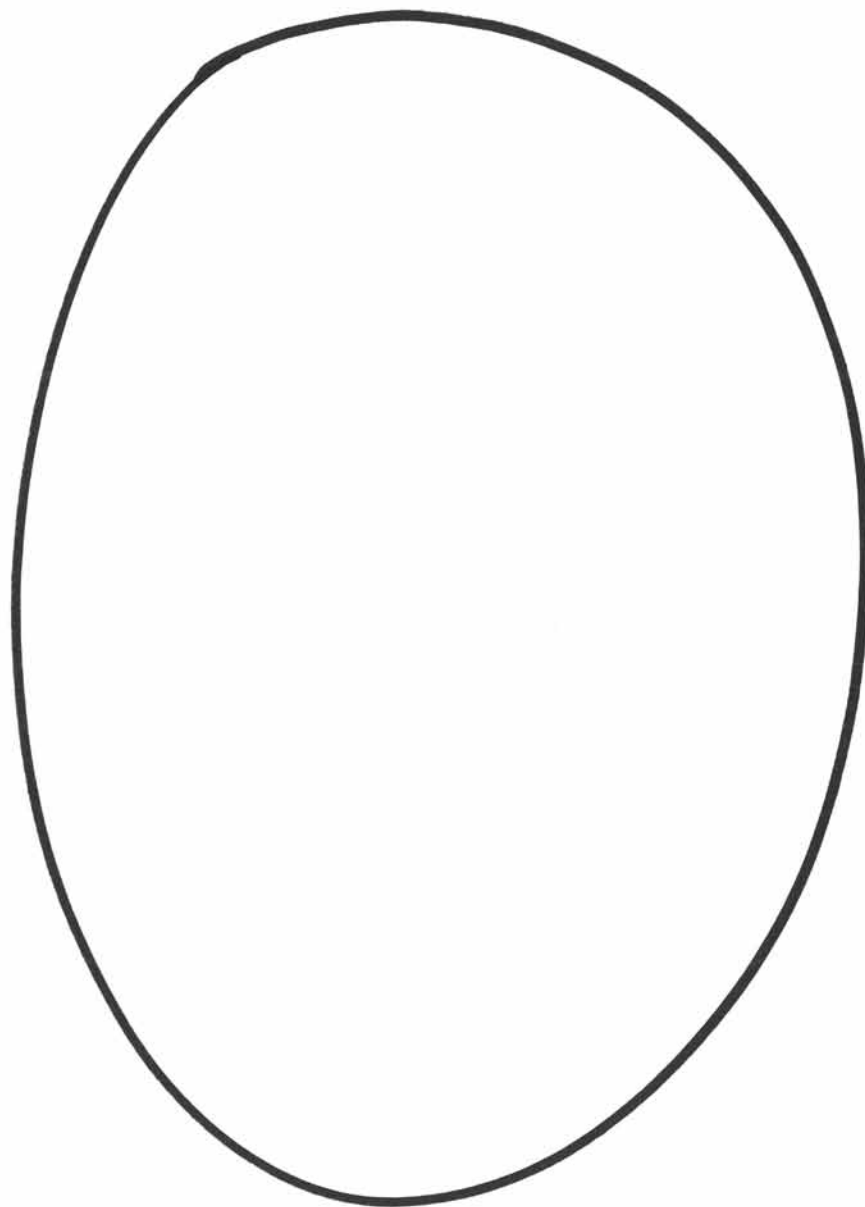
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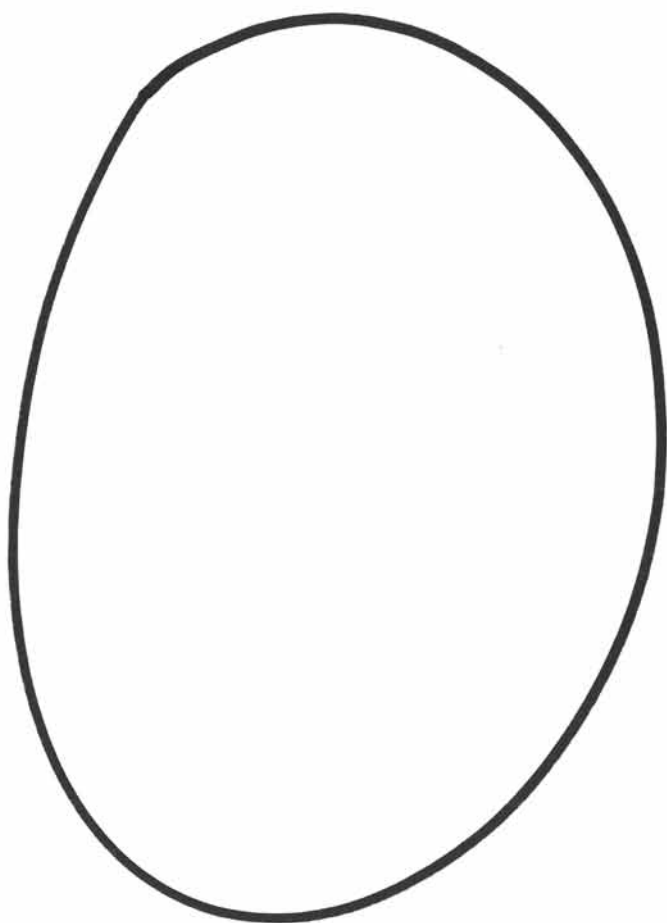
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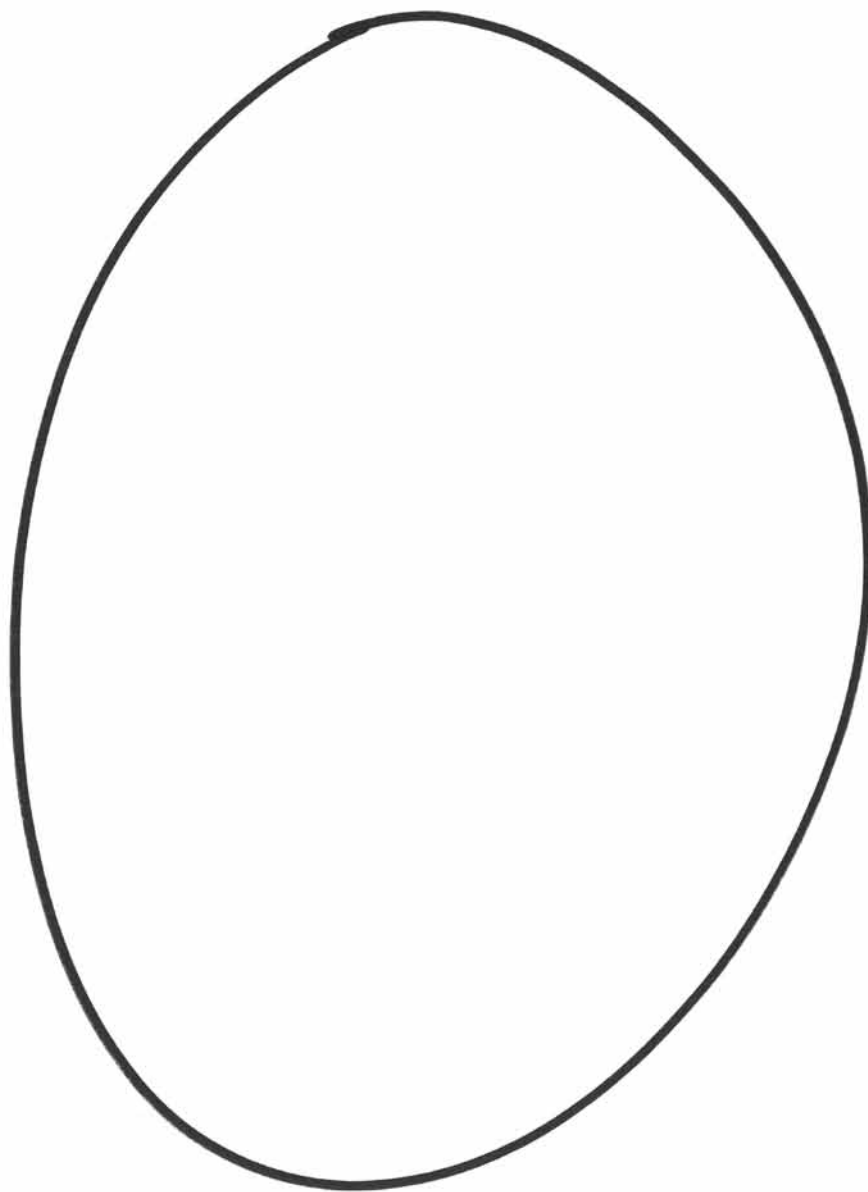
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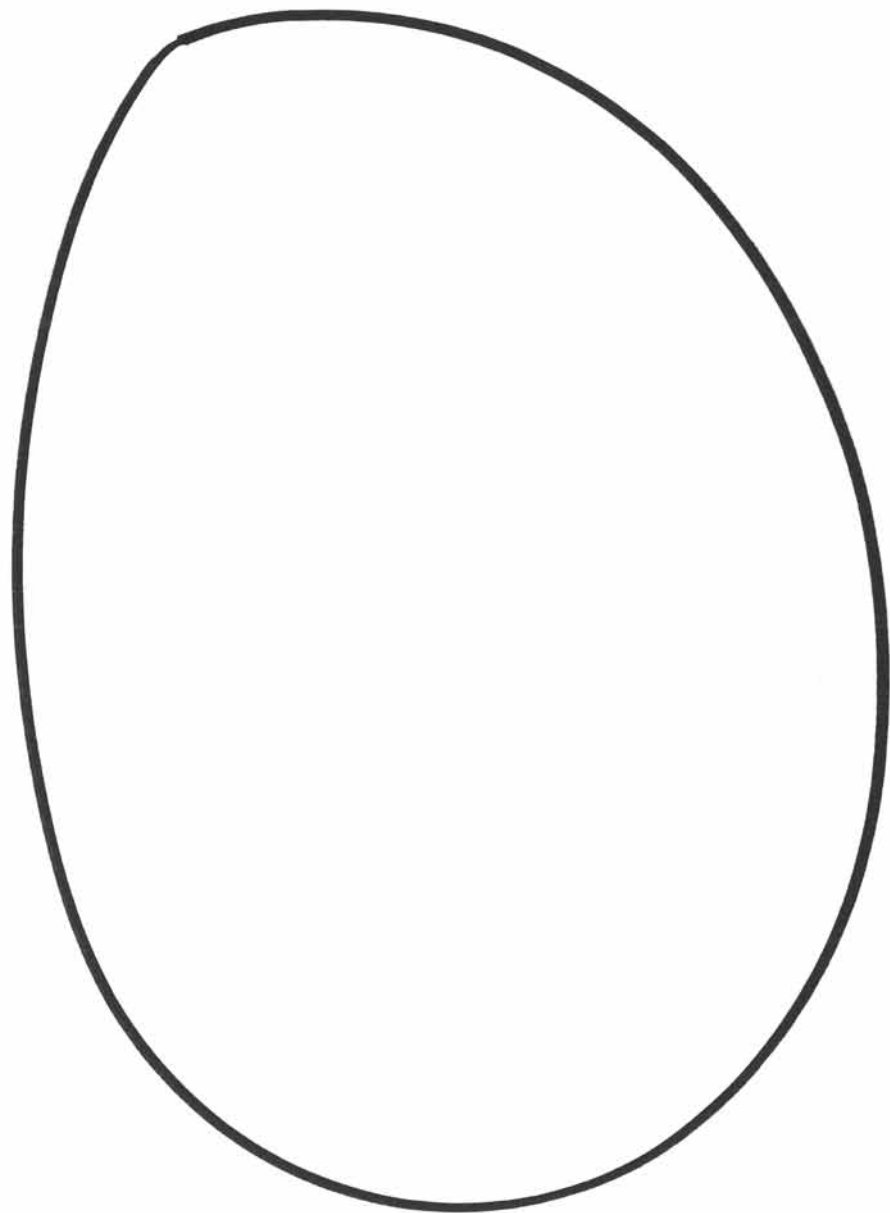
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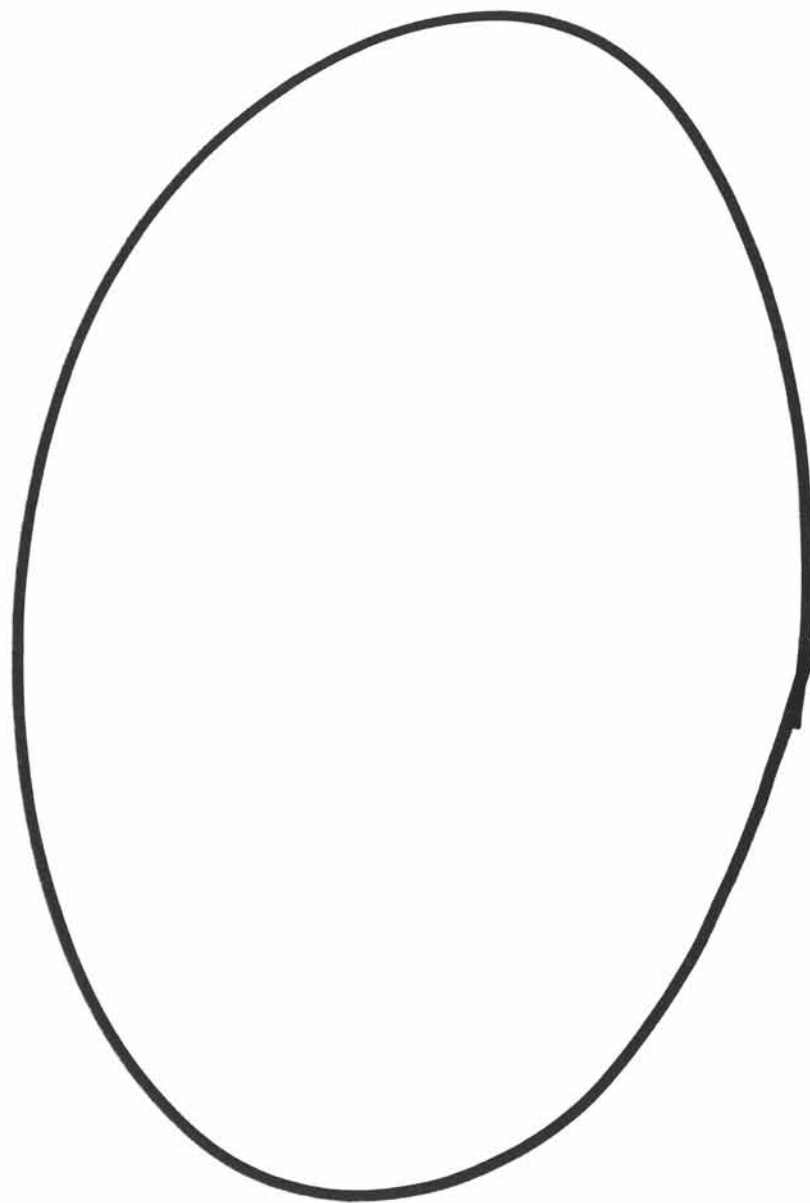
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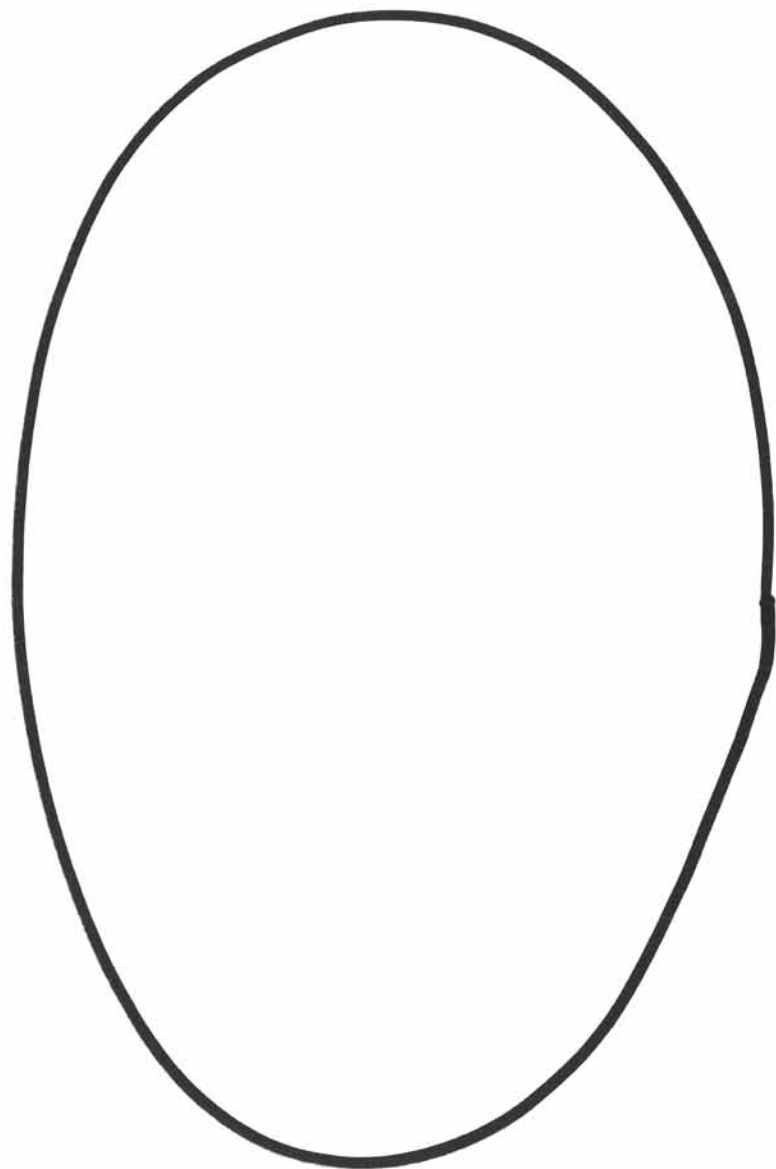
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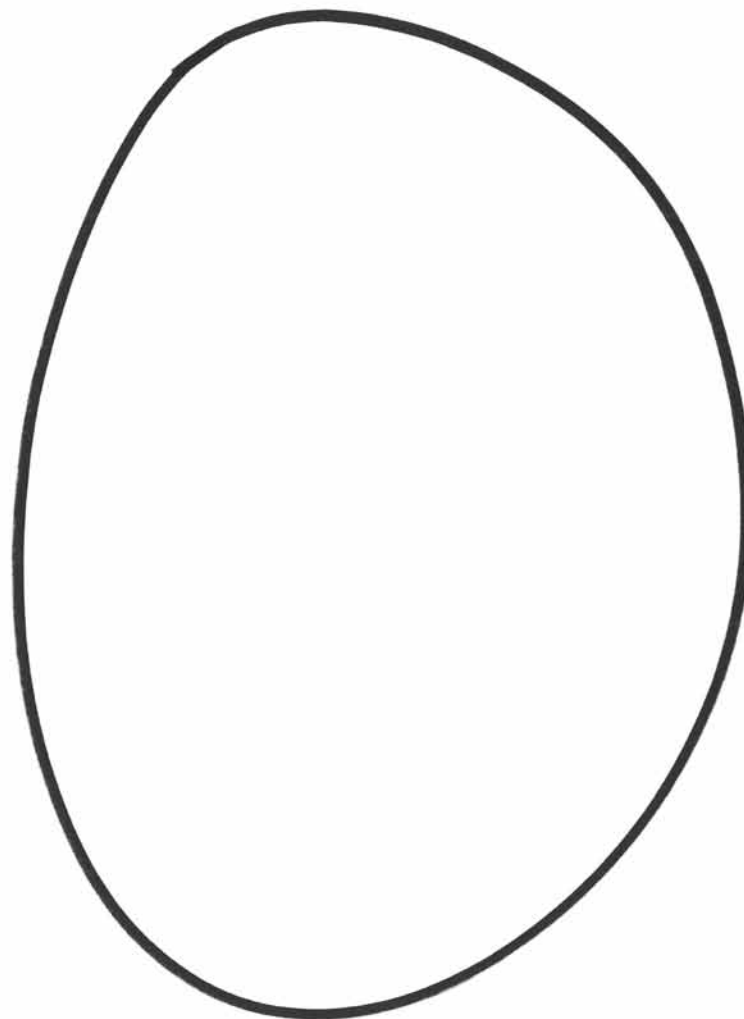
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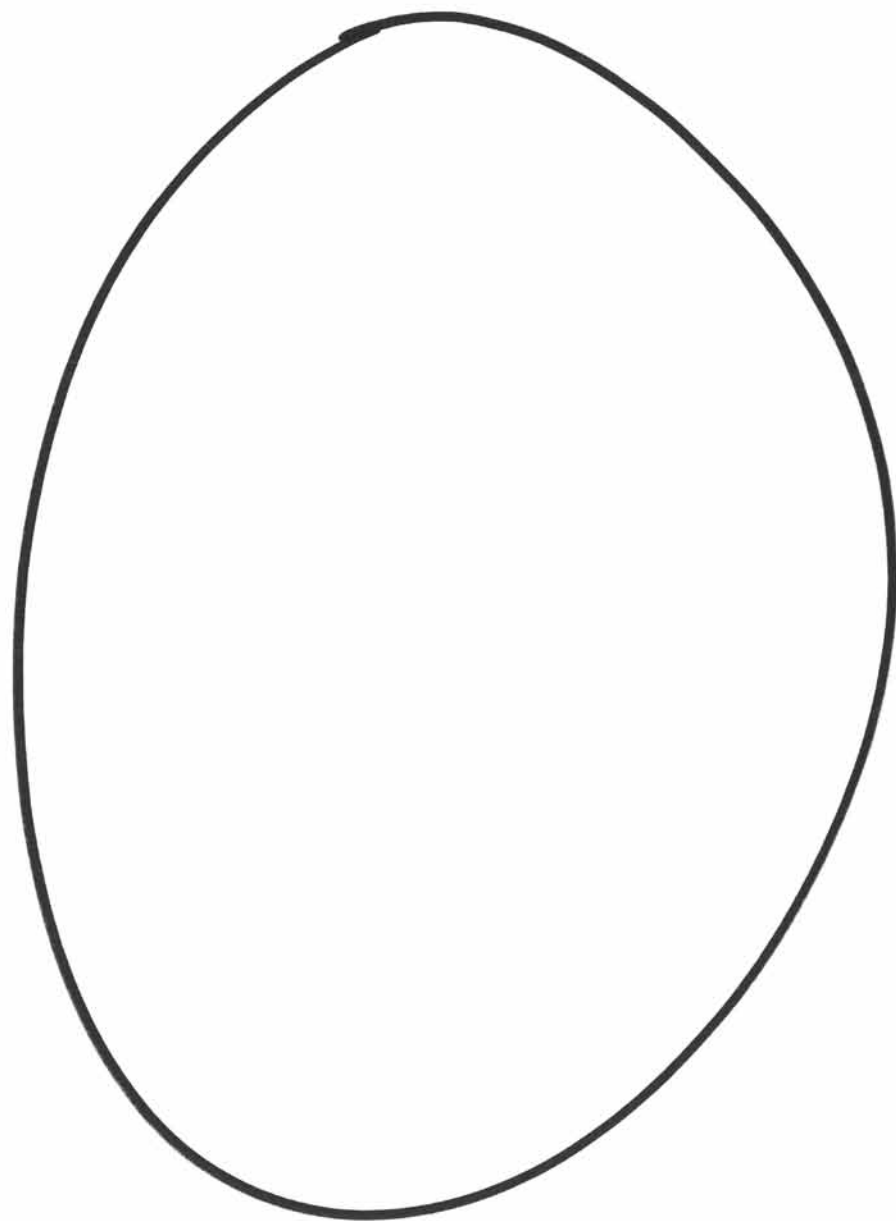
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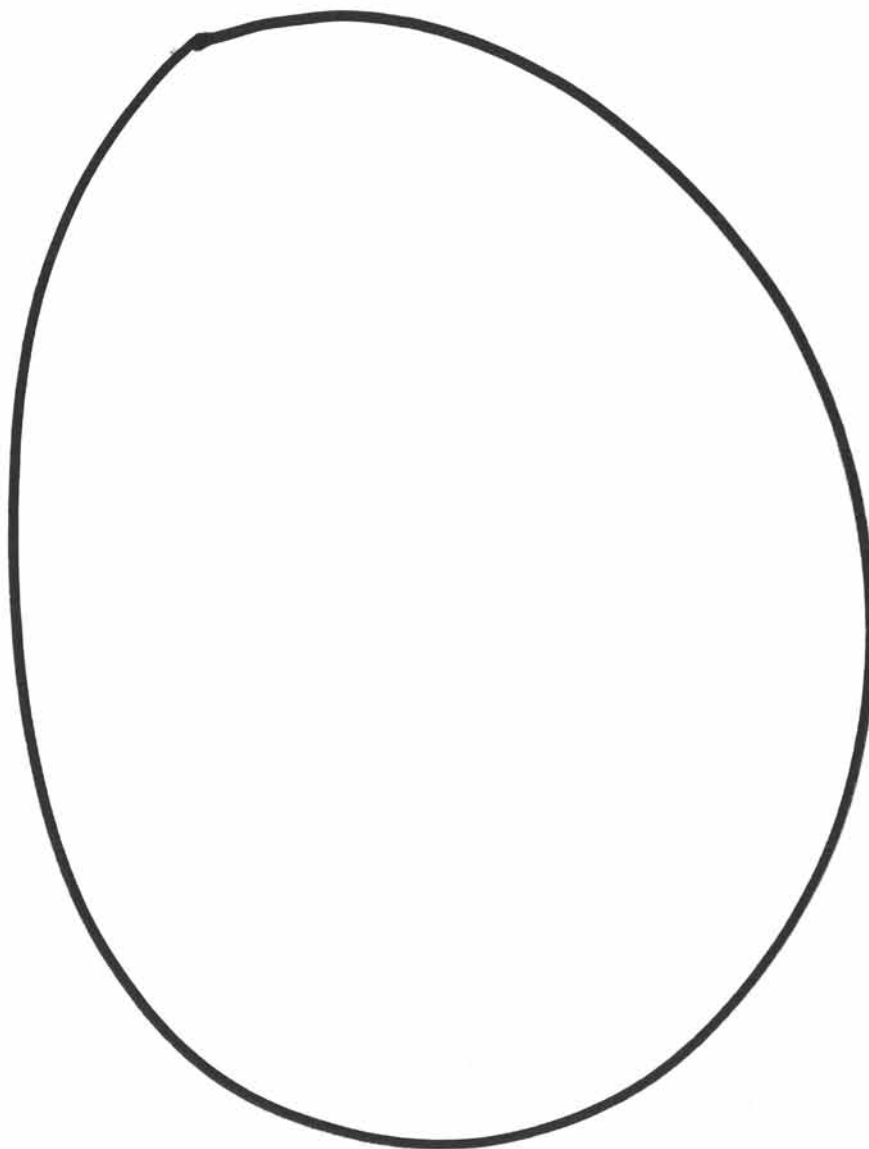
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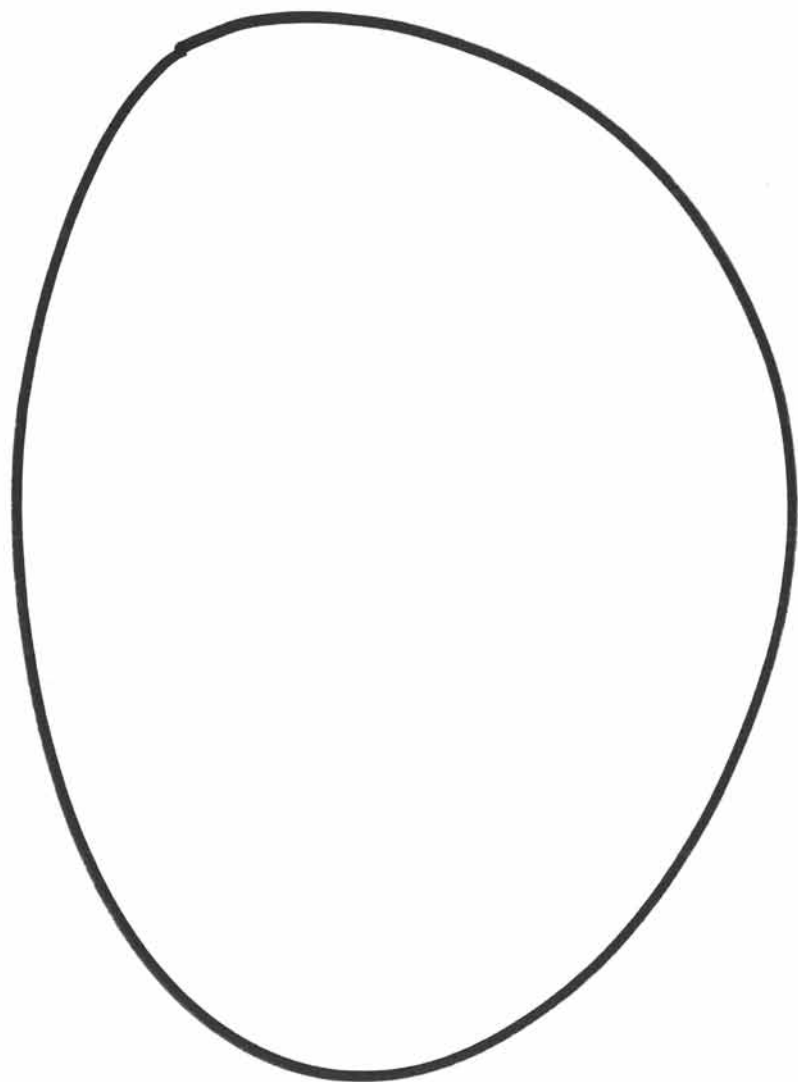
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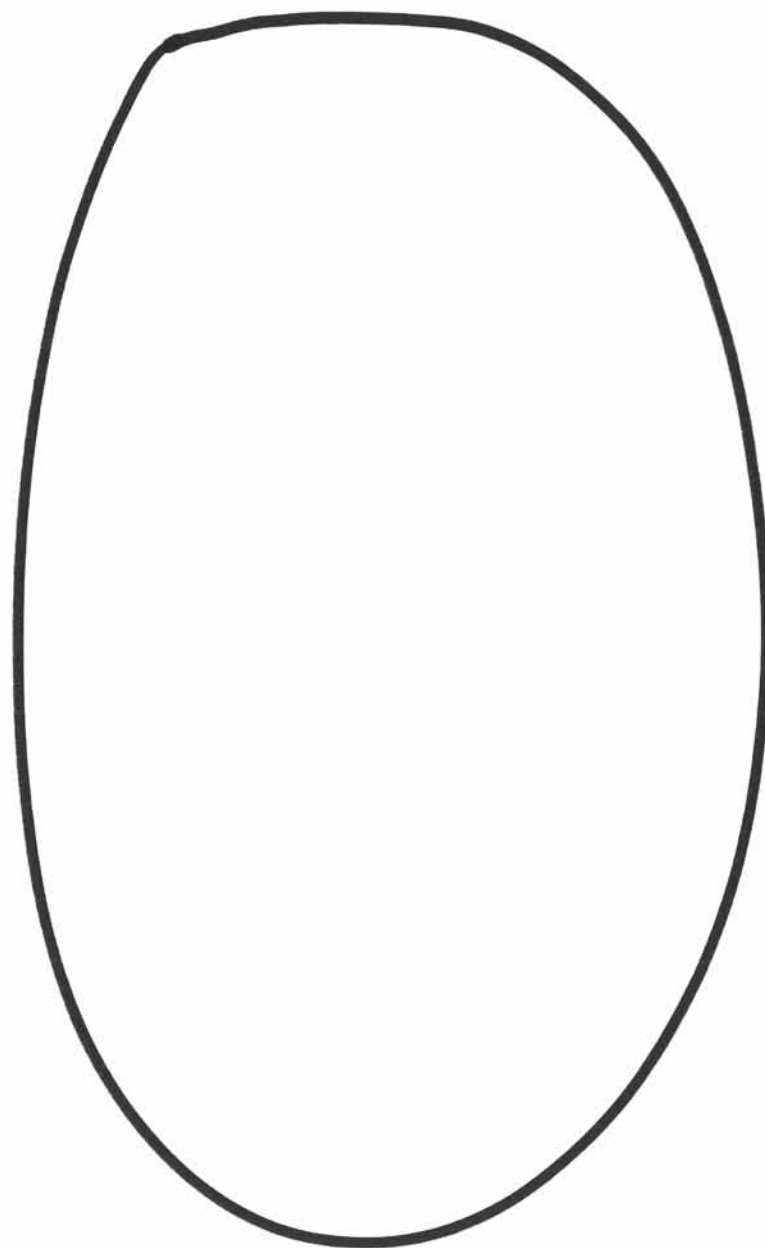
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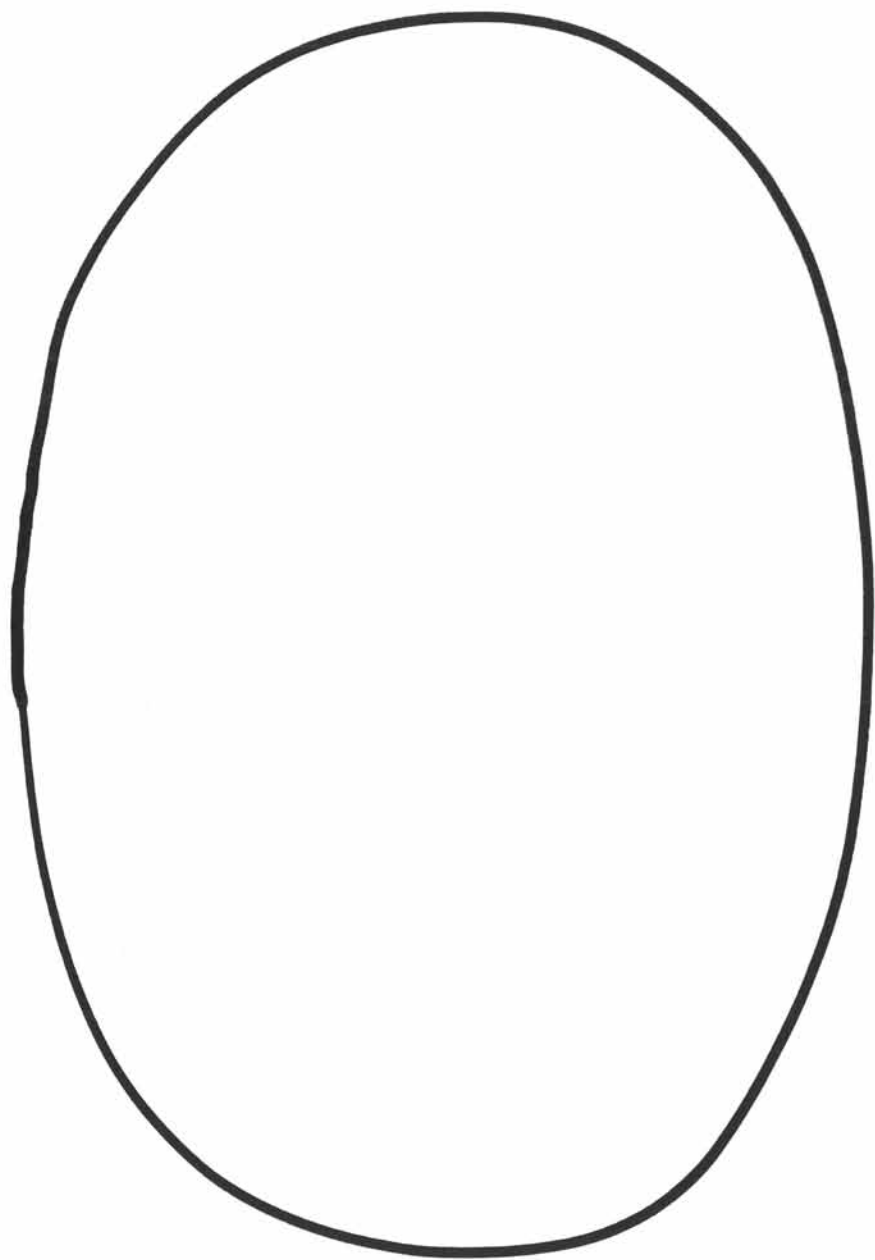
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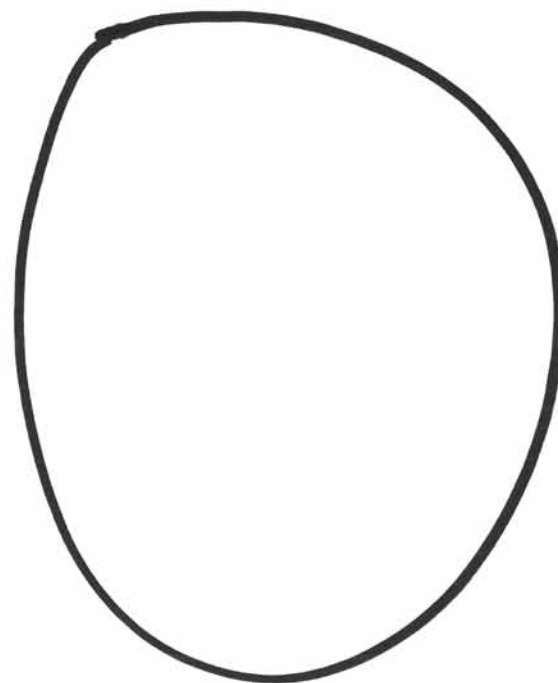
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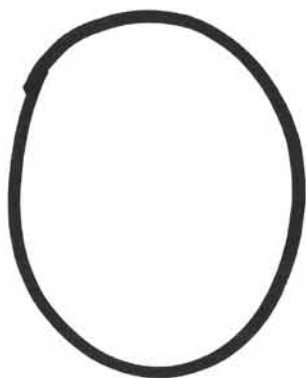
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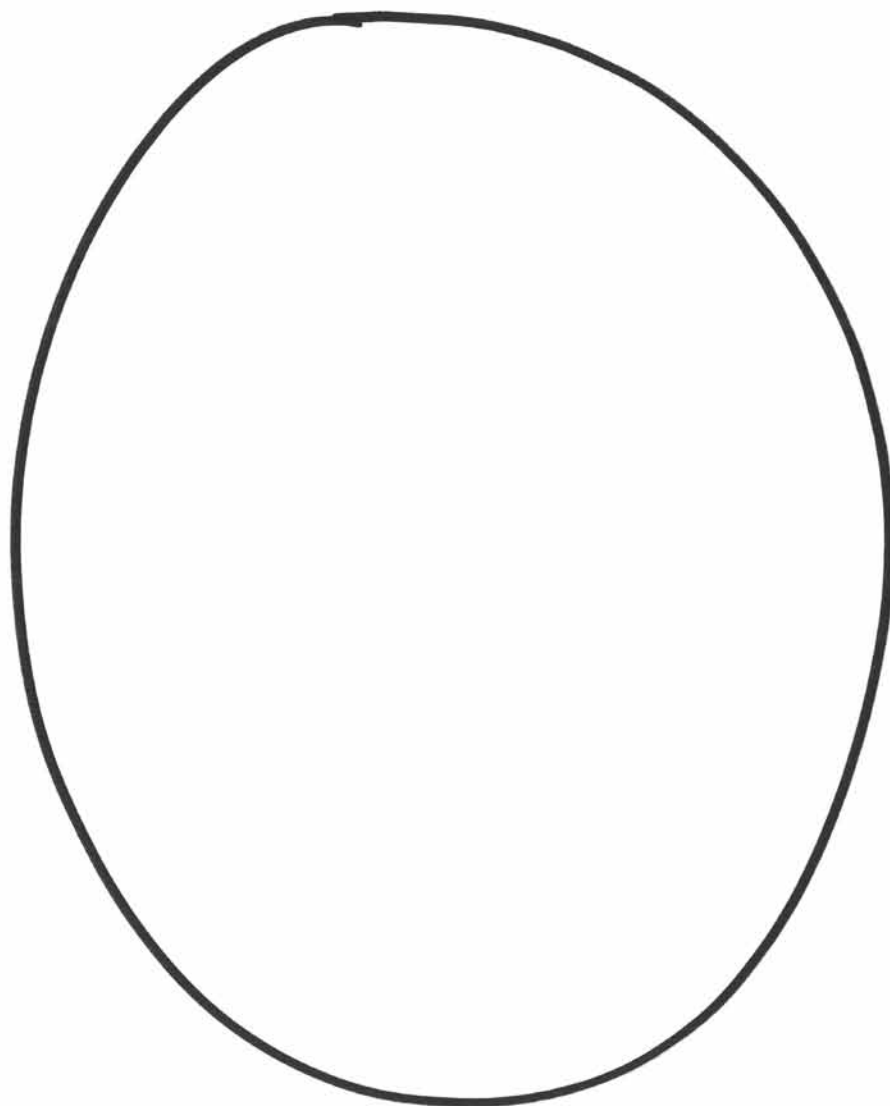
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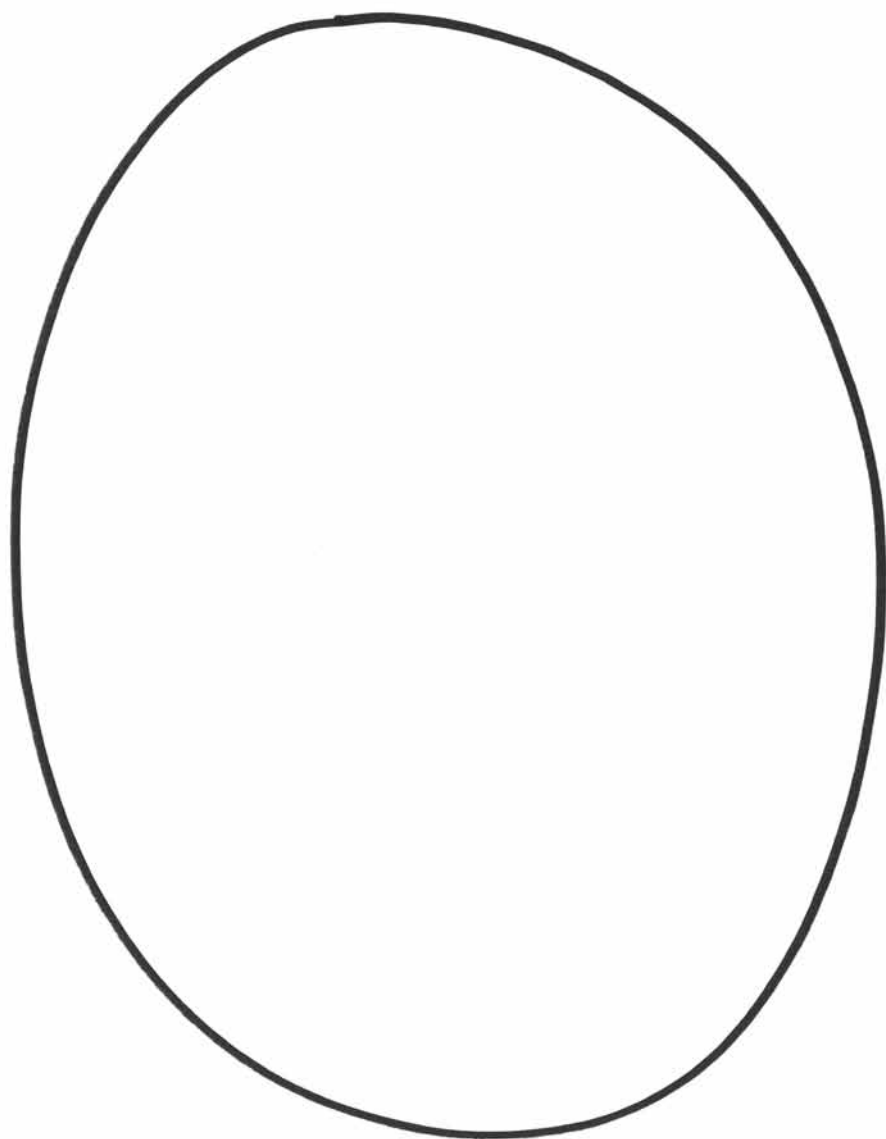
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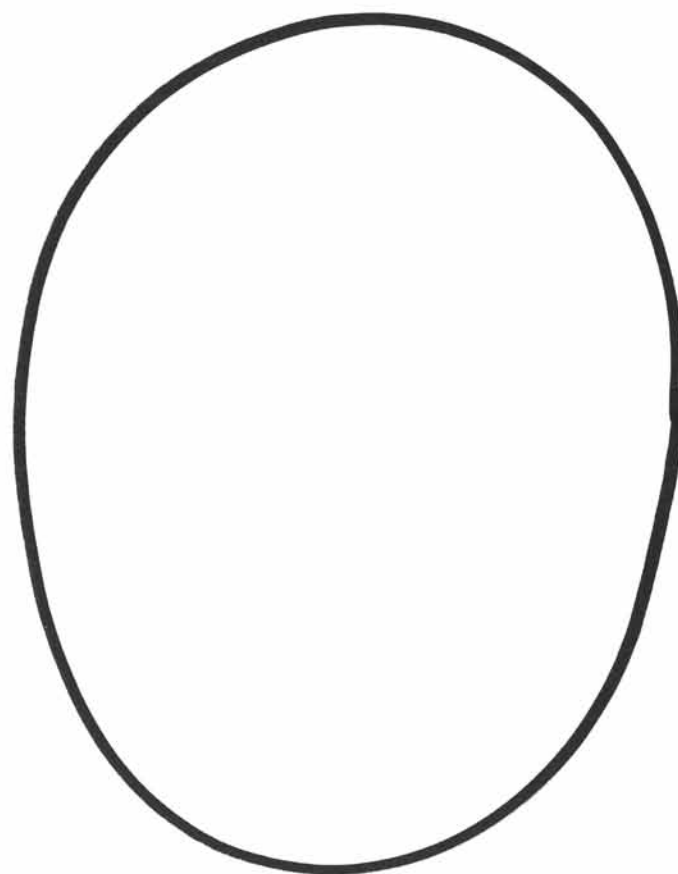
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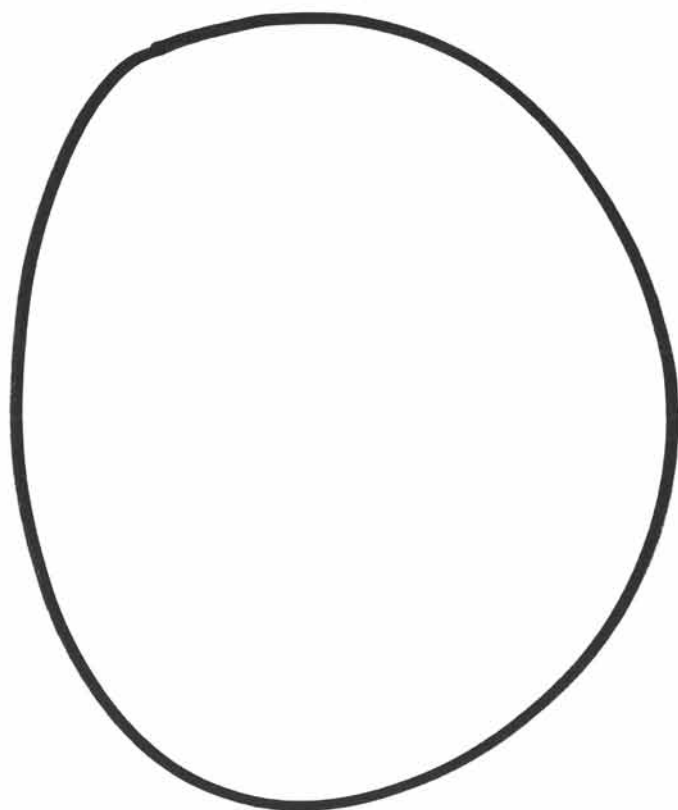
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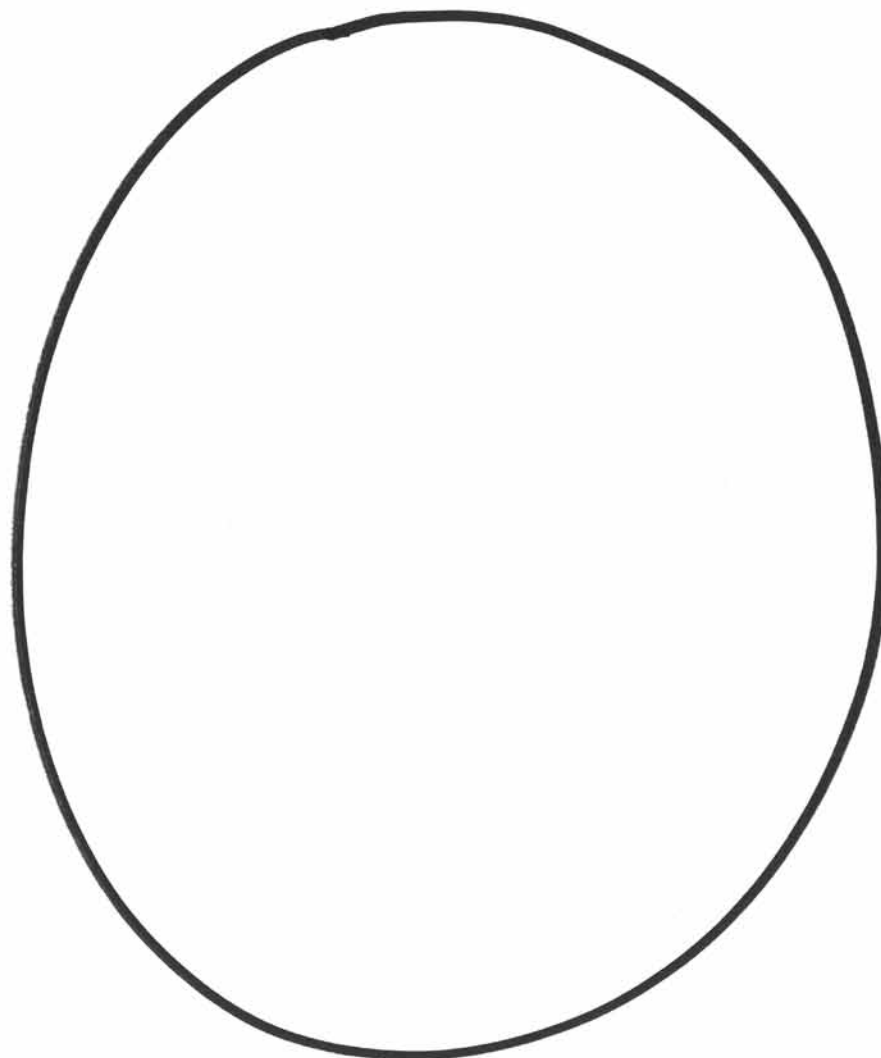
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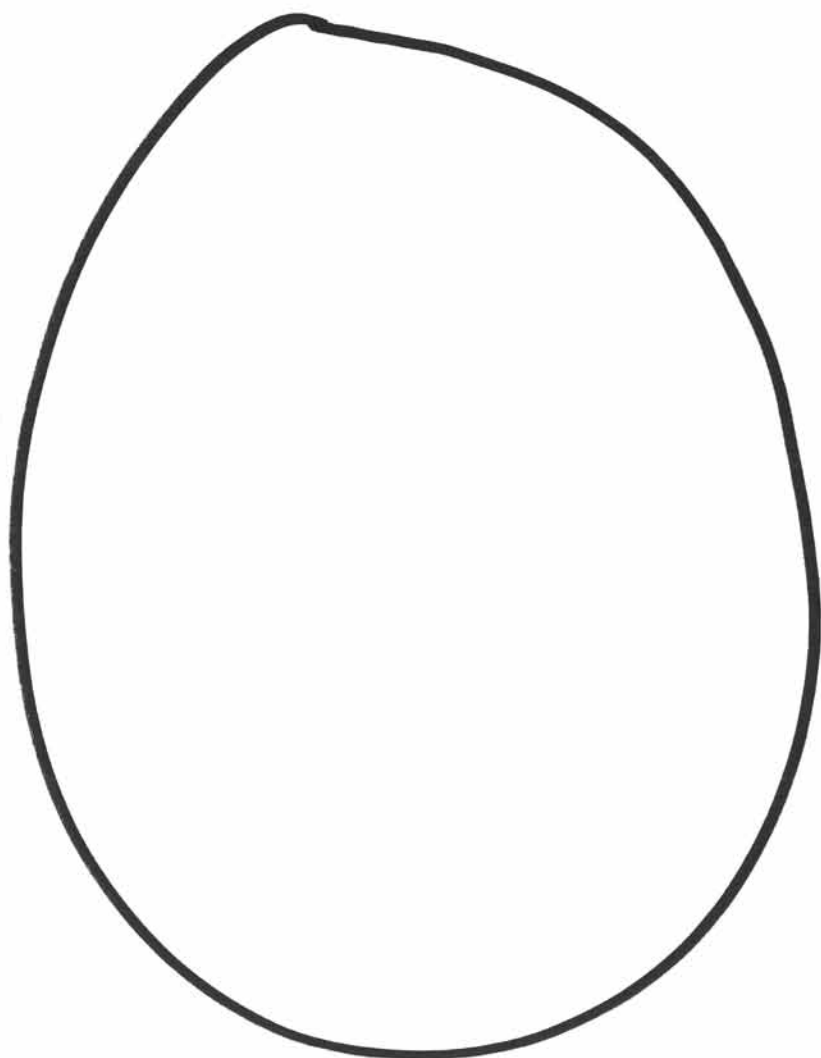
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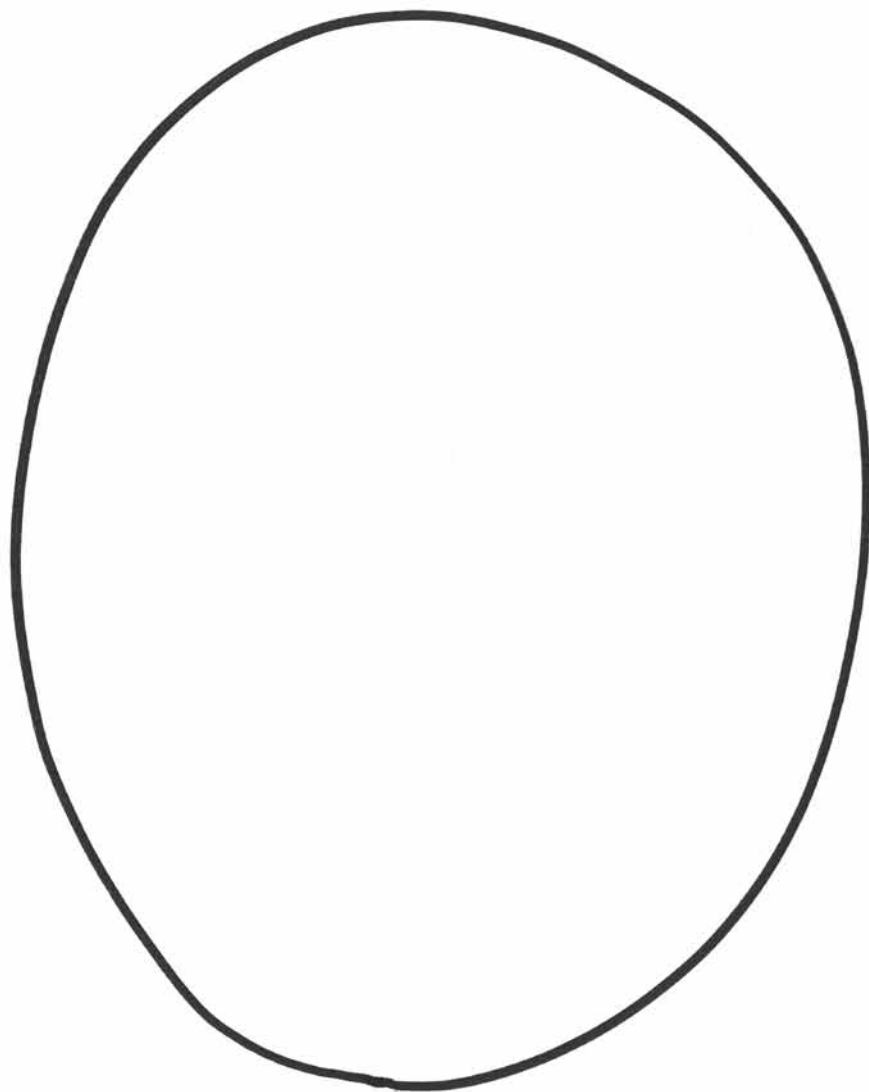
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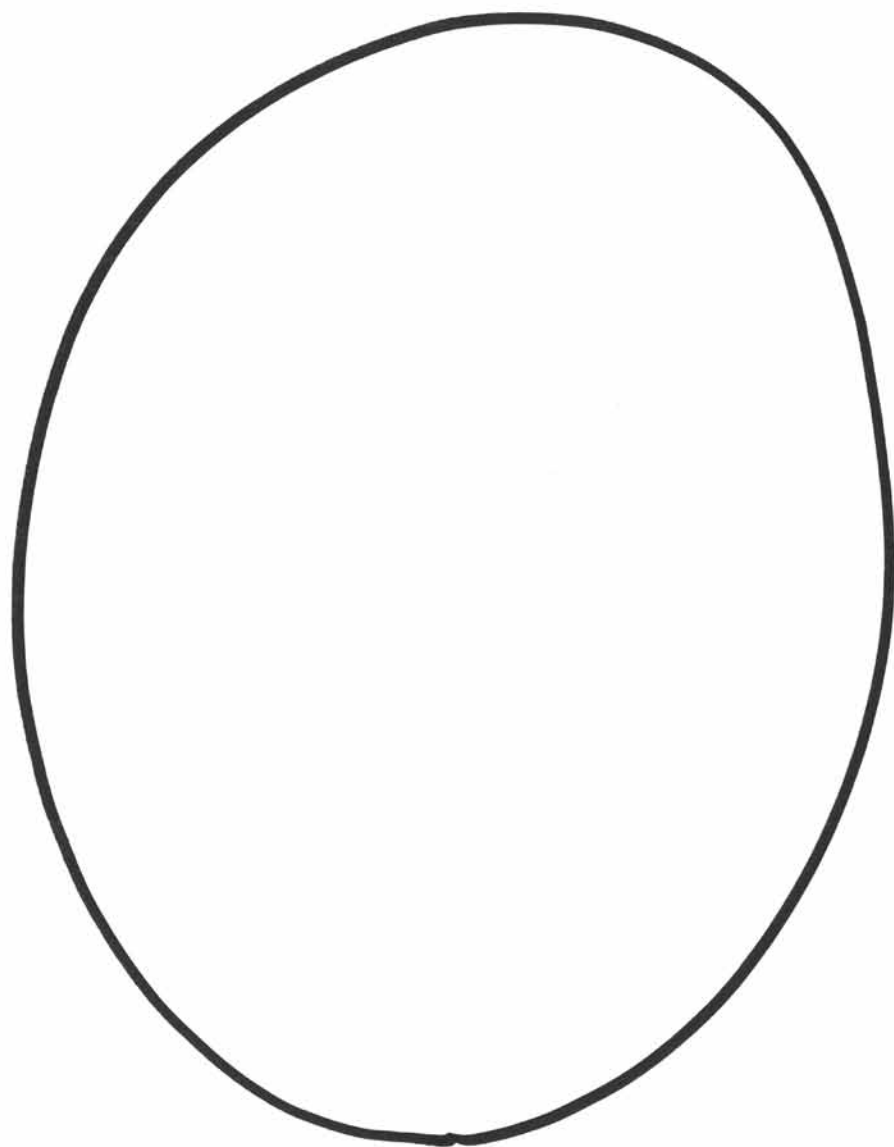
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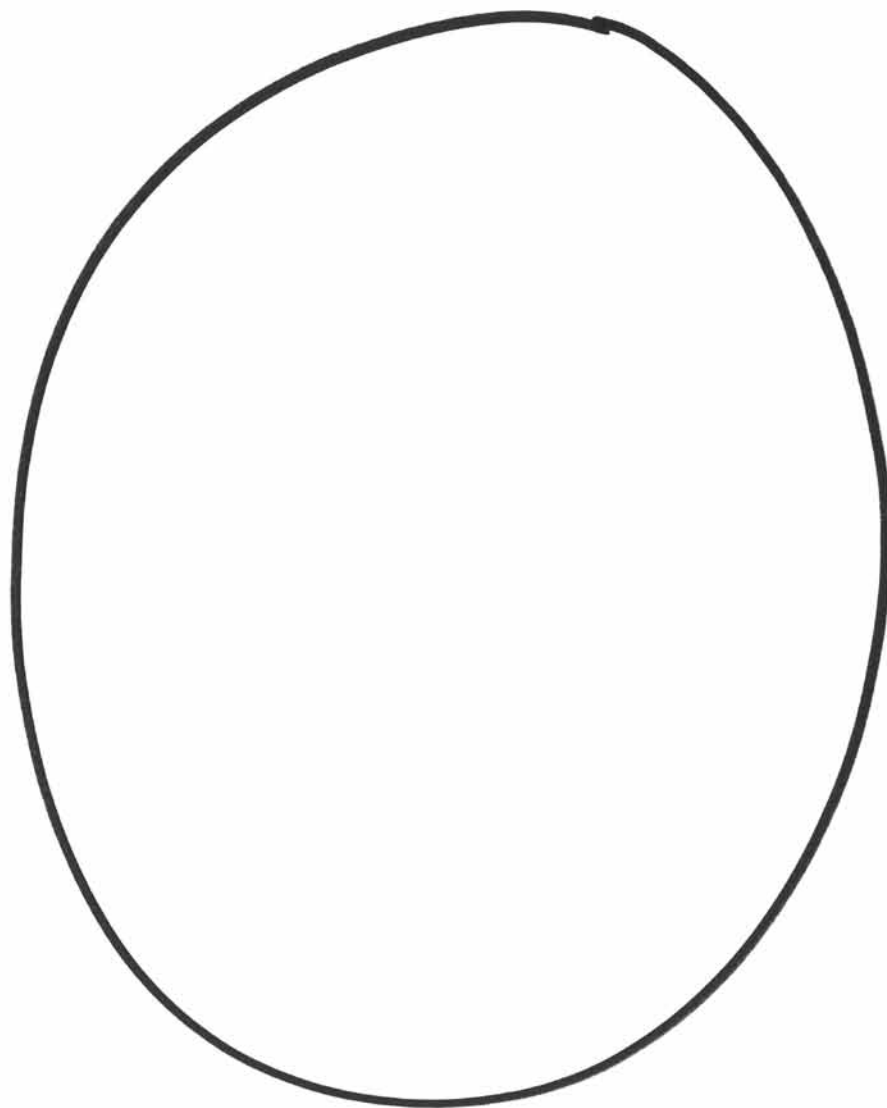
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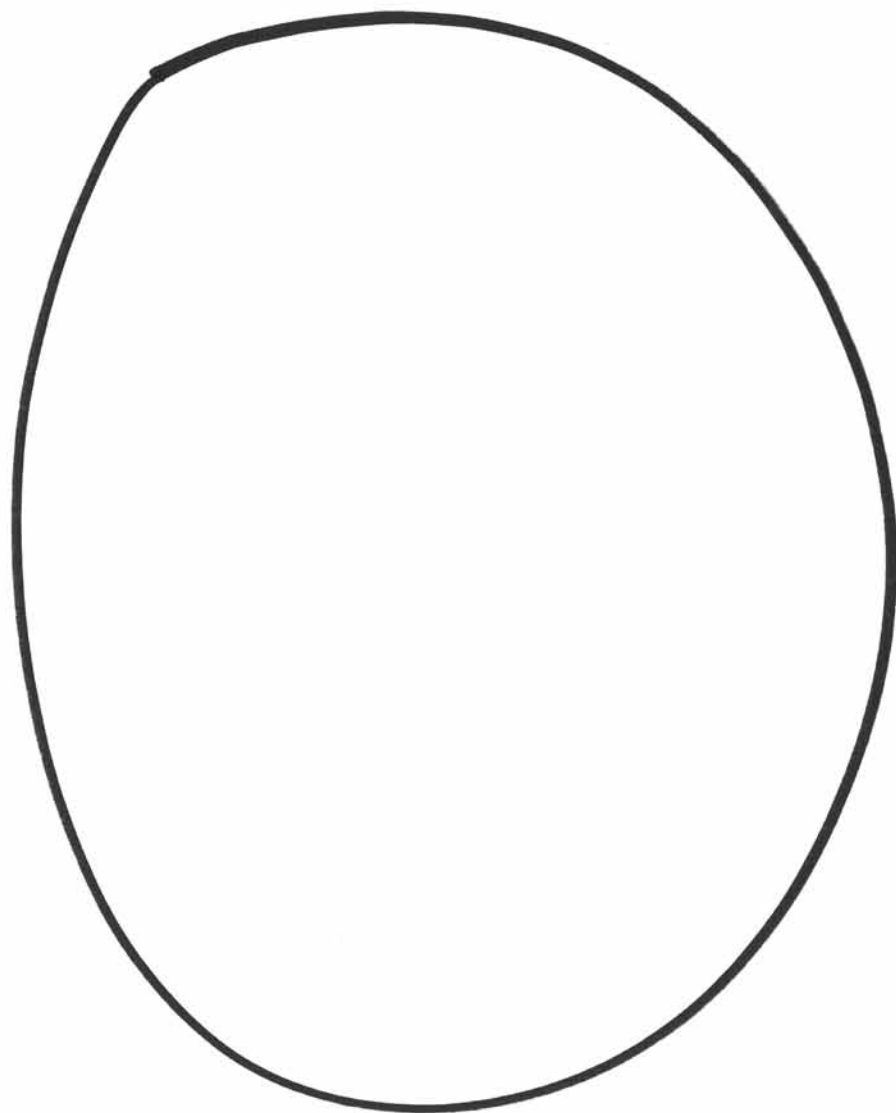
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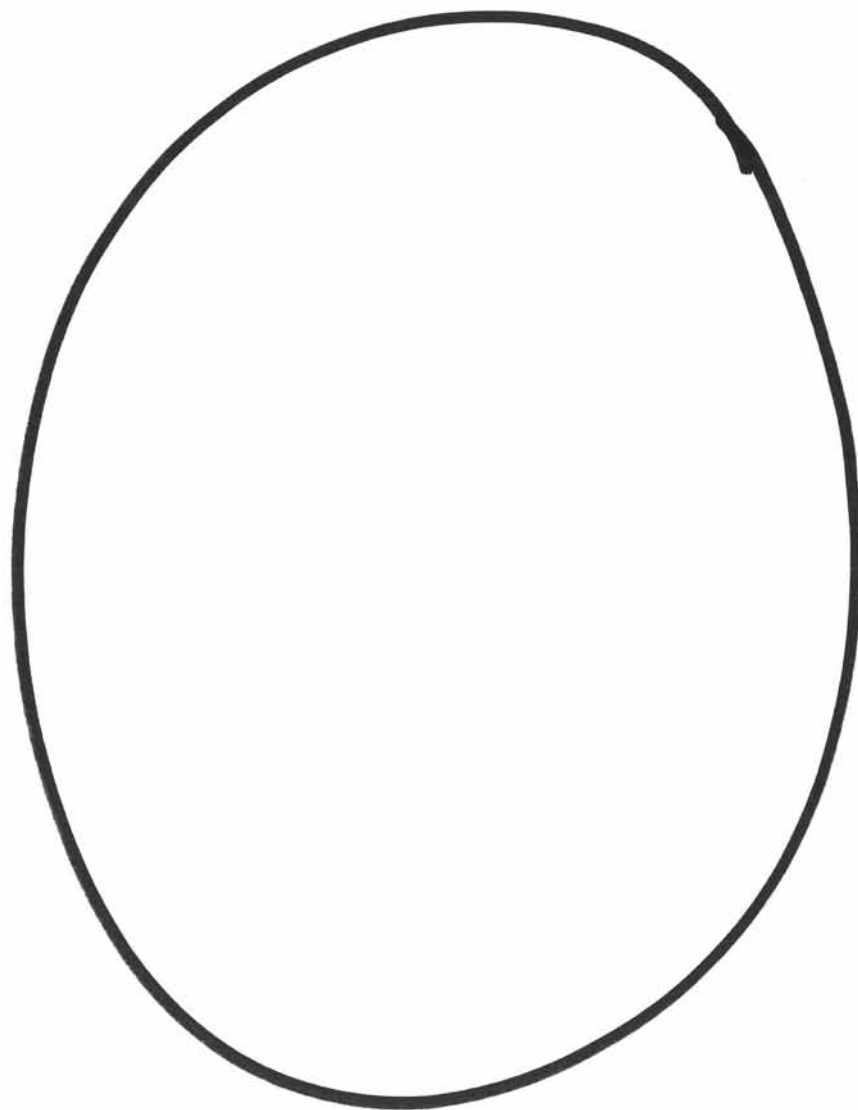
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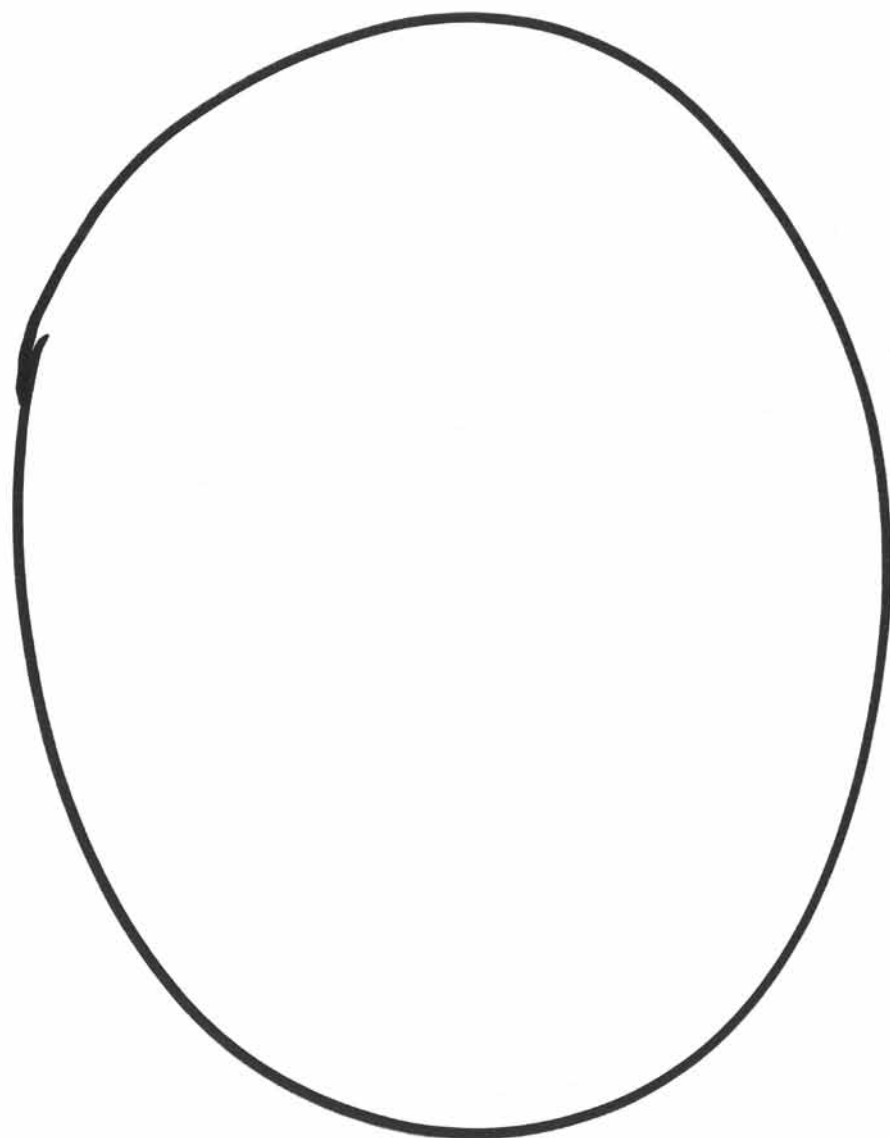
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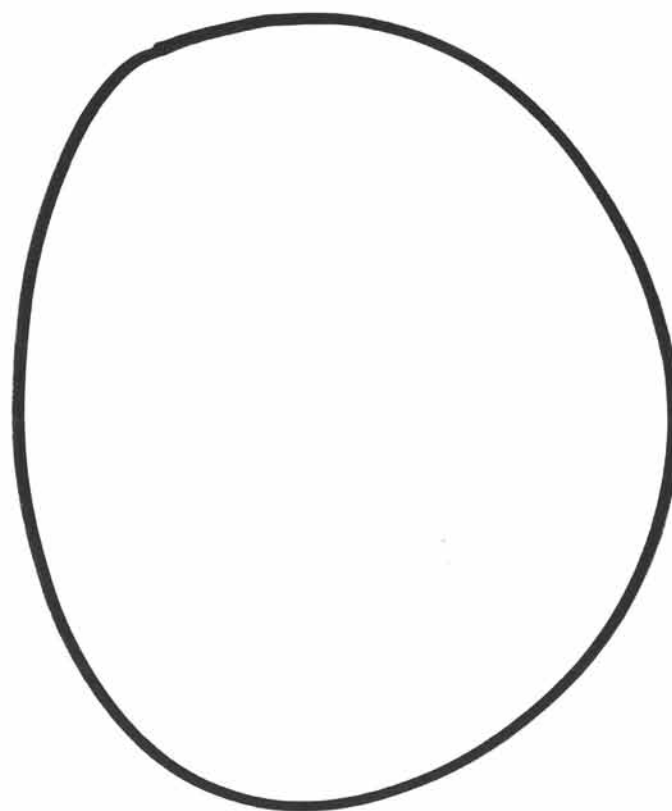
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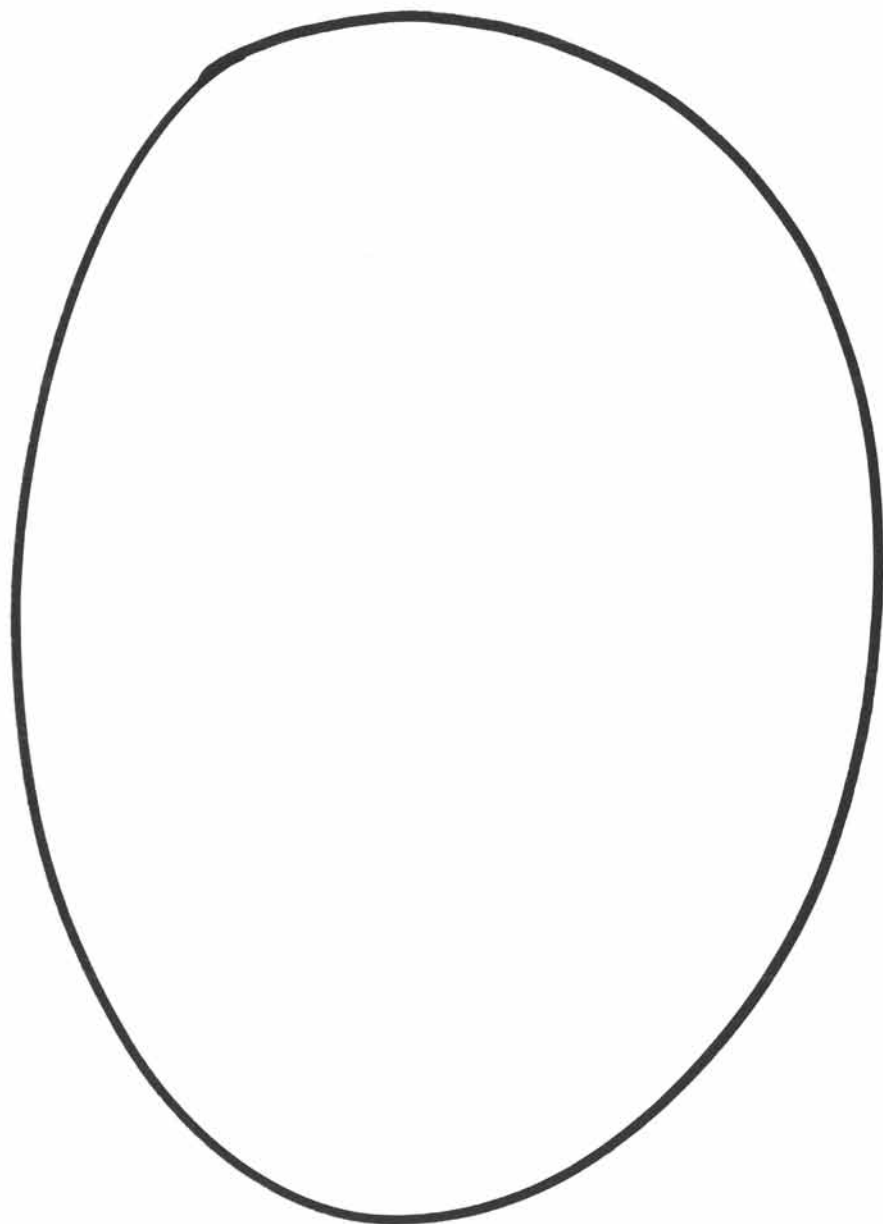
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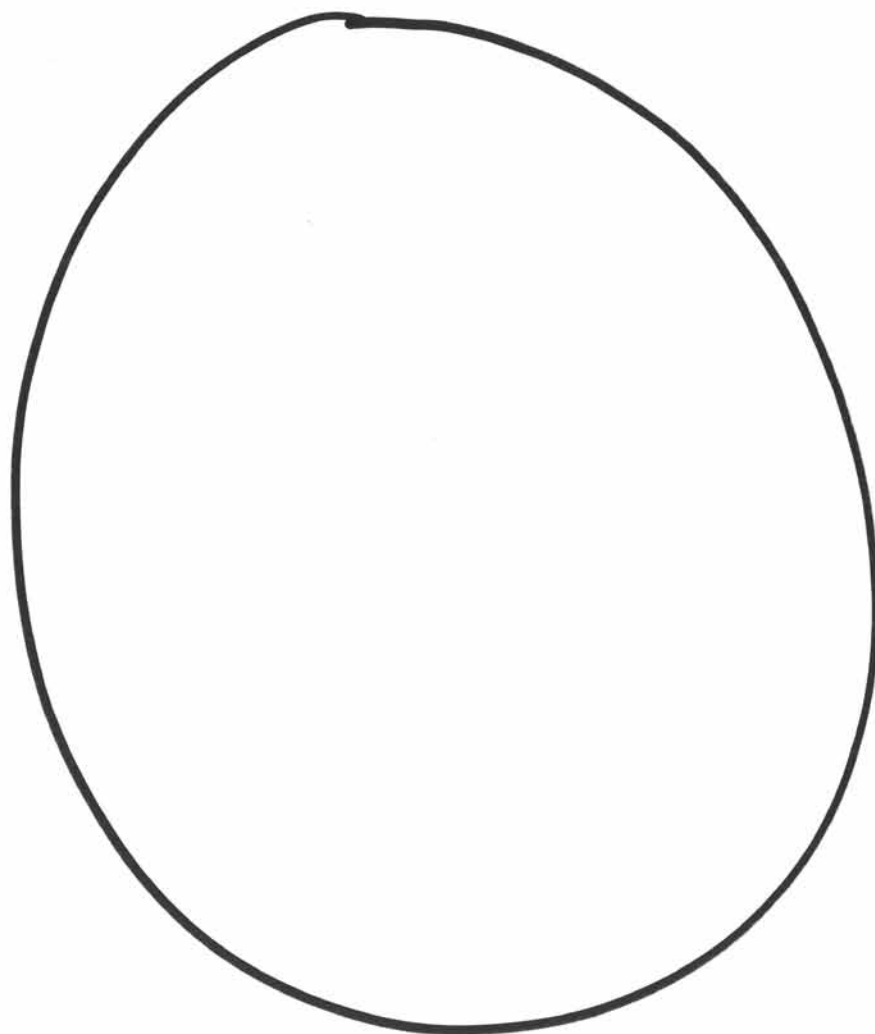
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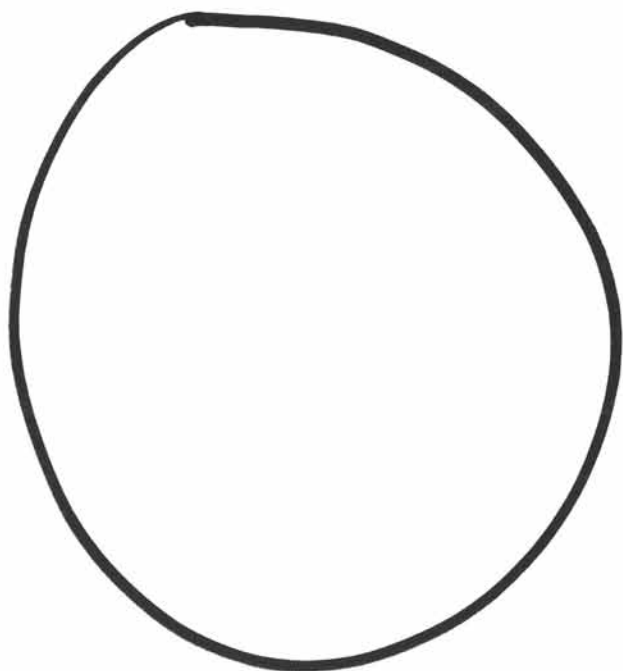
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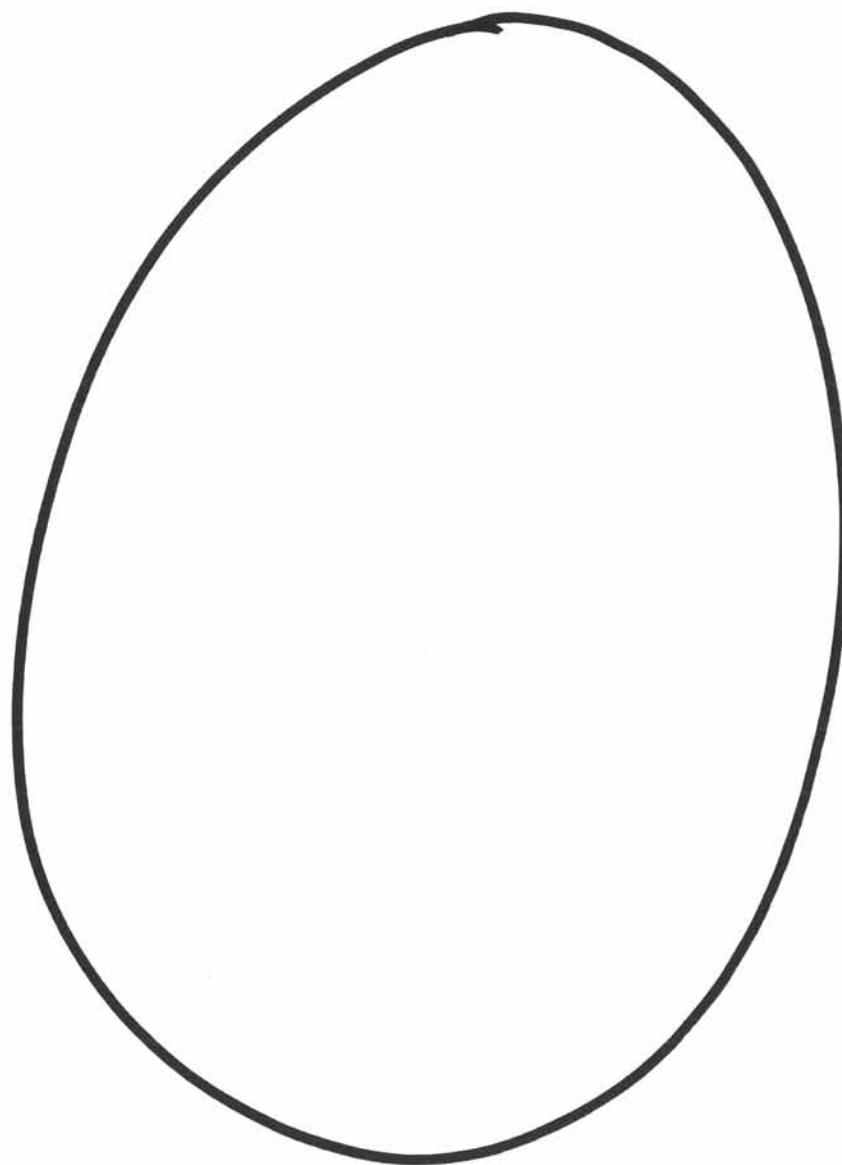
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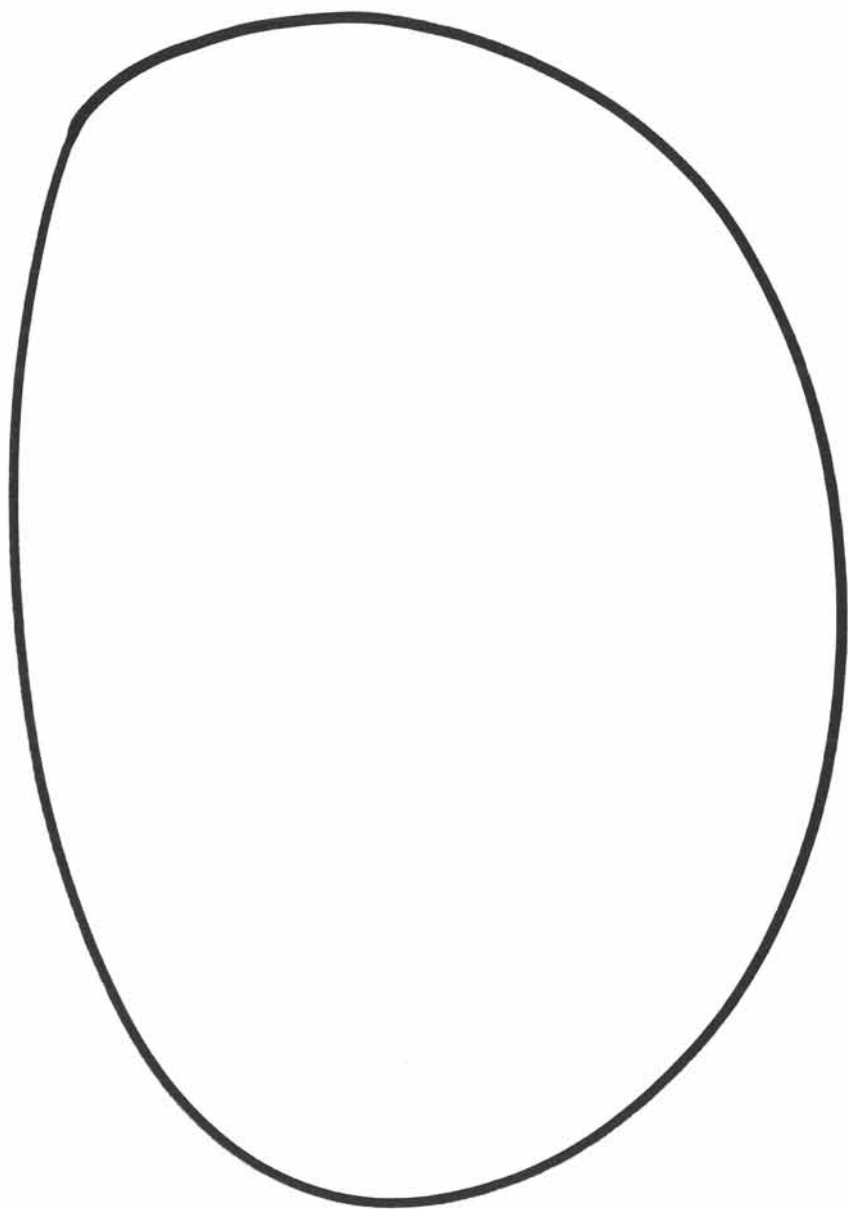
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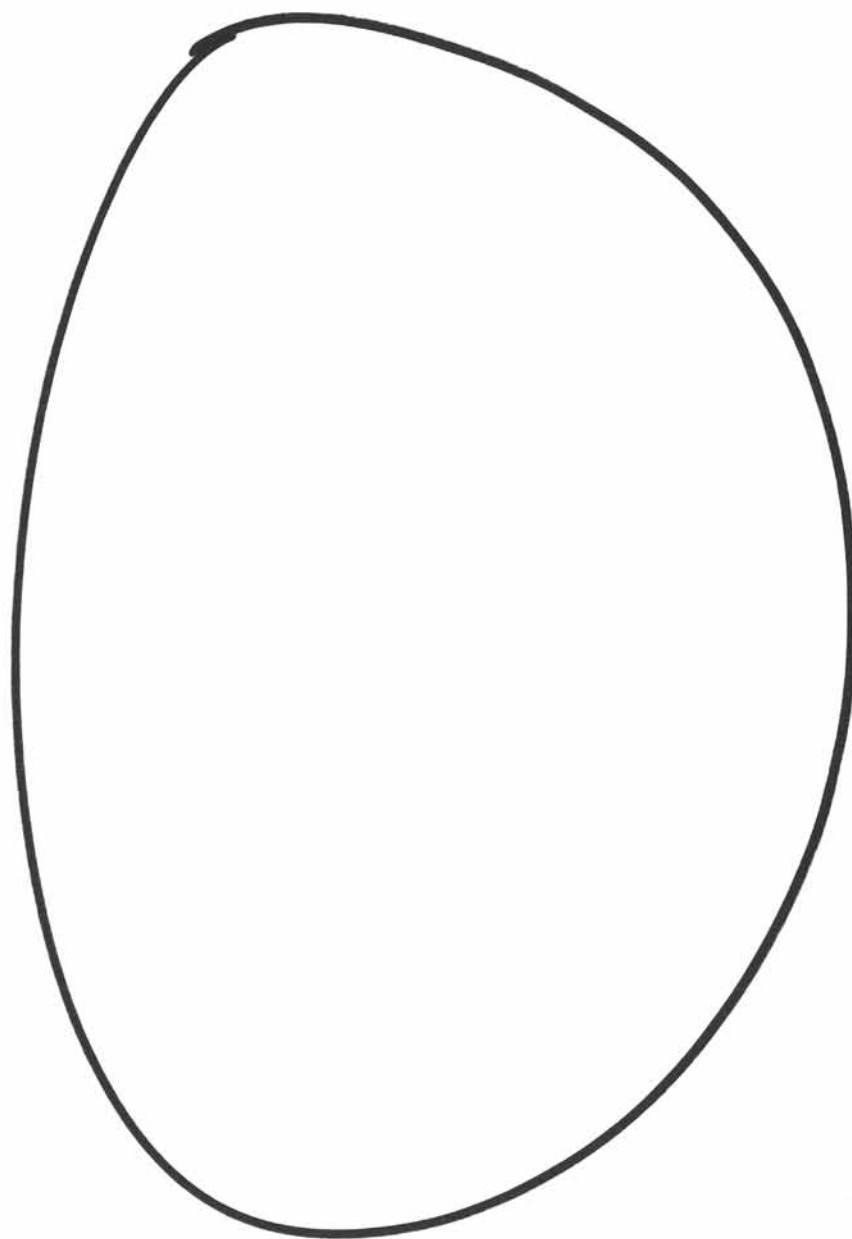
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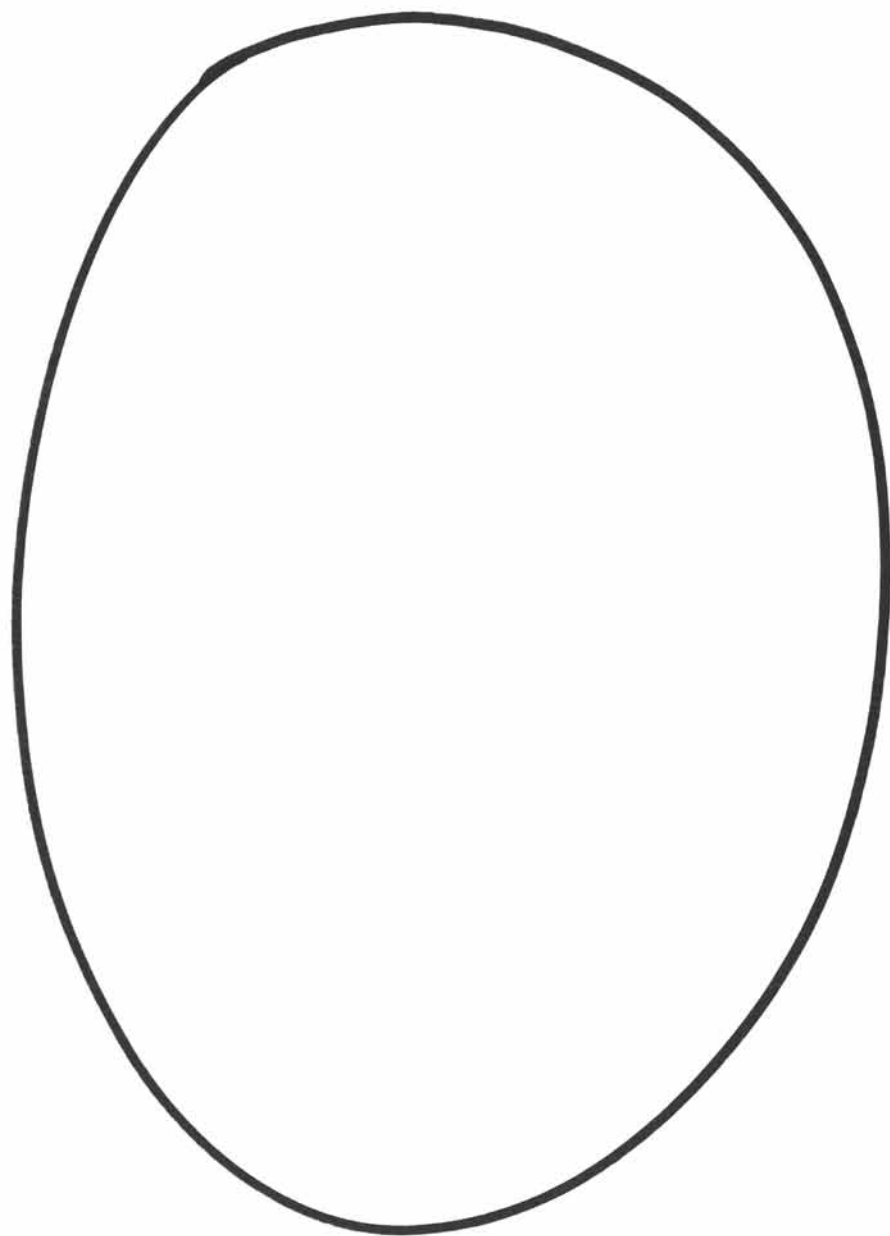
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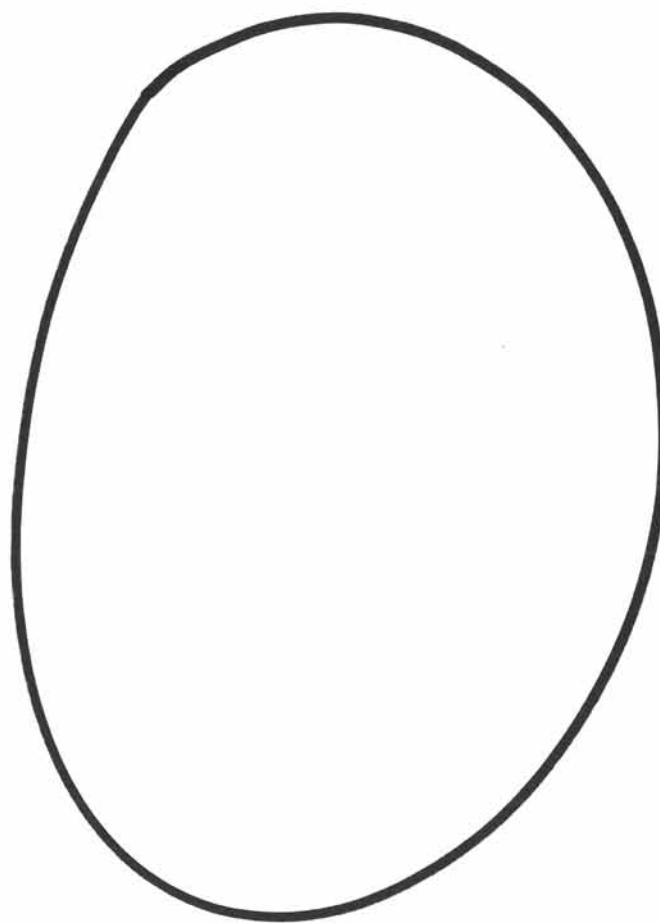
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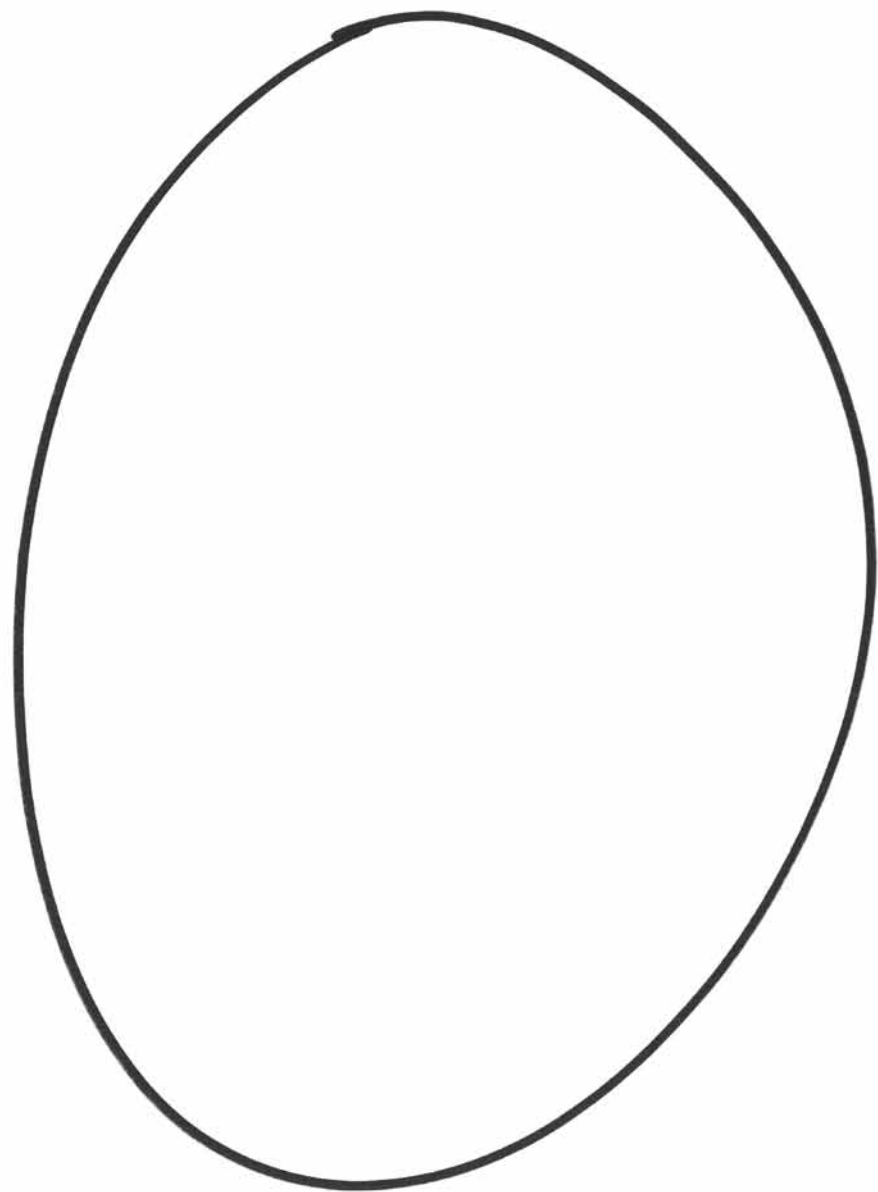
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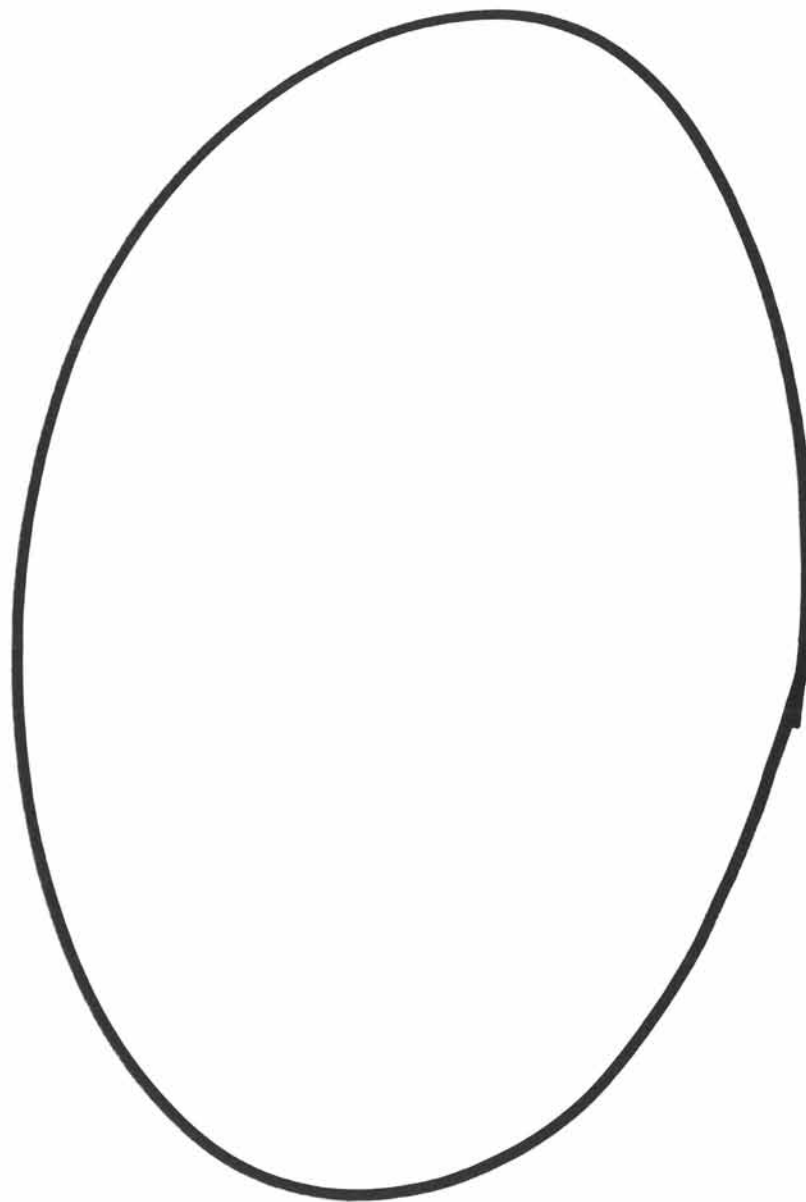
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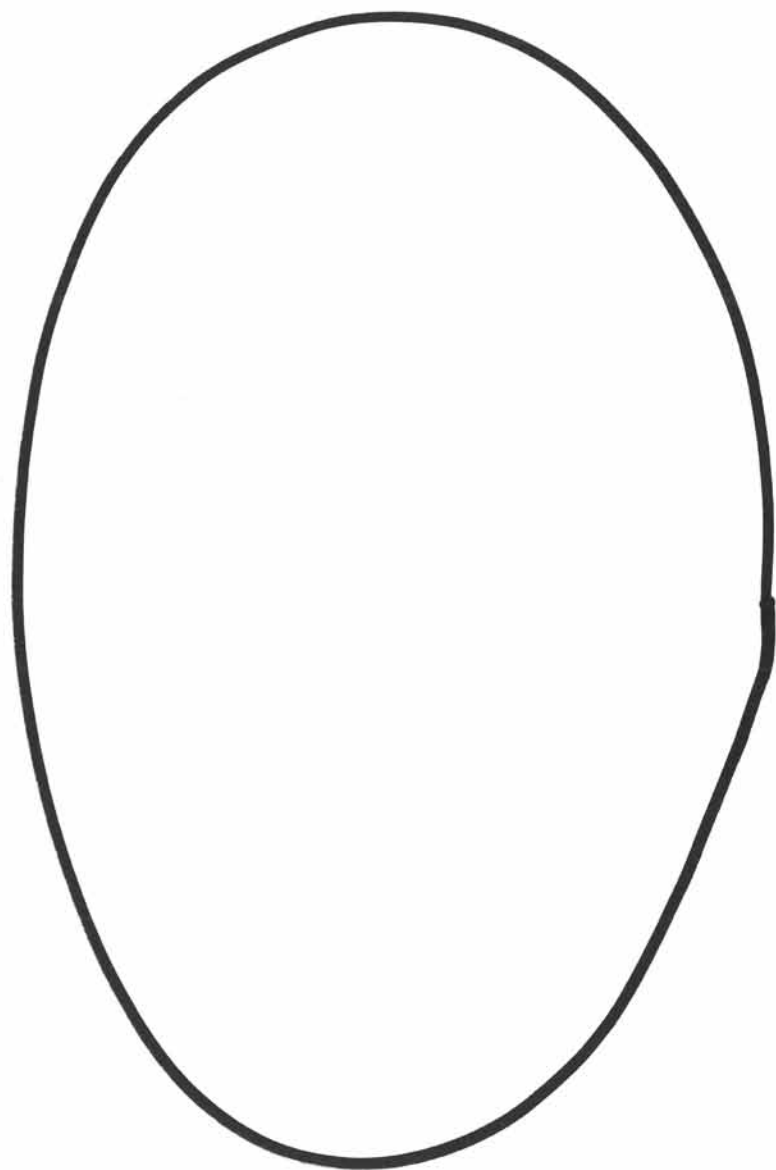
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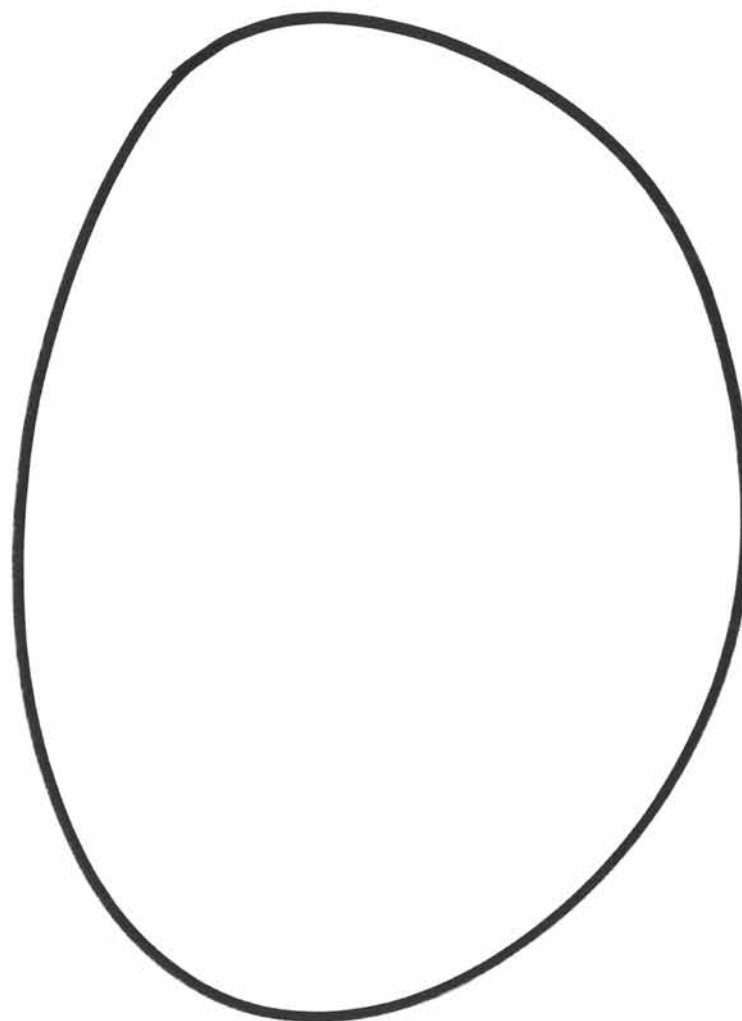
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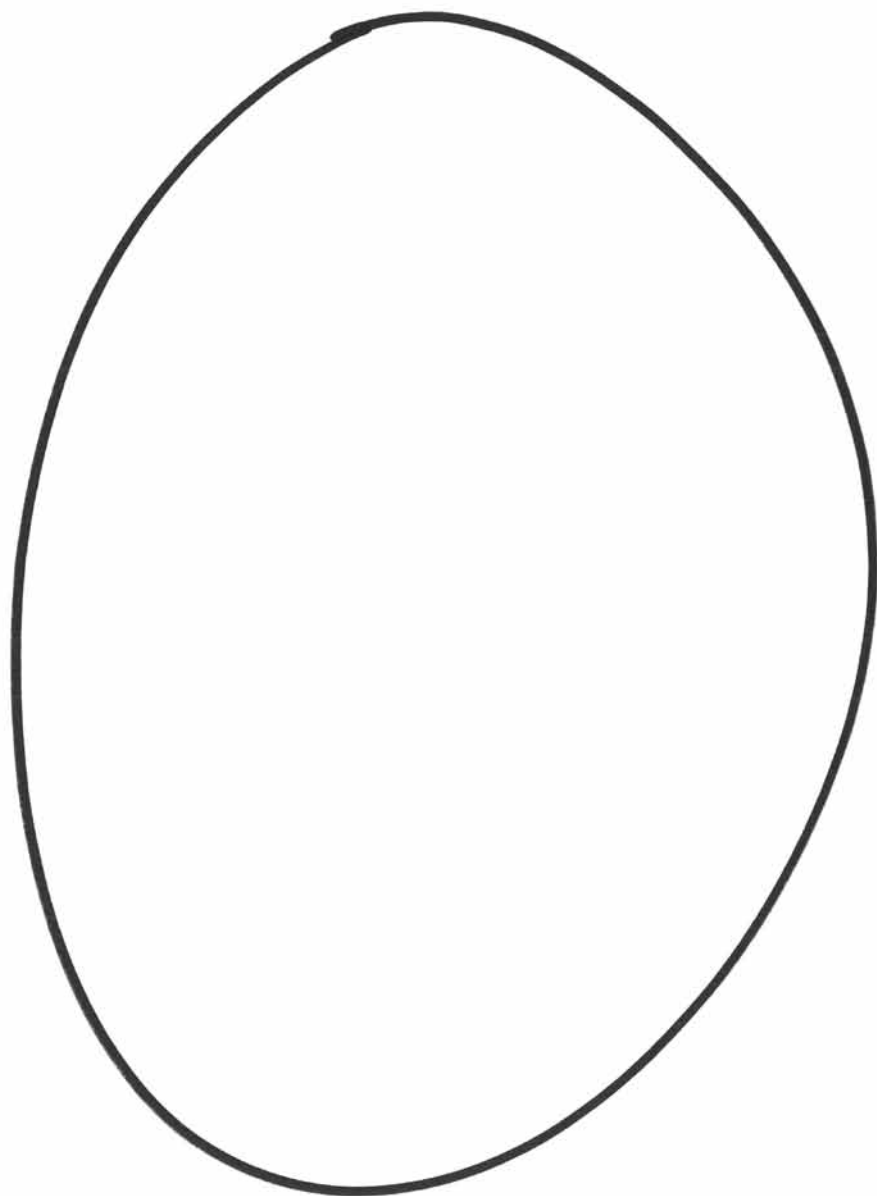
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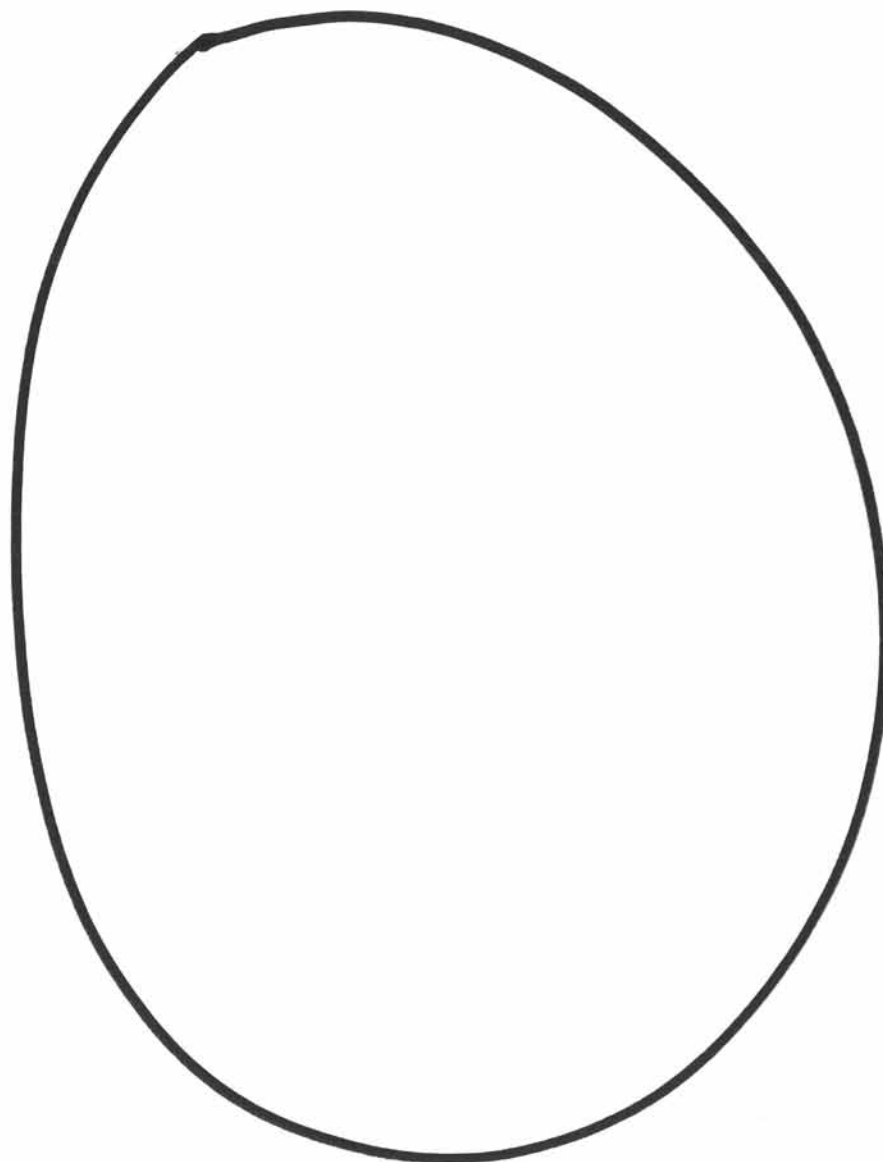
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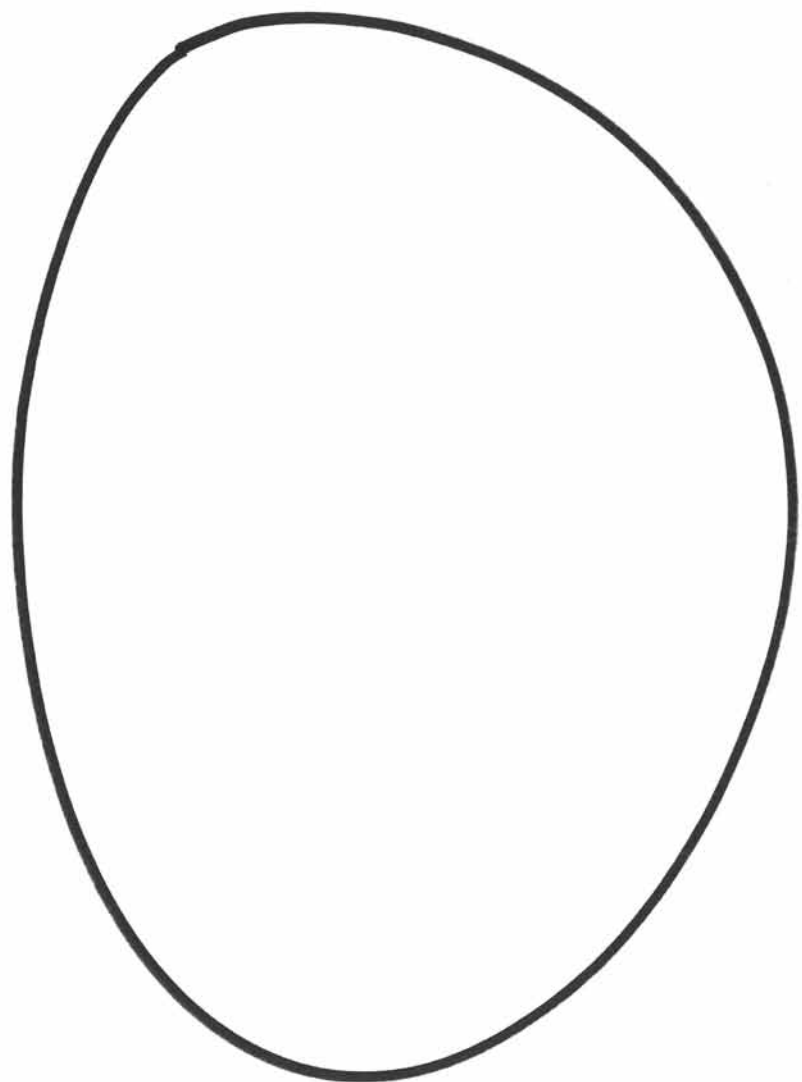
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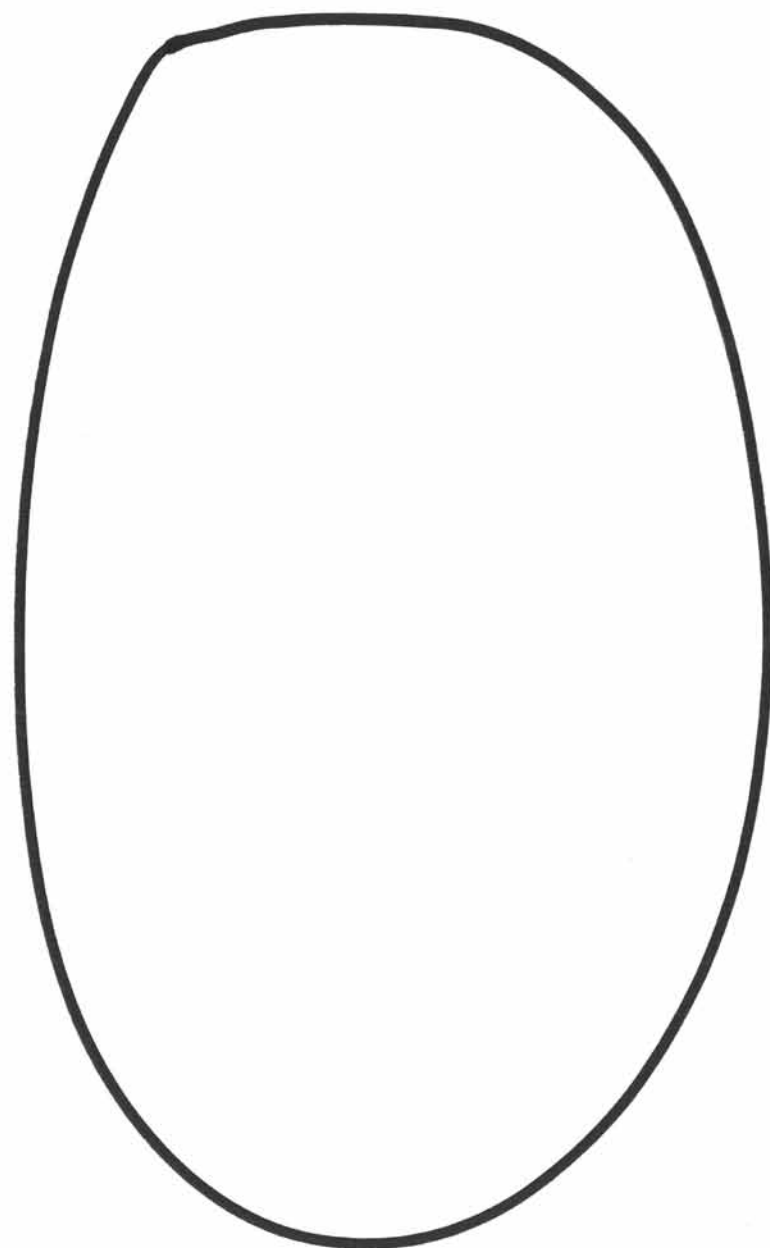
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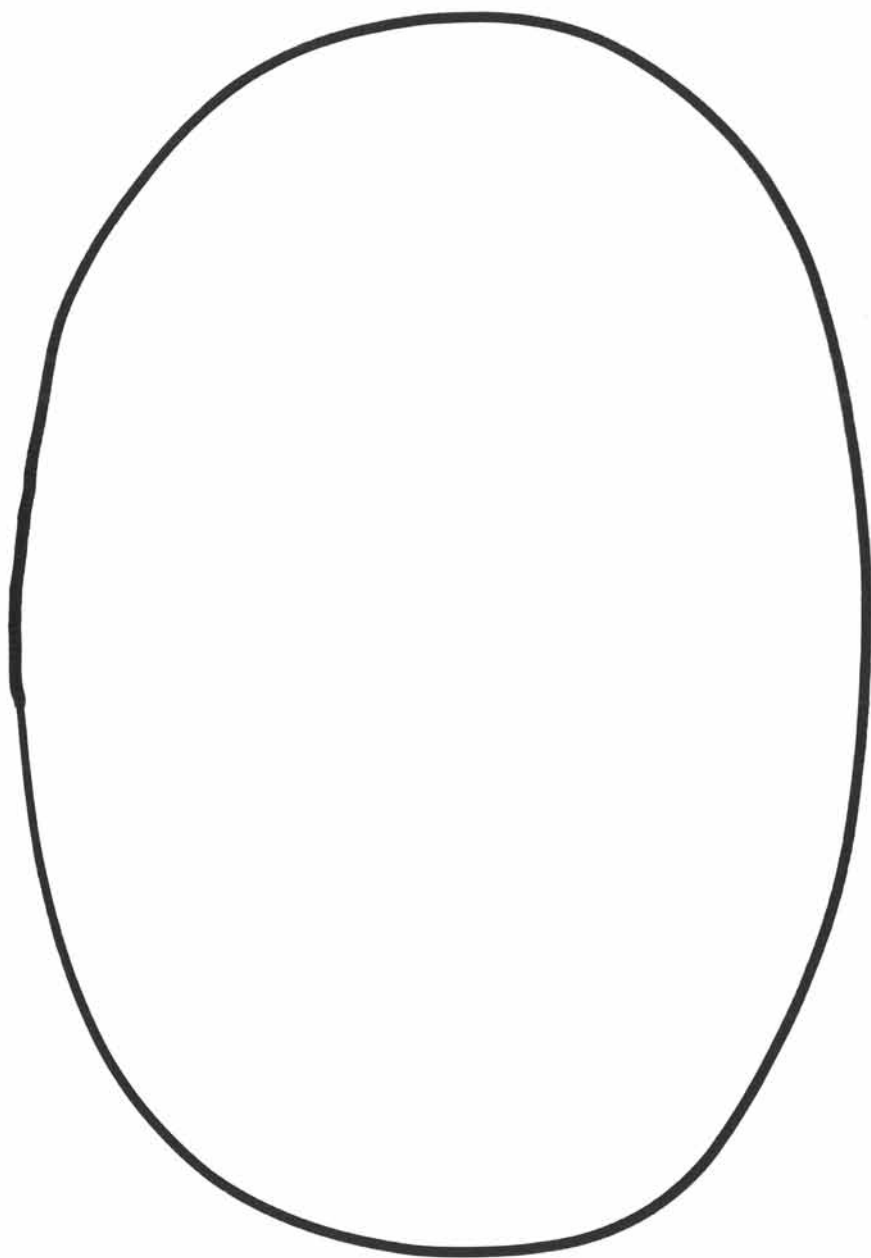
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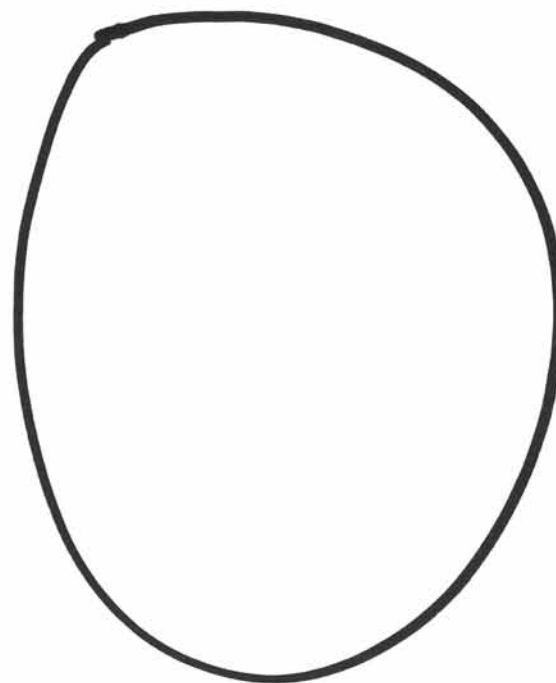
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Day 80



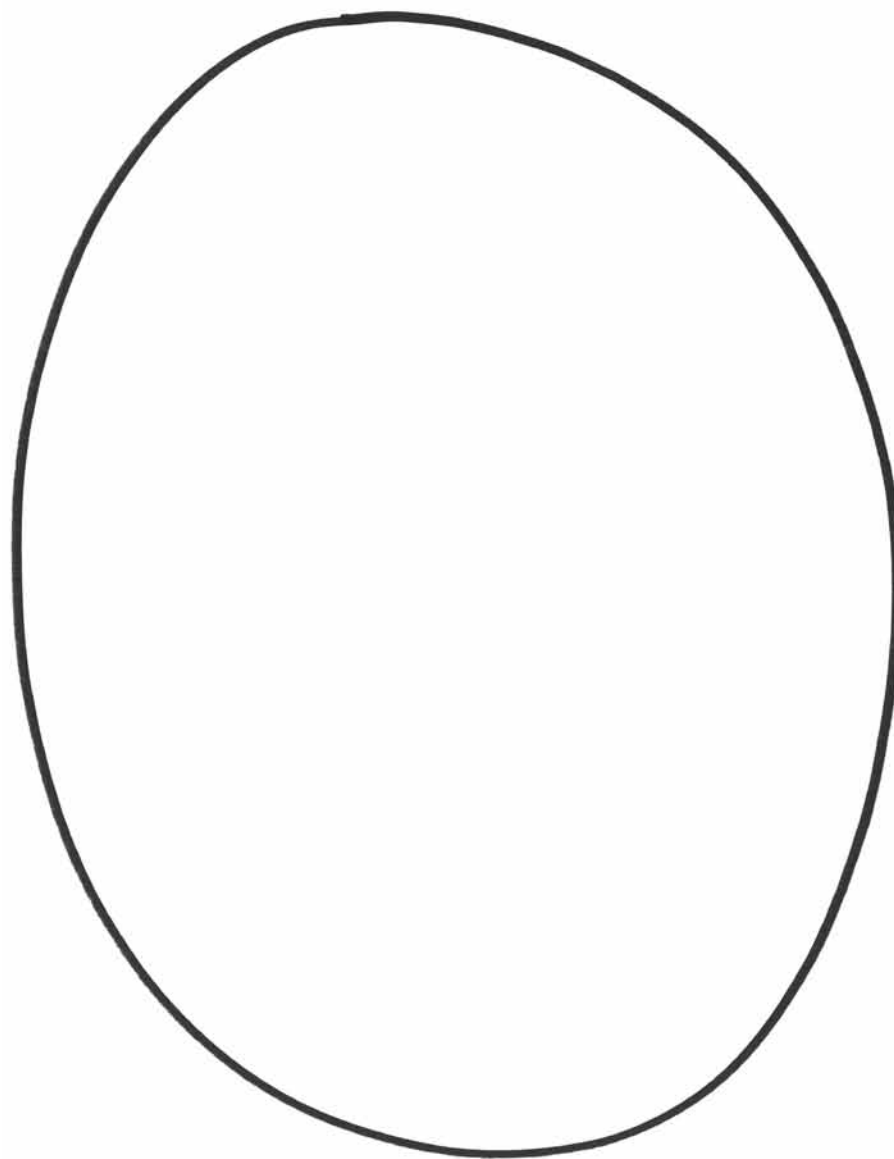
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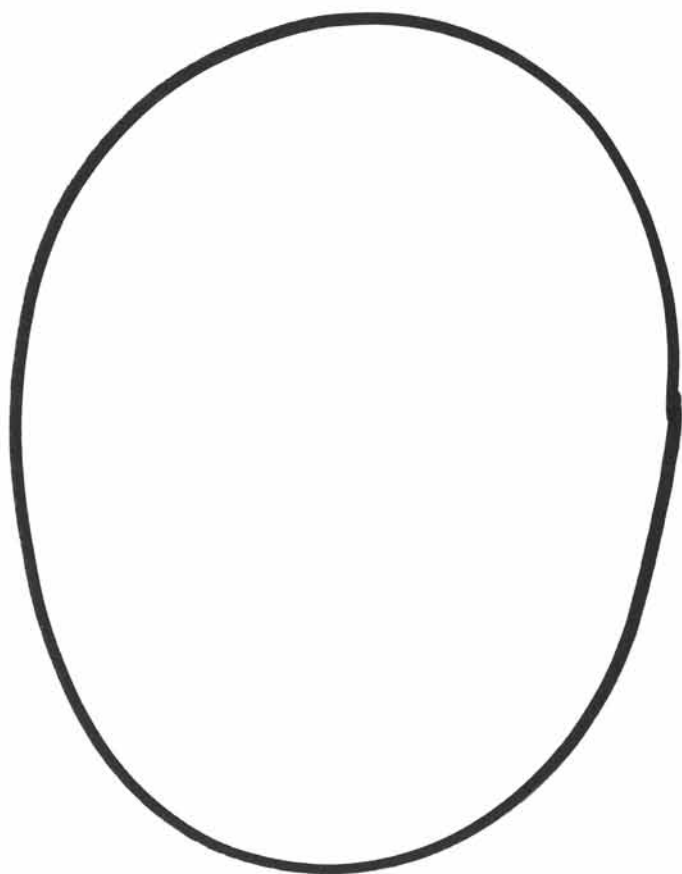
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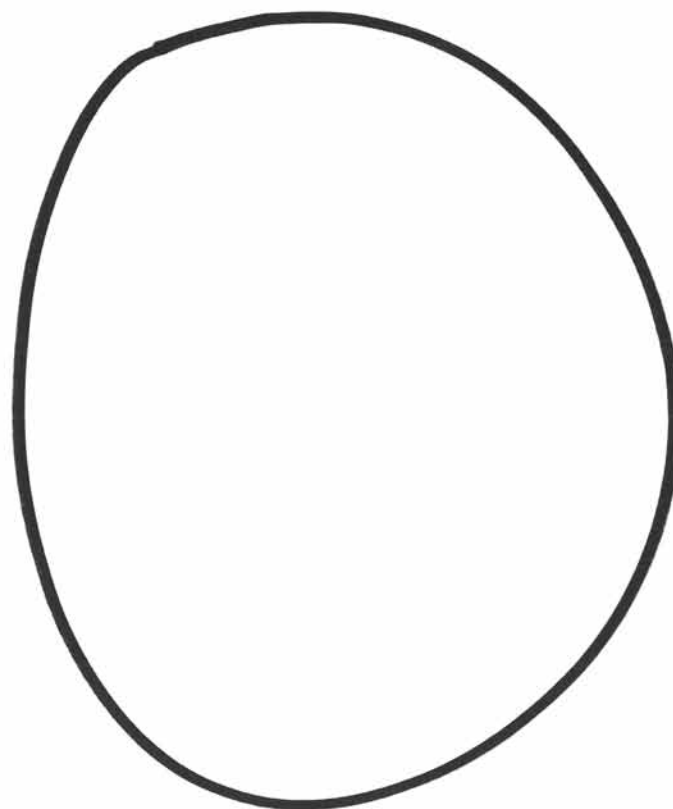
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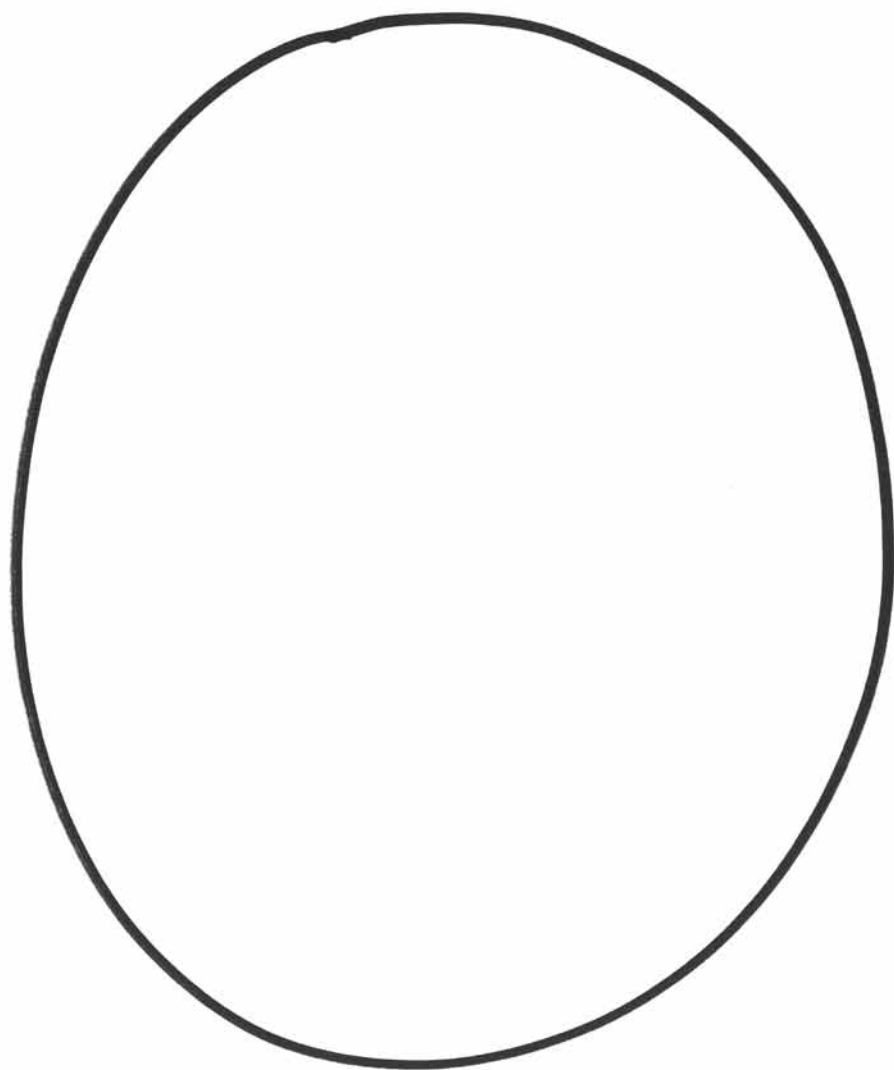
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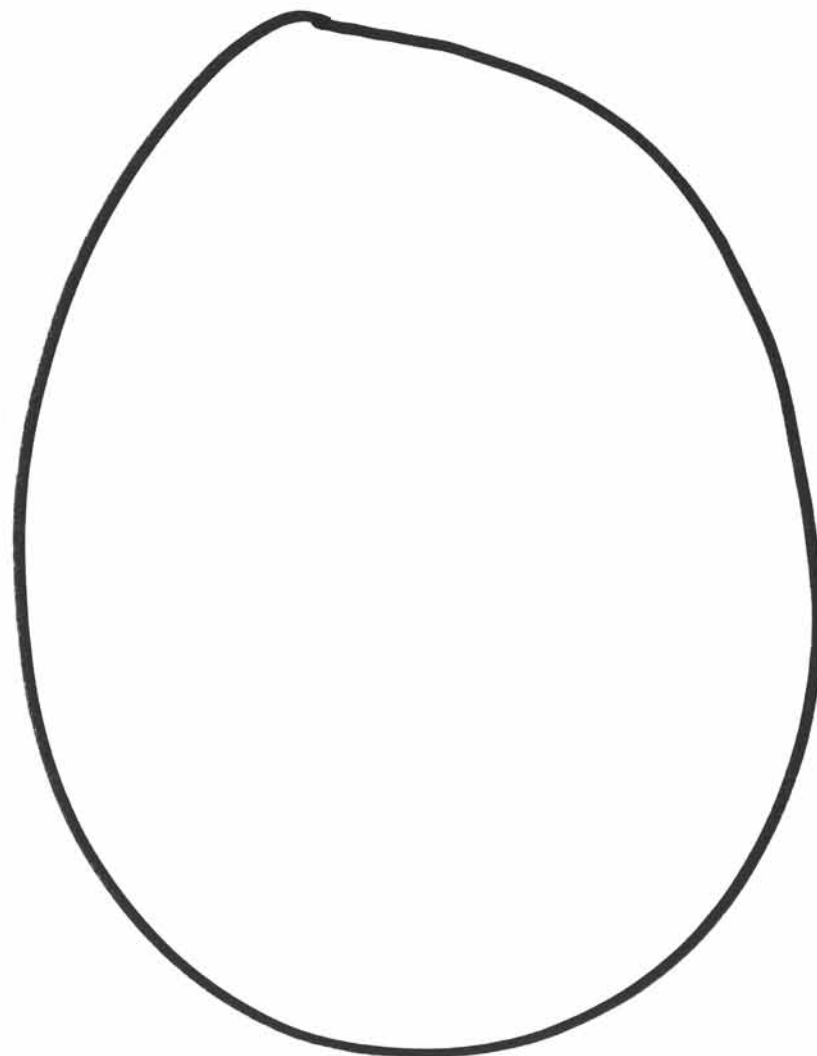
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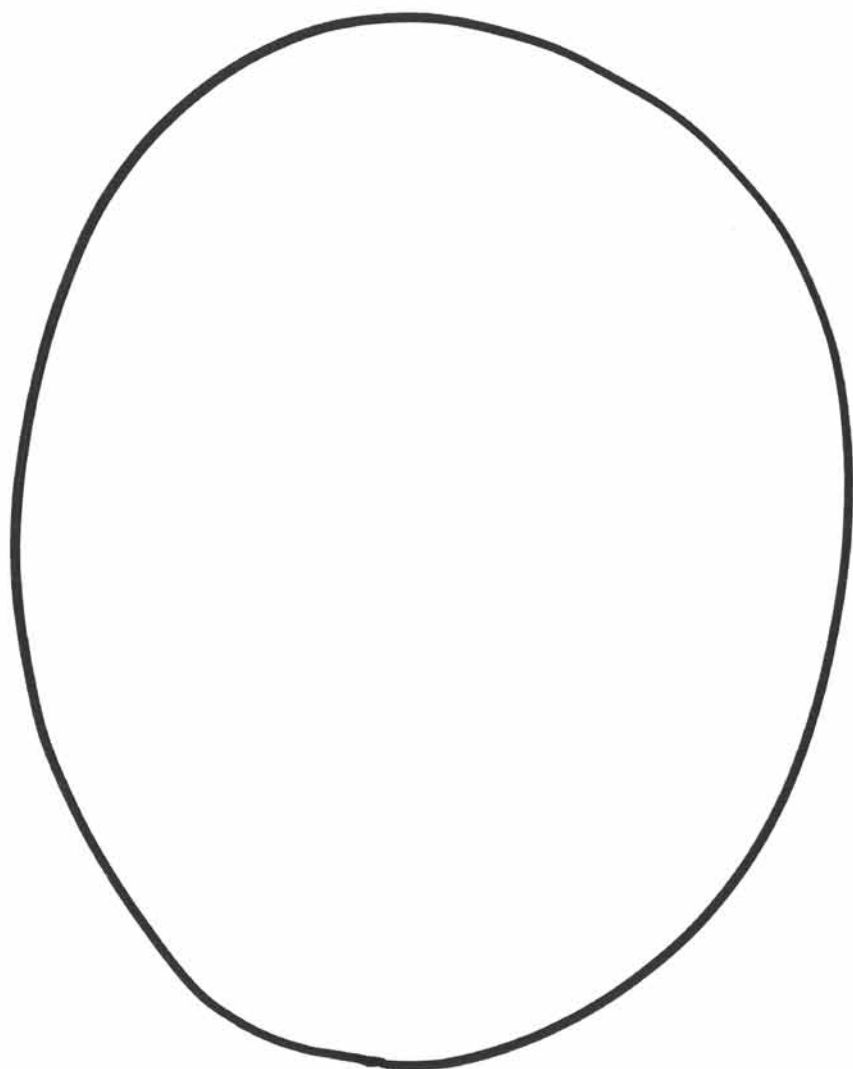
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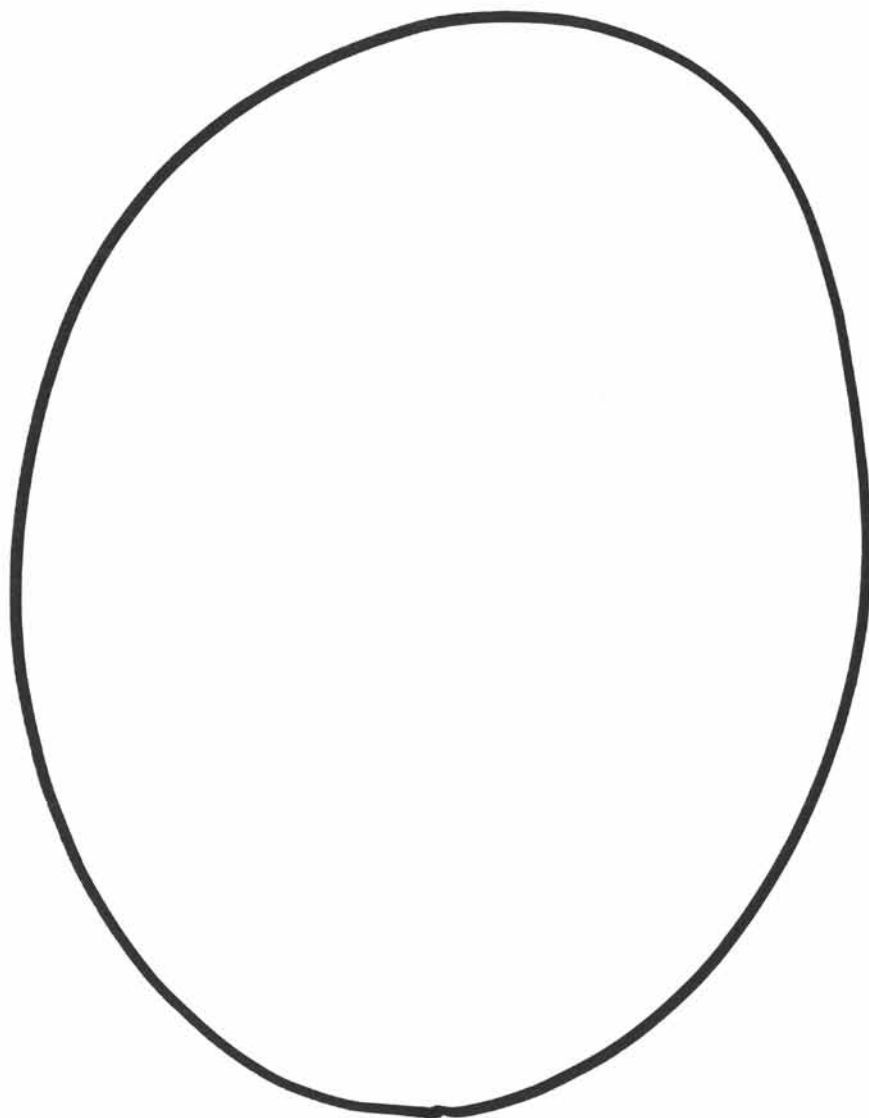
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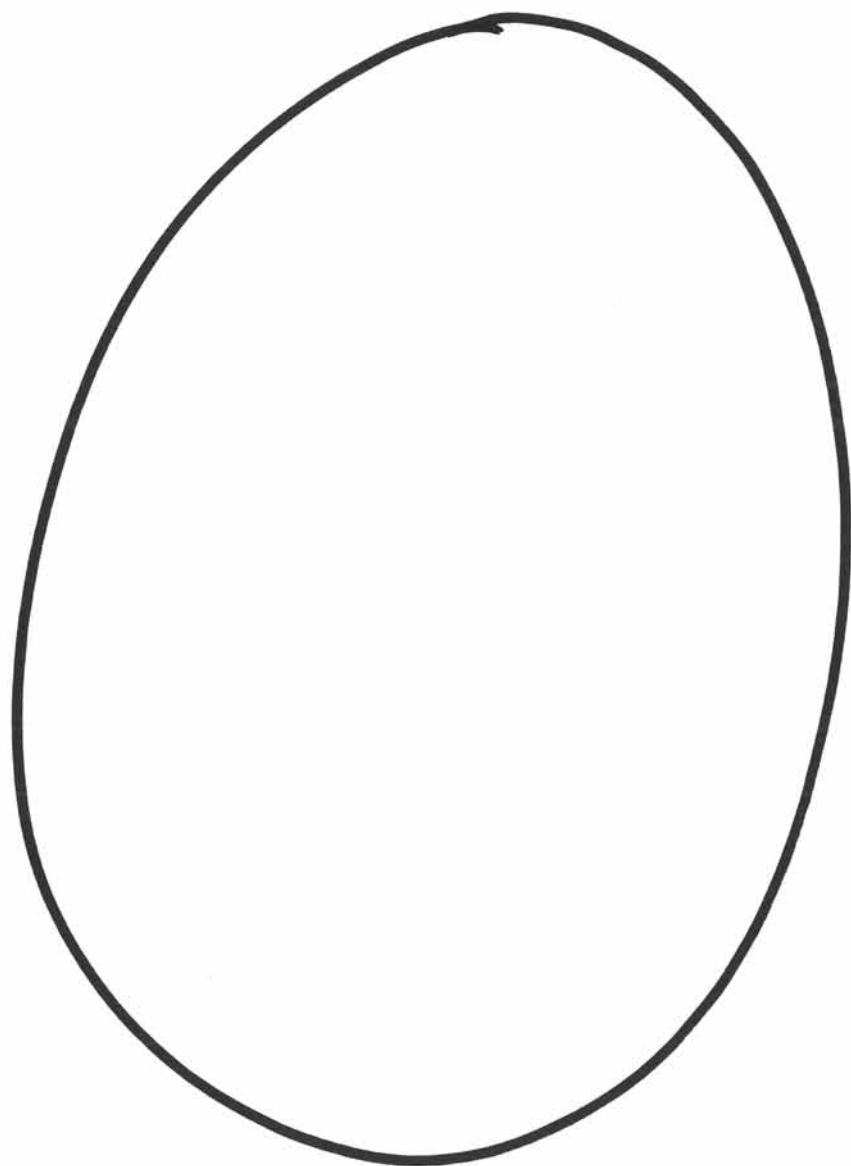
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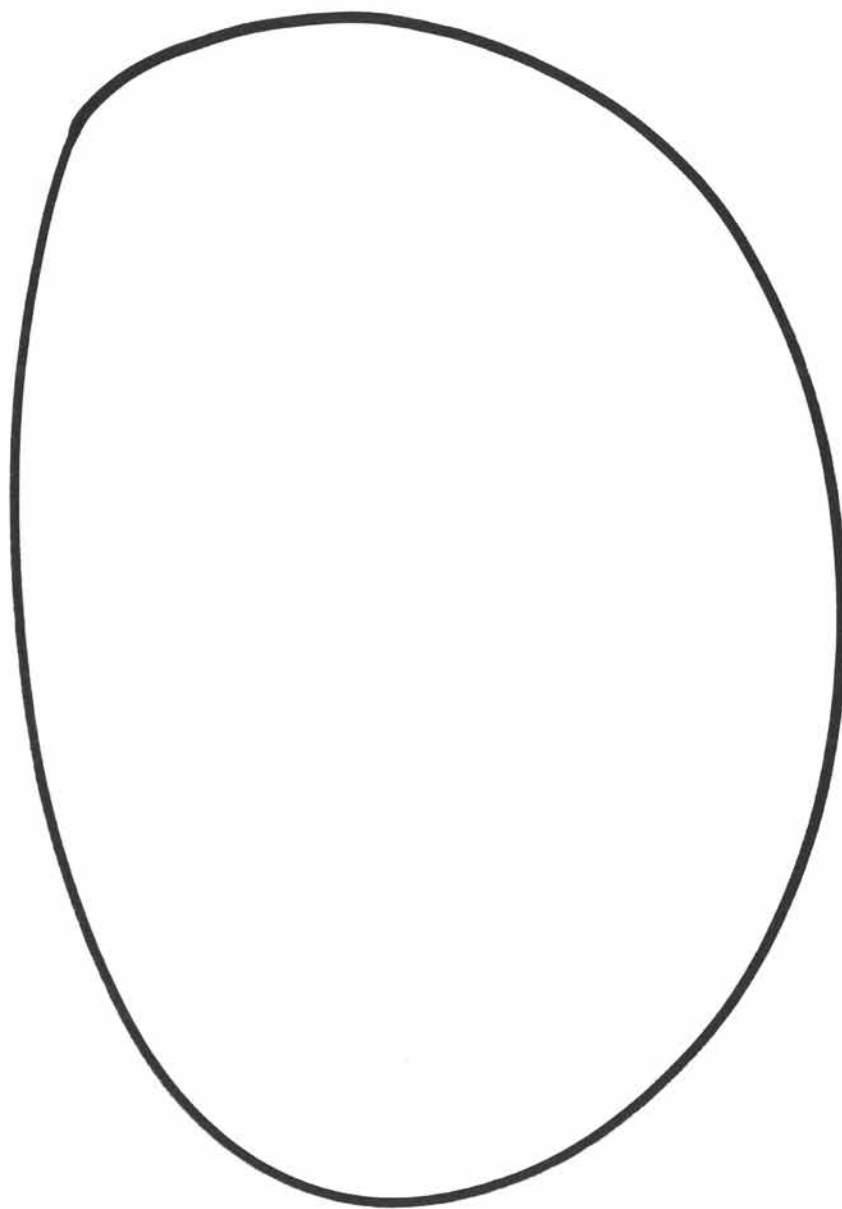
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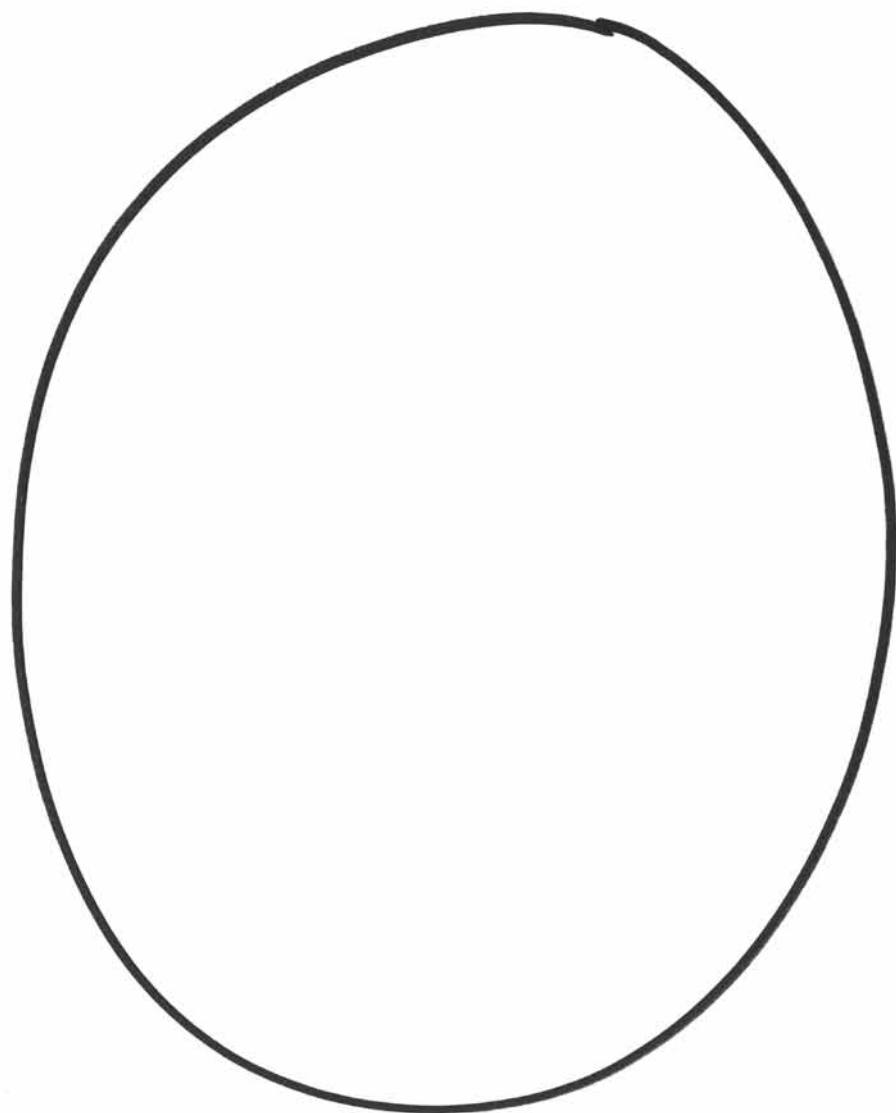
Day 90



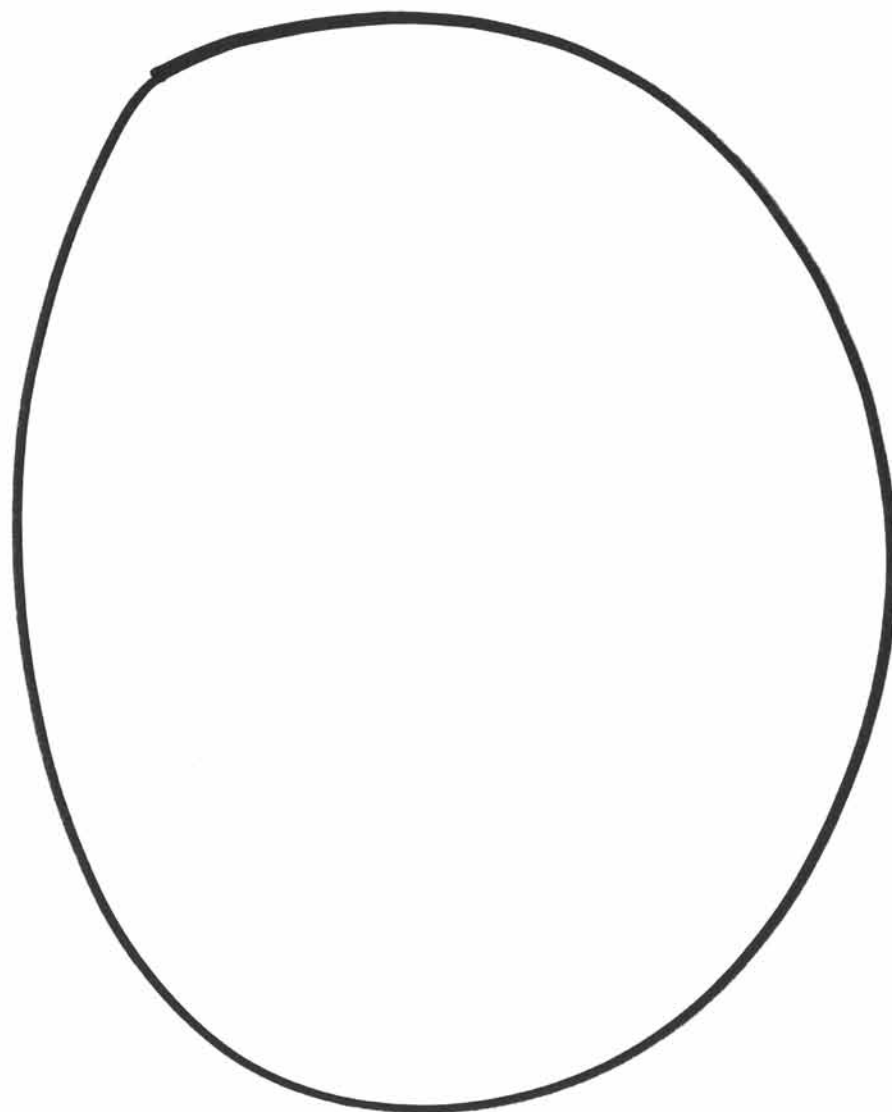
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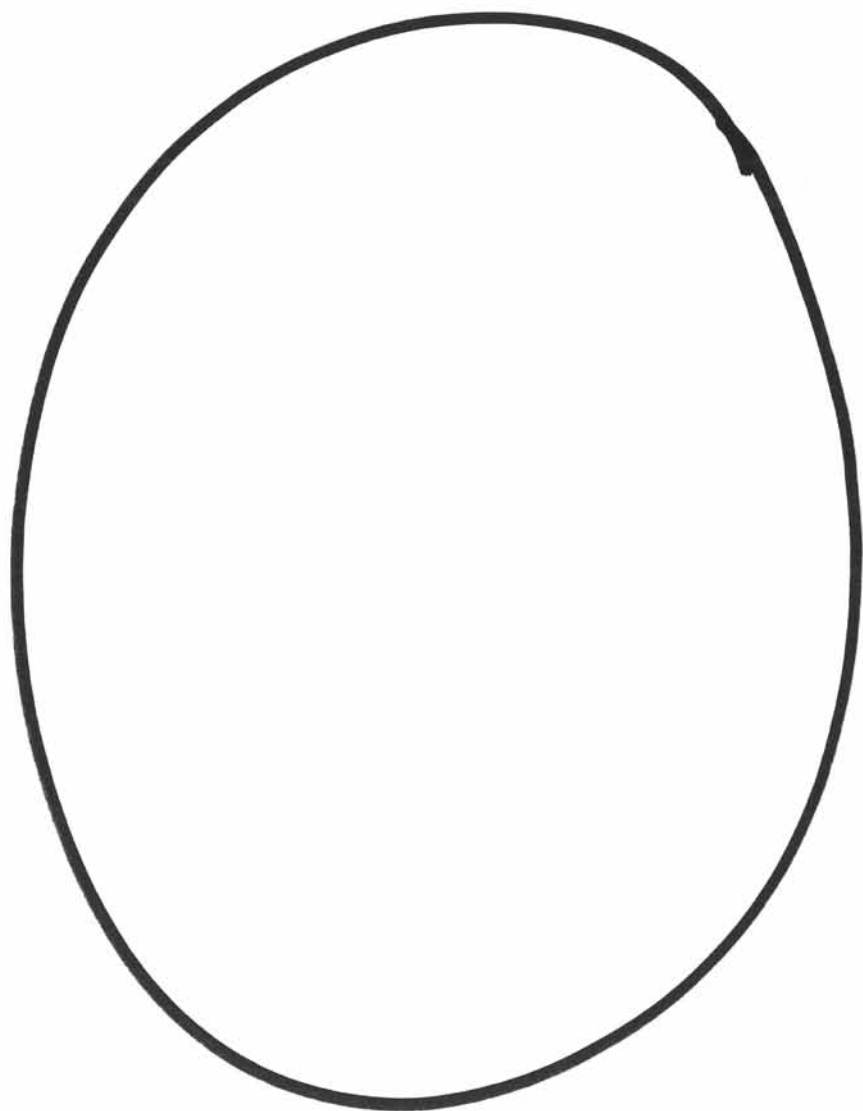
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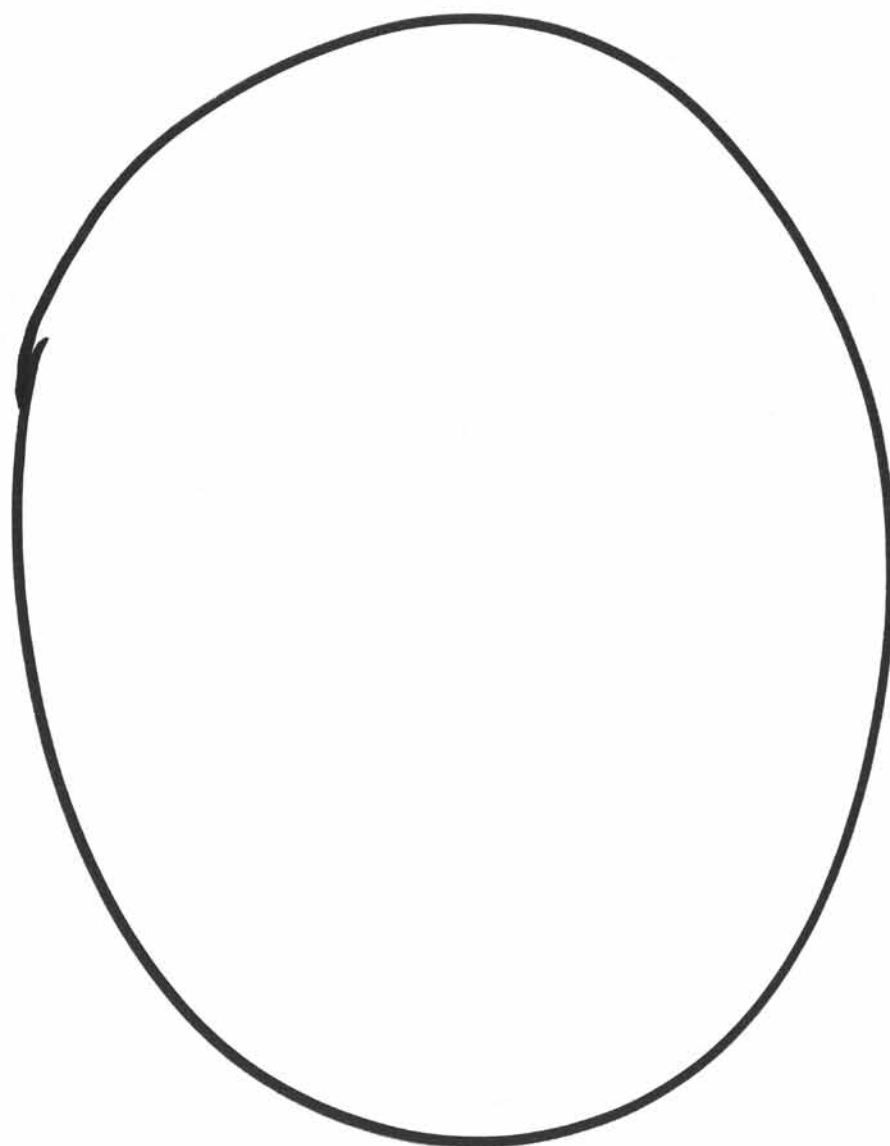
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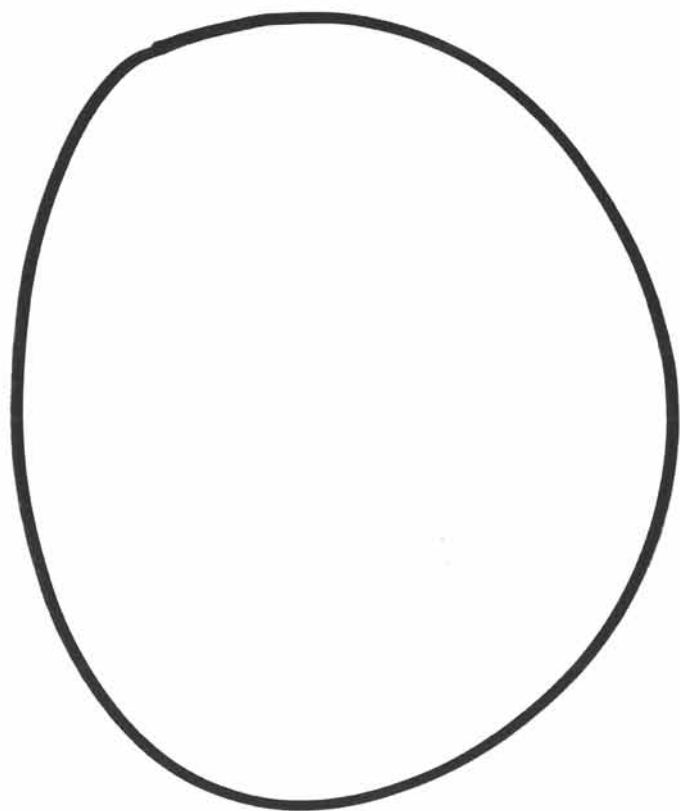
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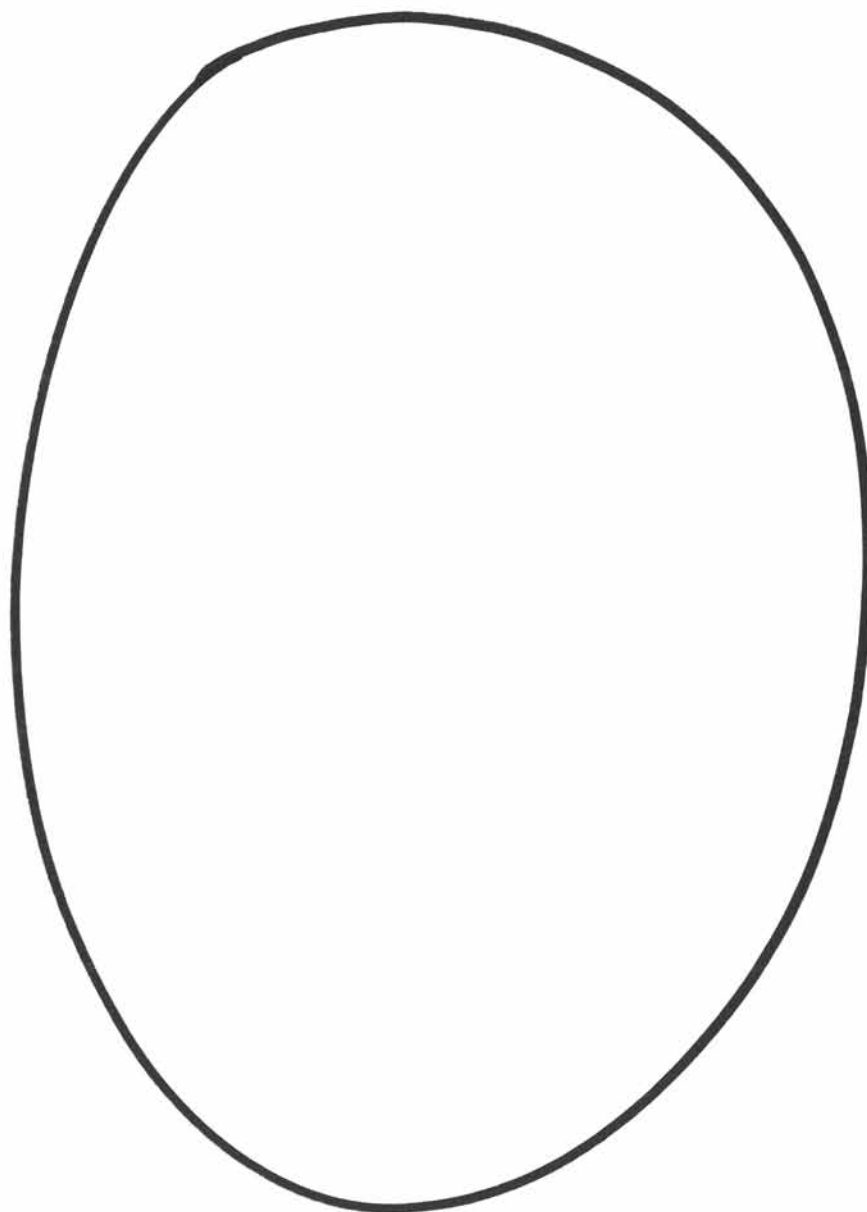
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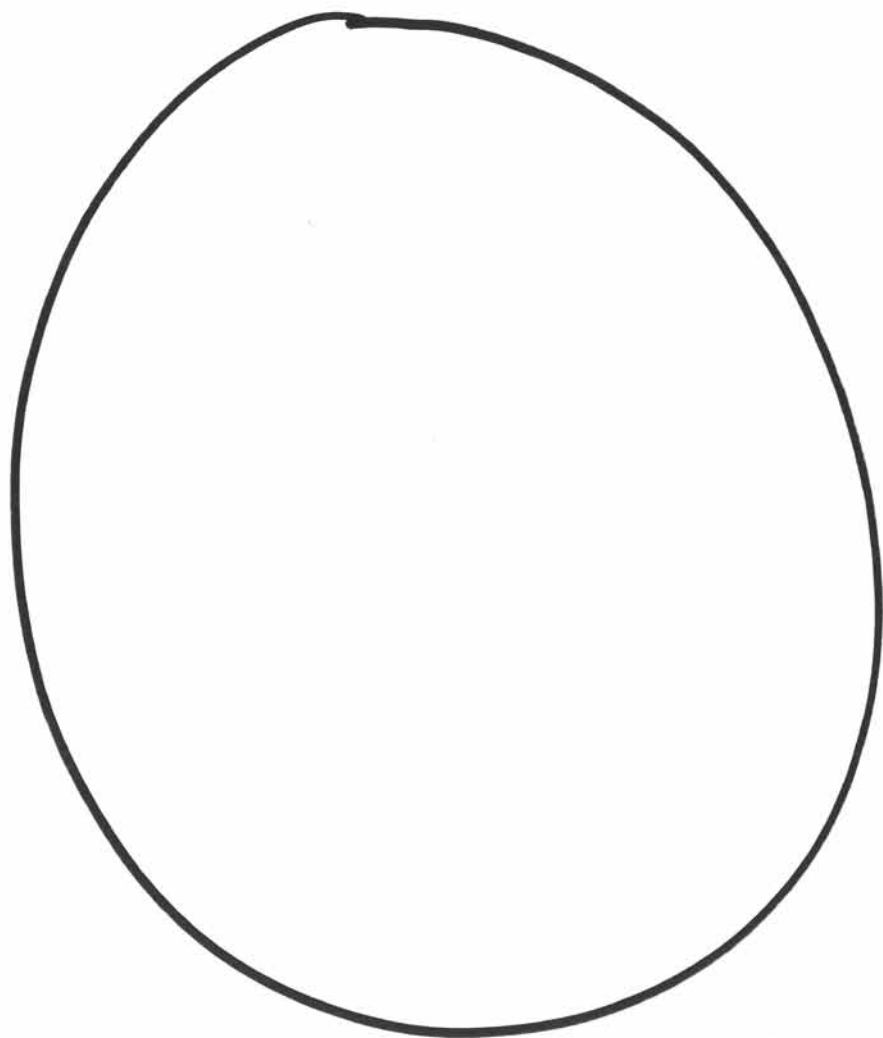
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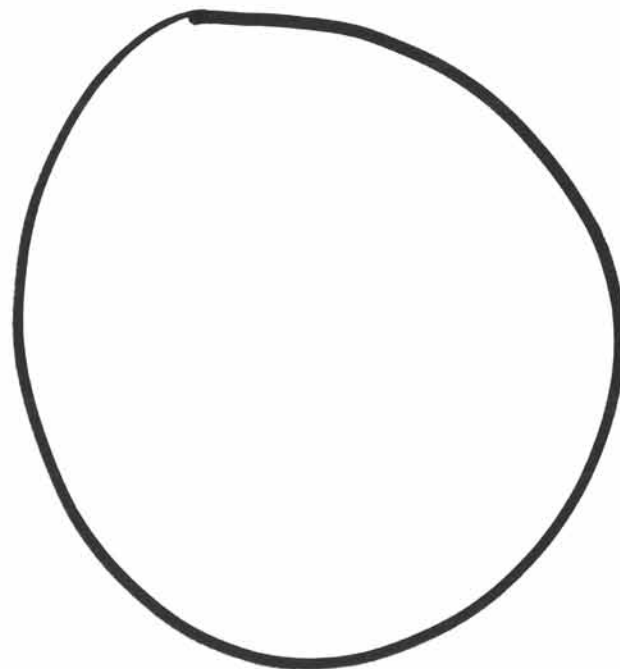
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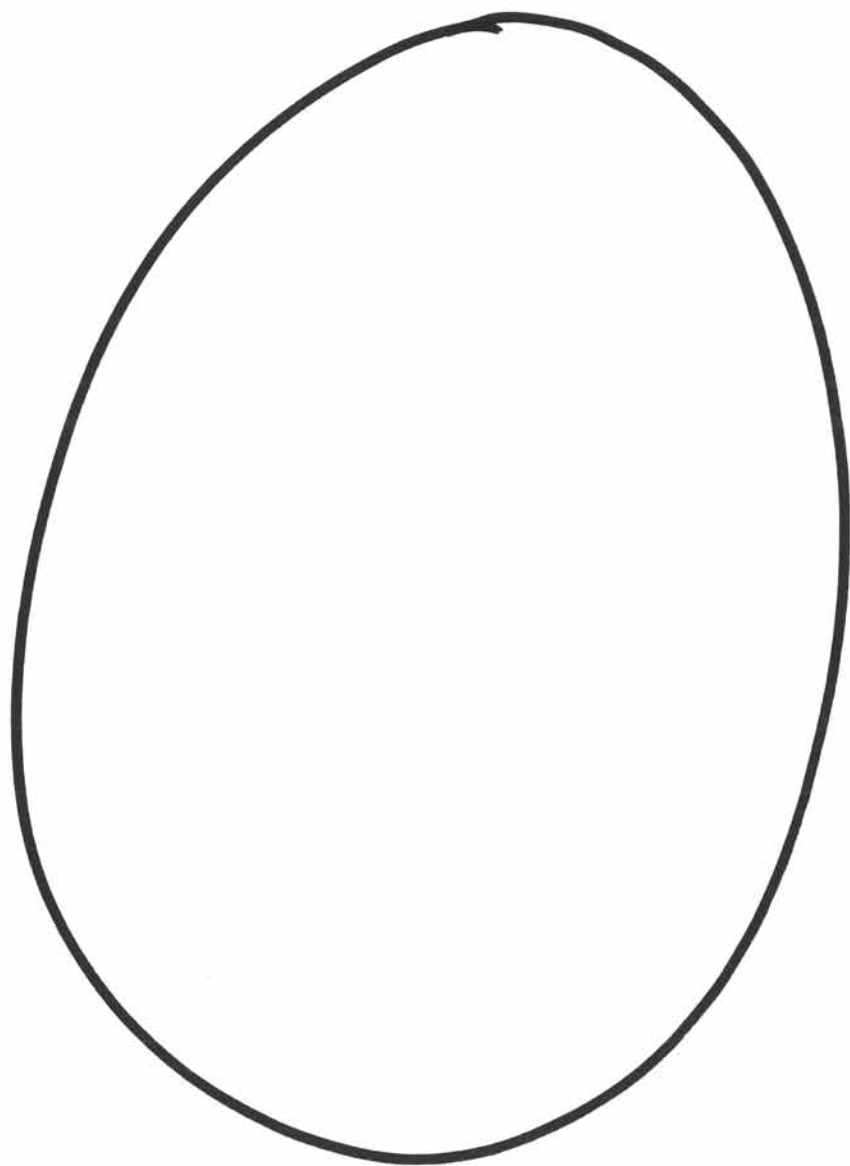
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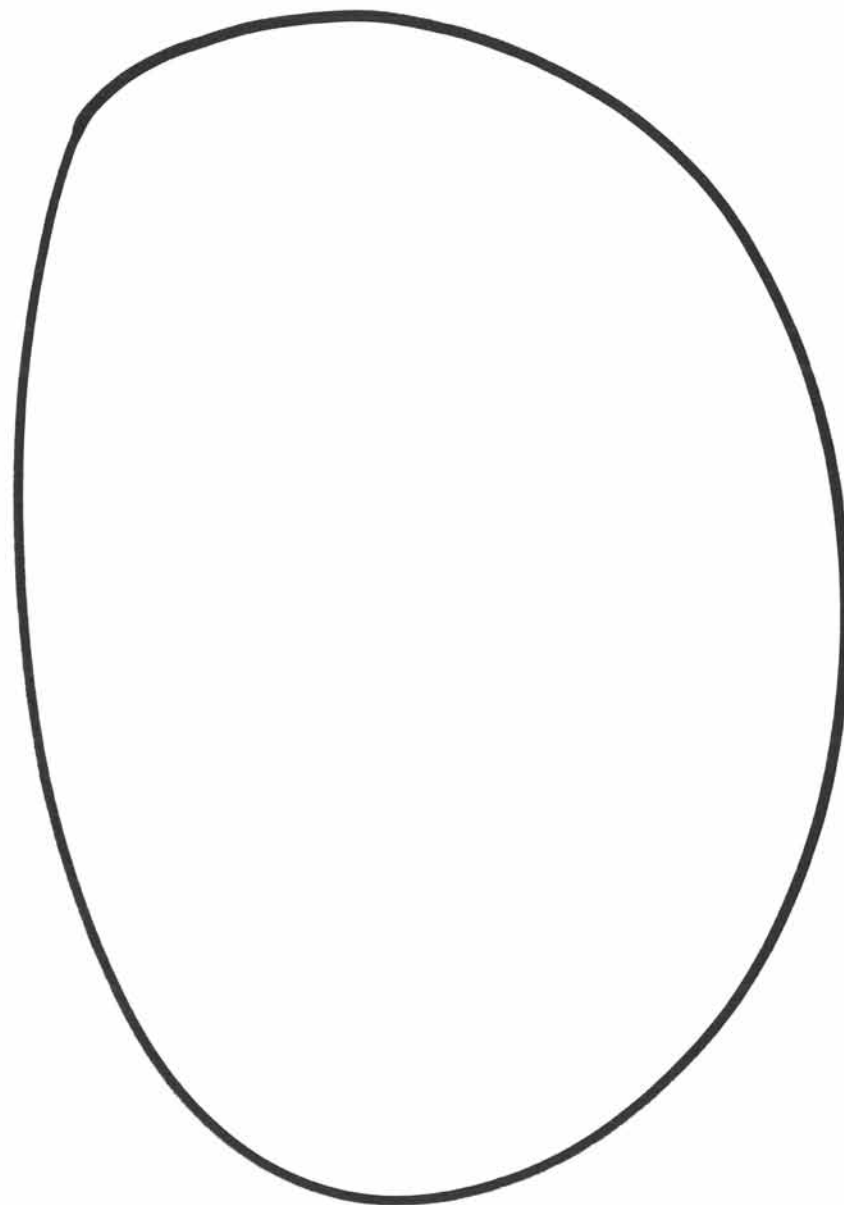
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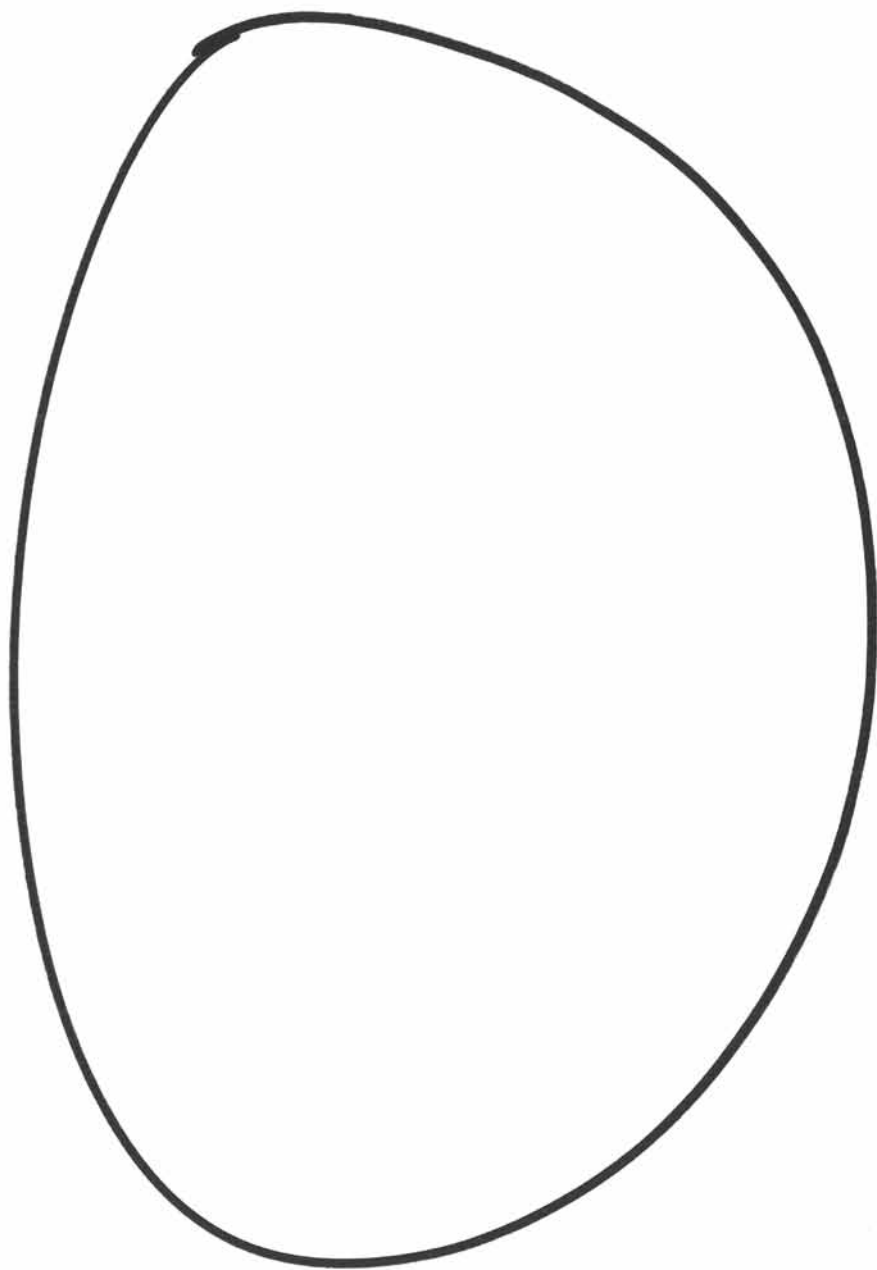
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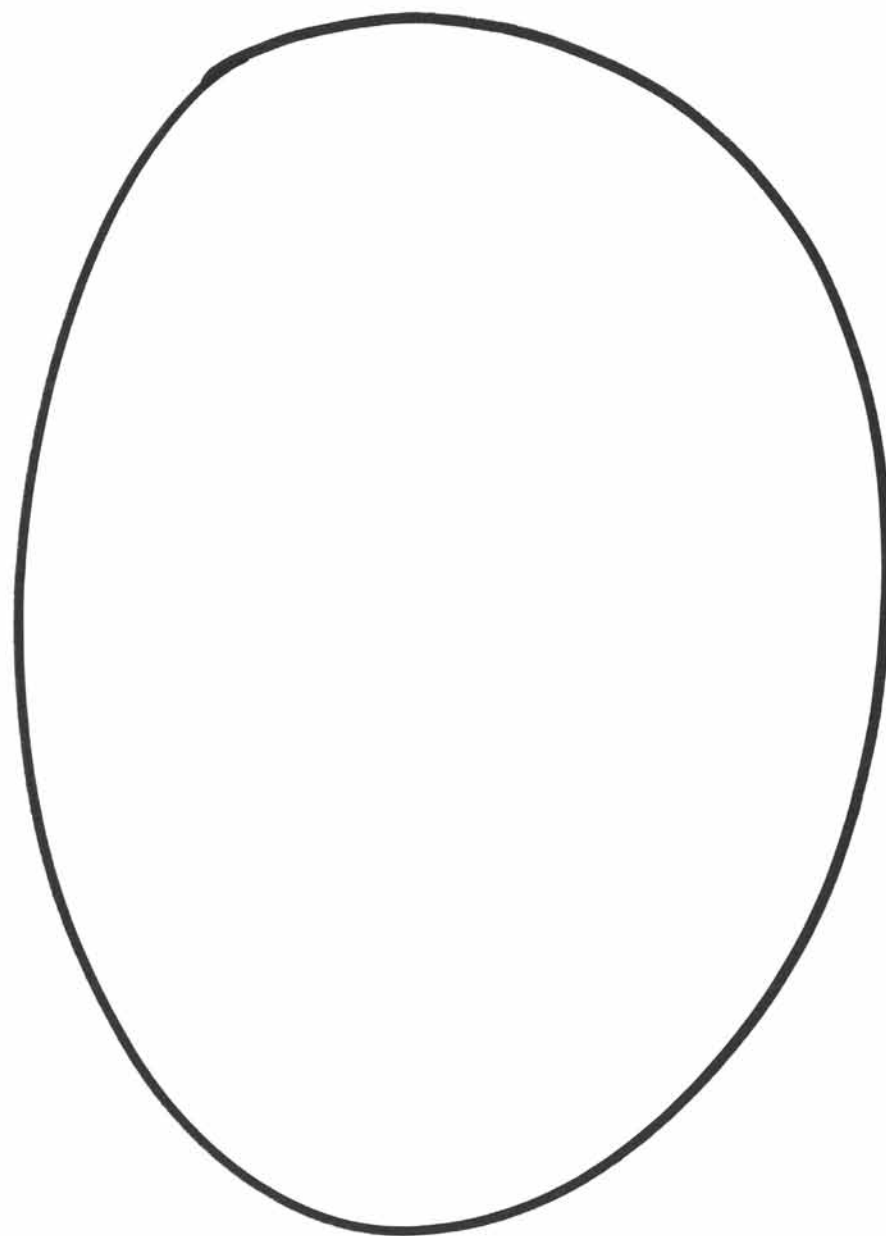
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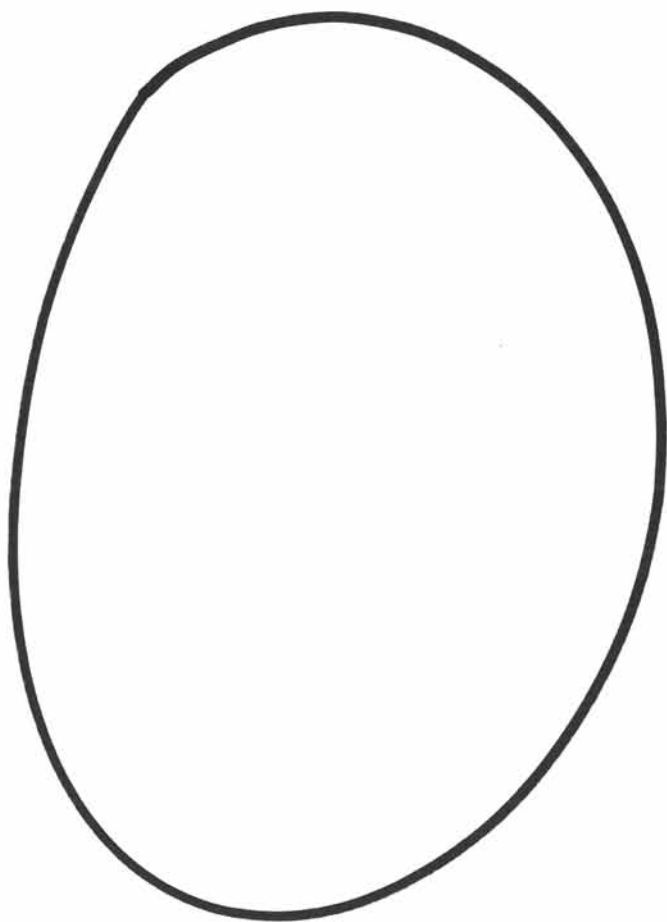
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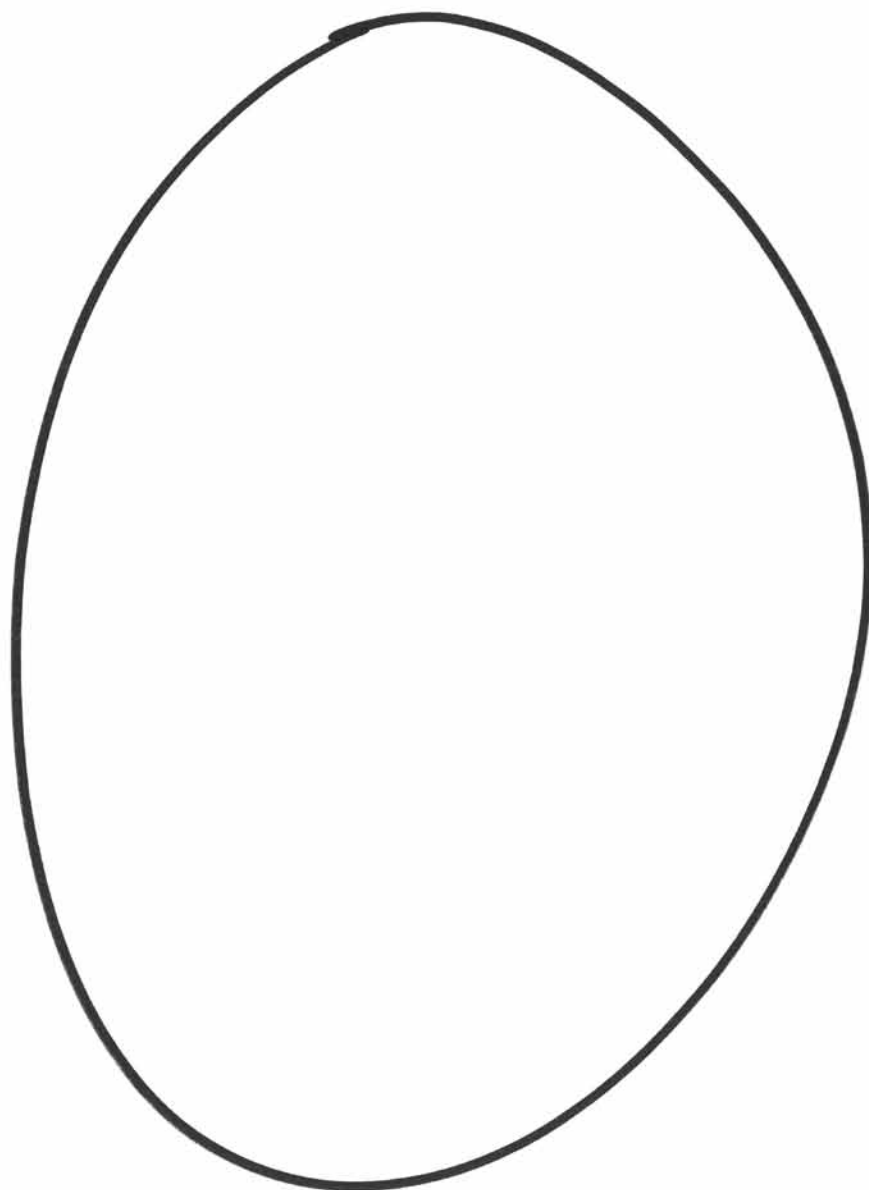
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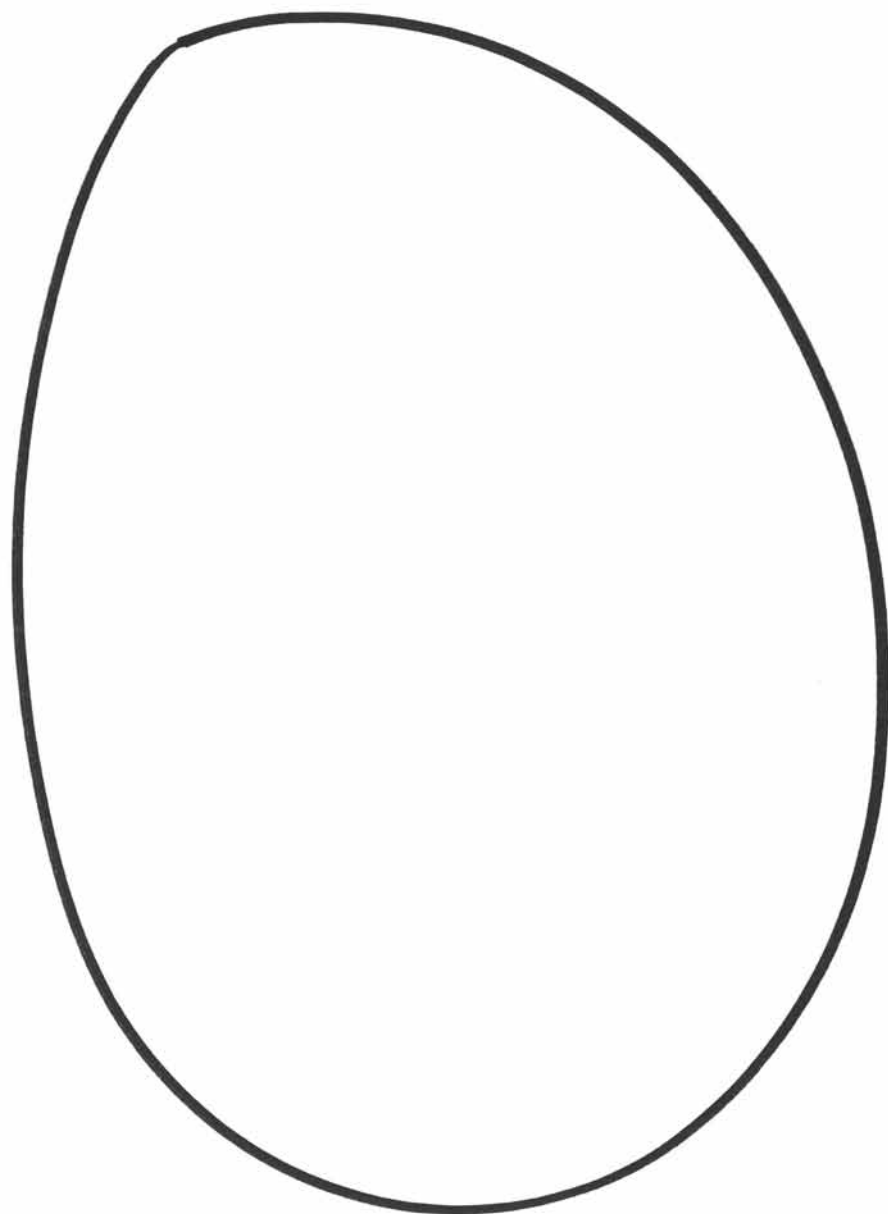
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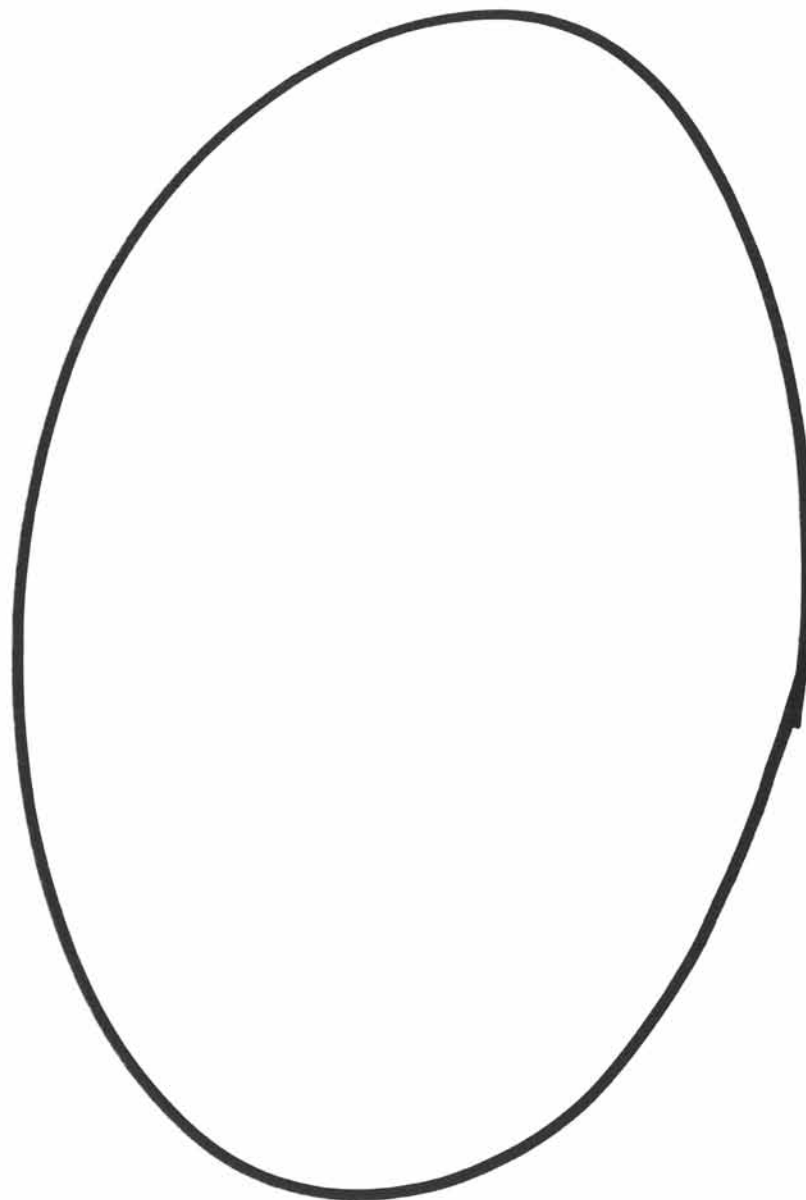
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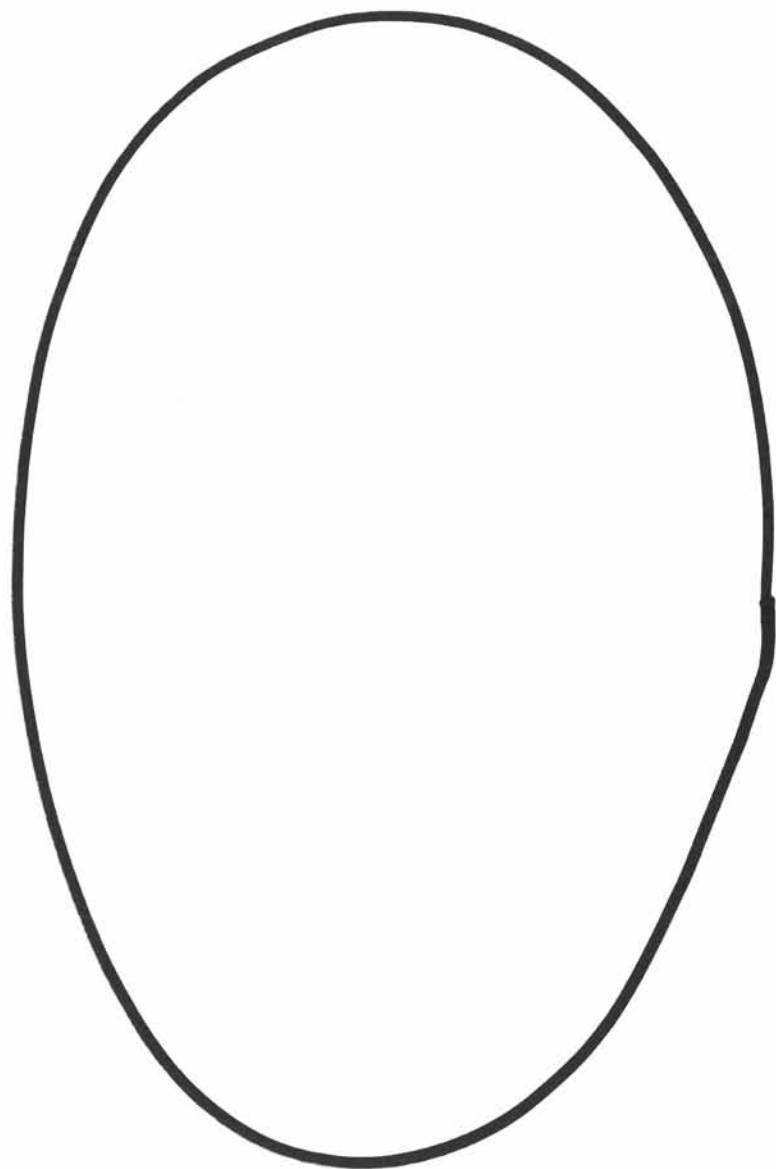
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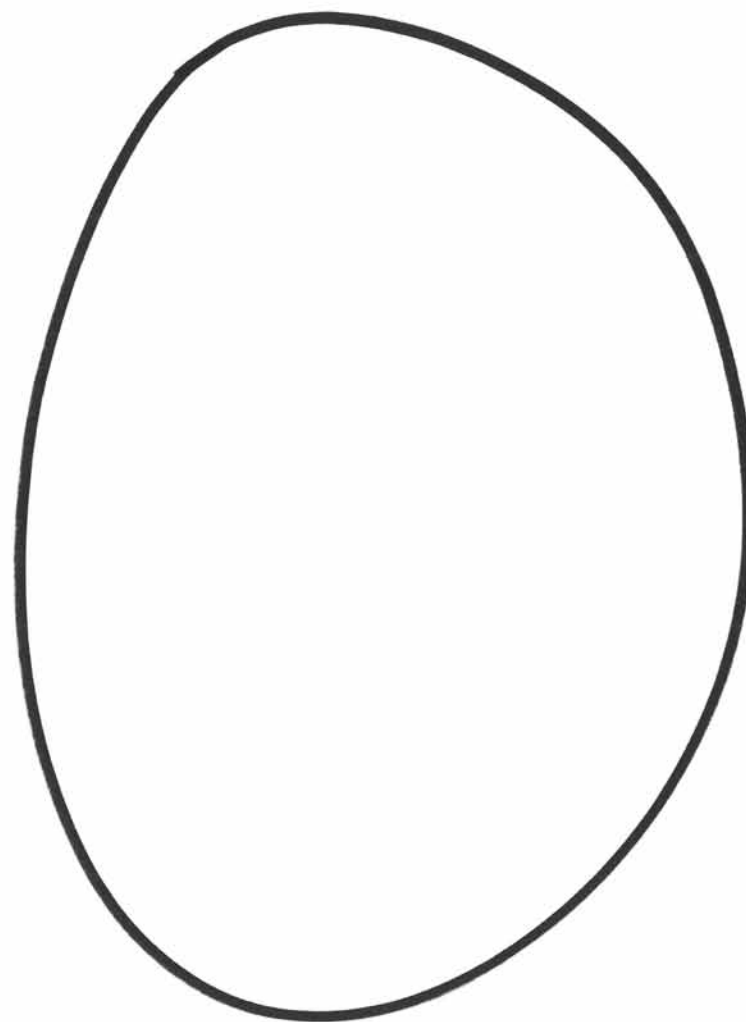
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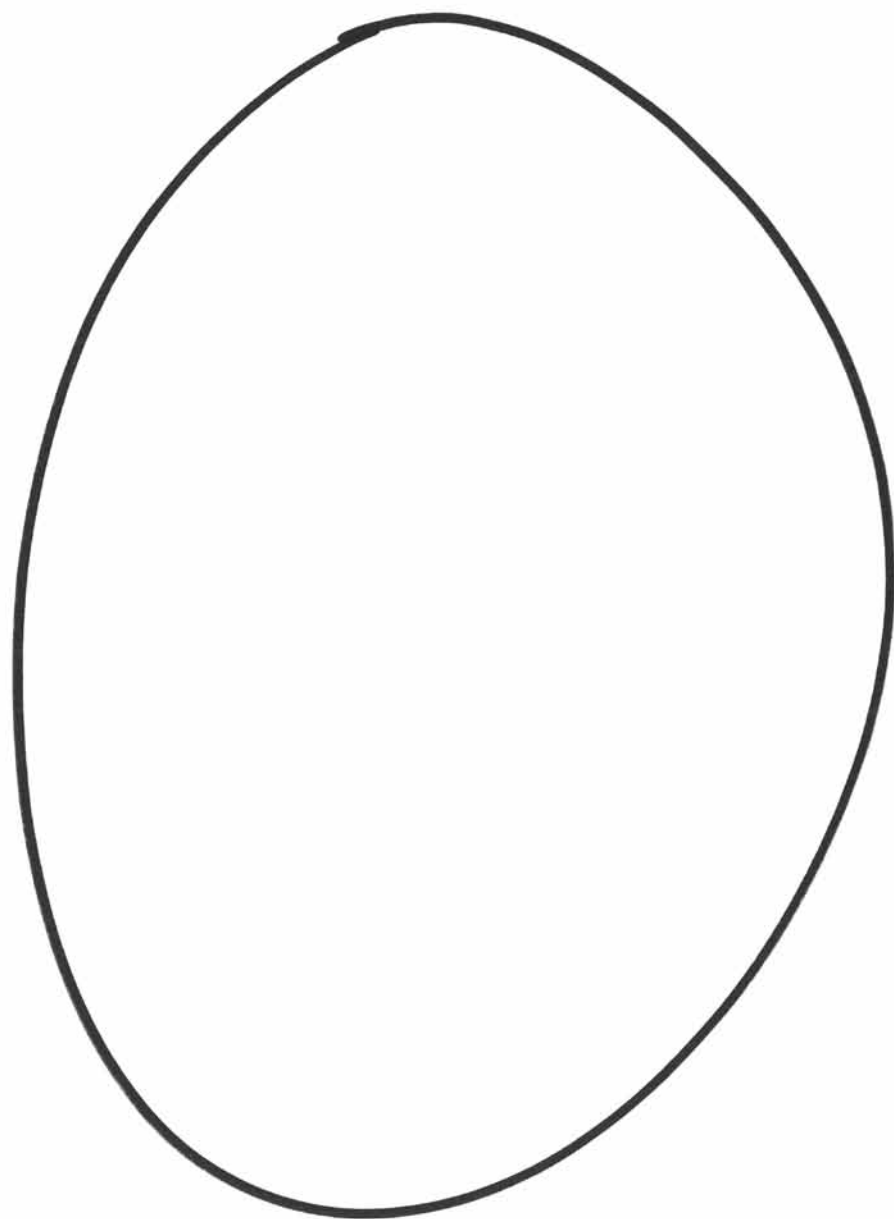
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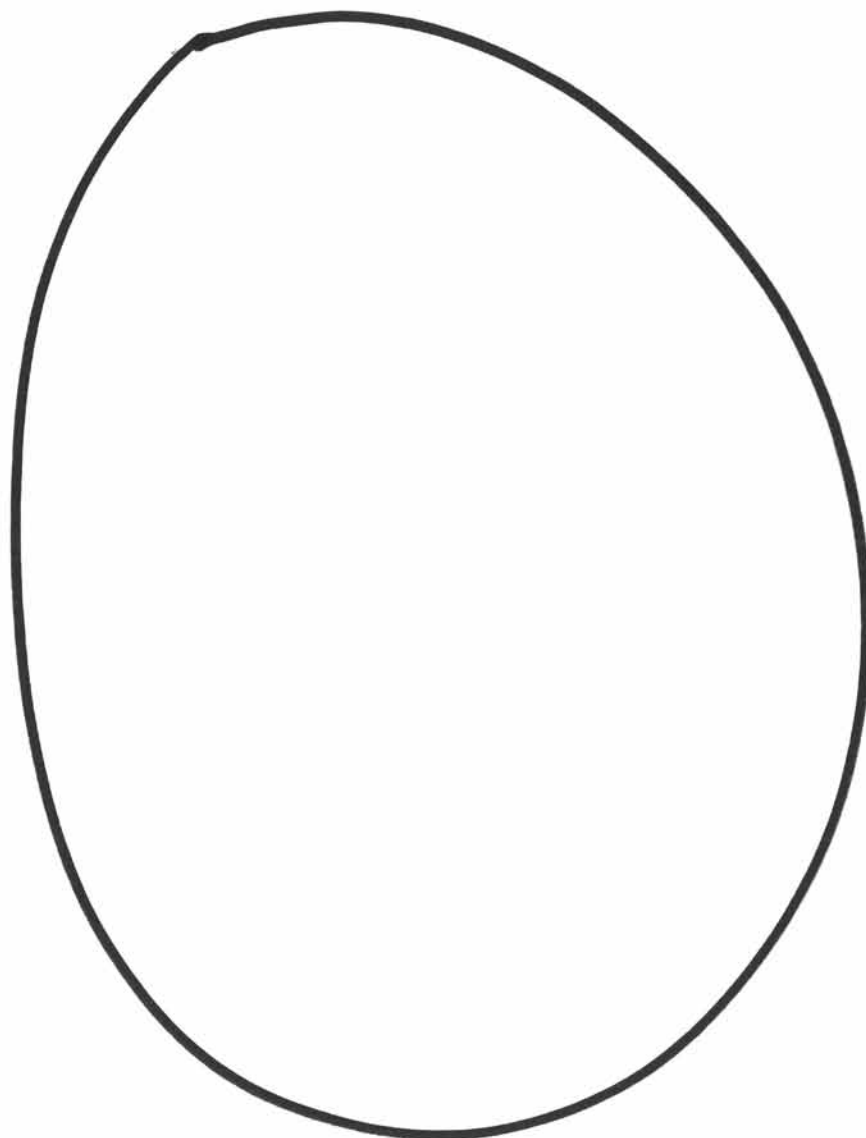
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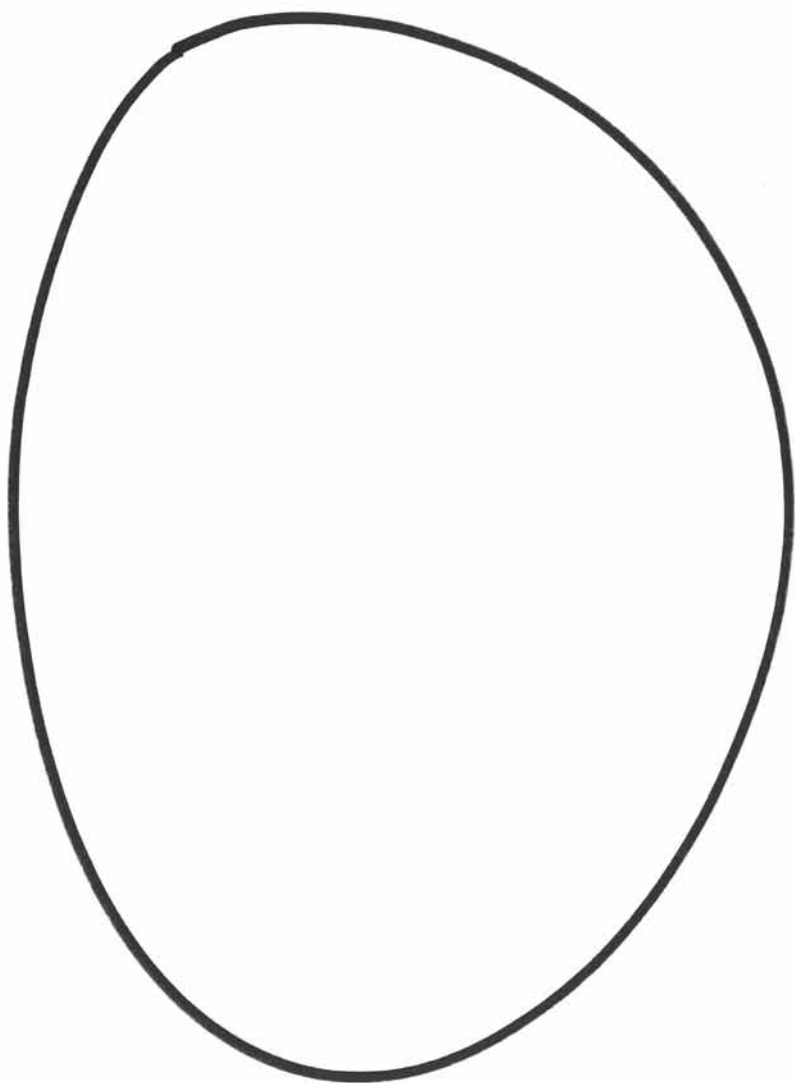
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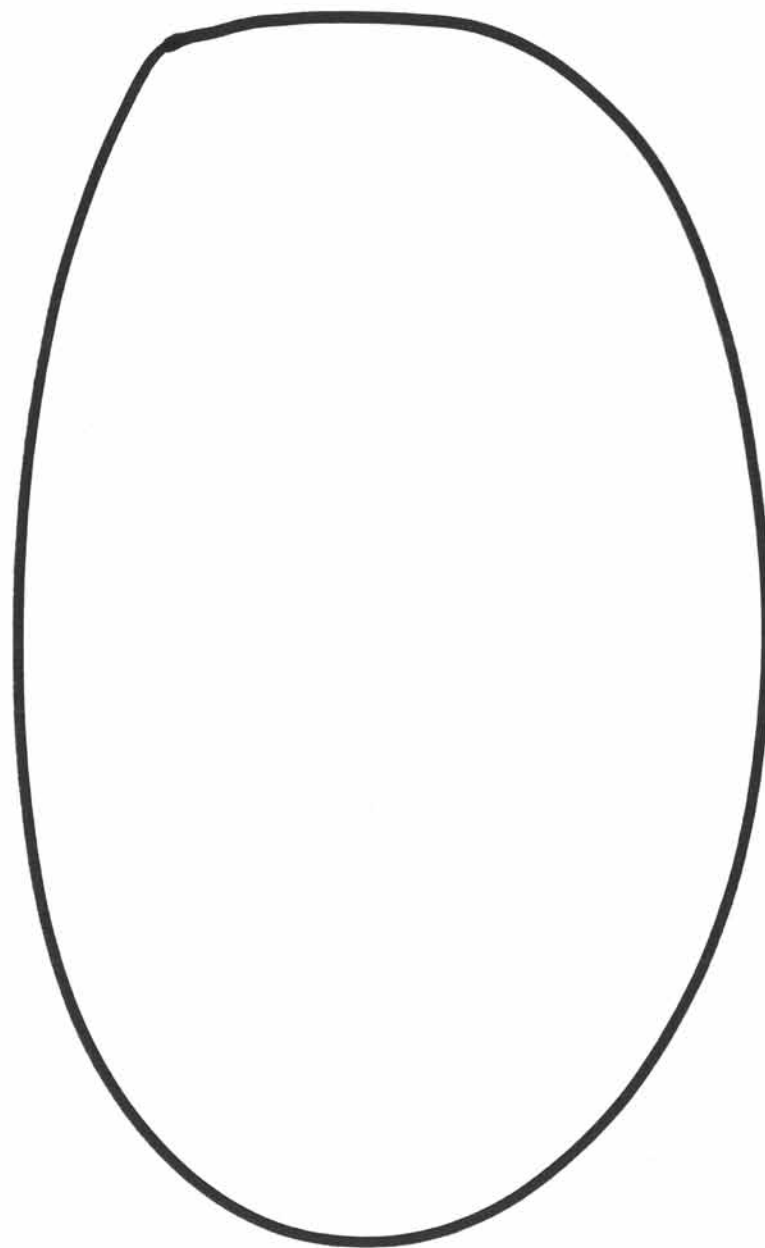
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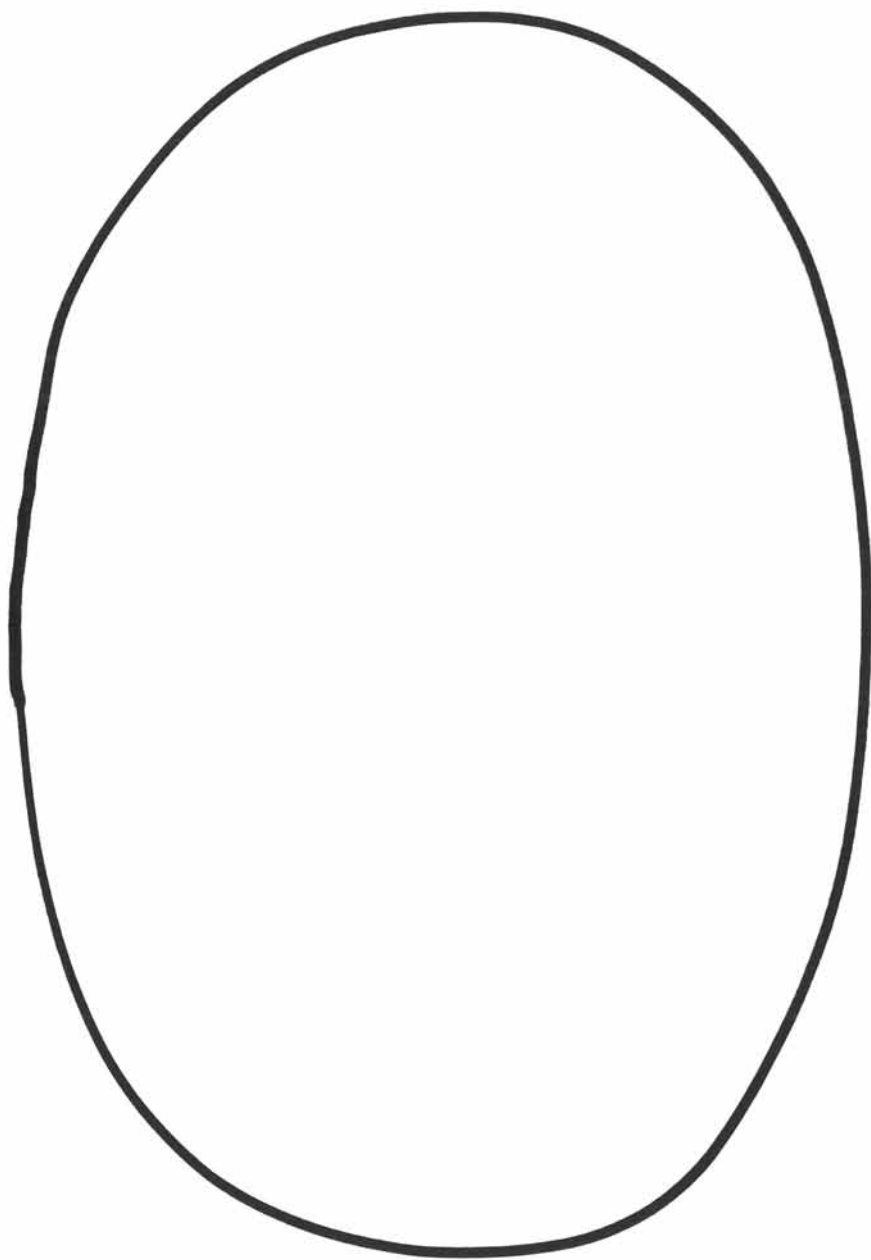
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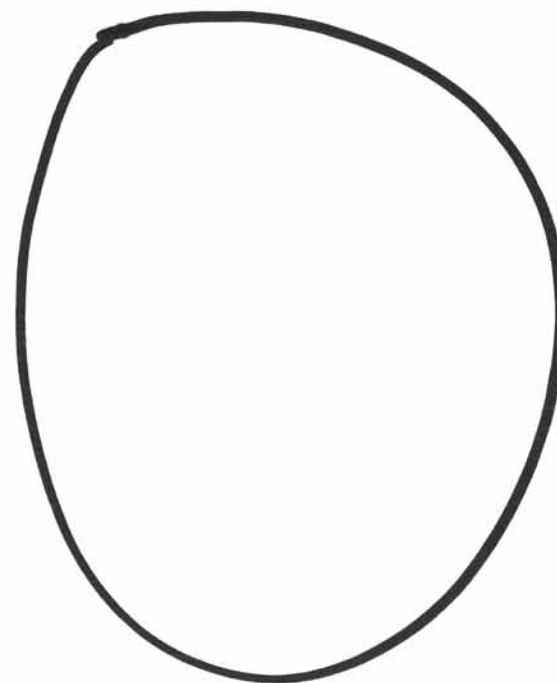
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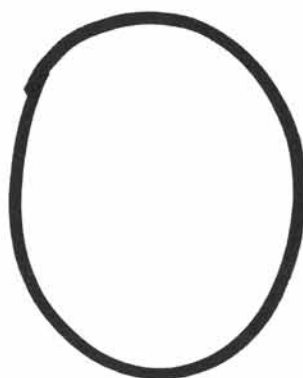
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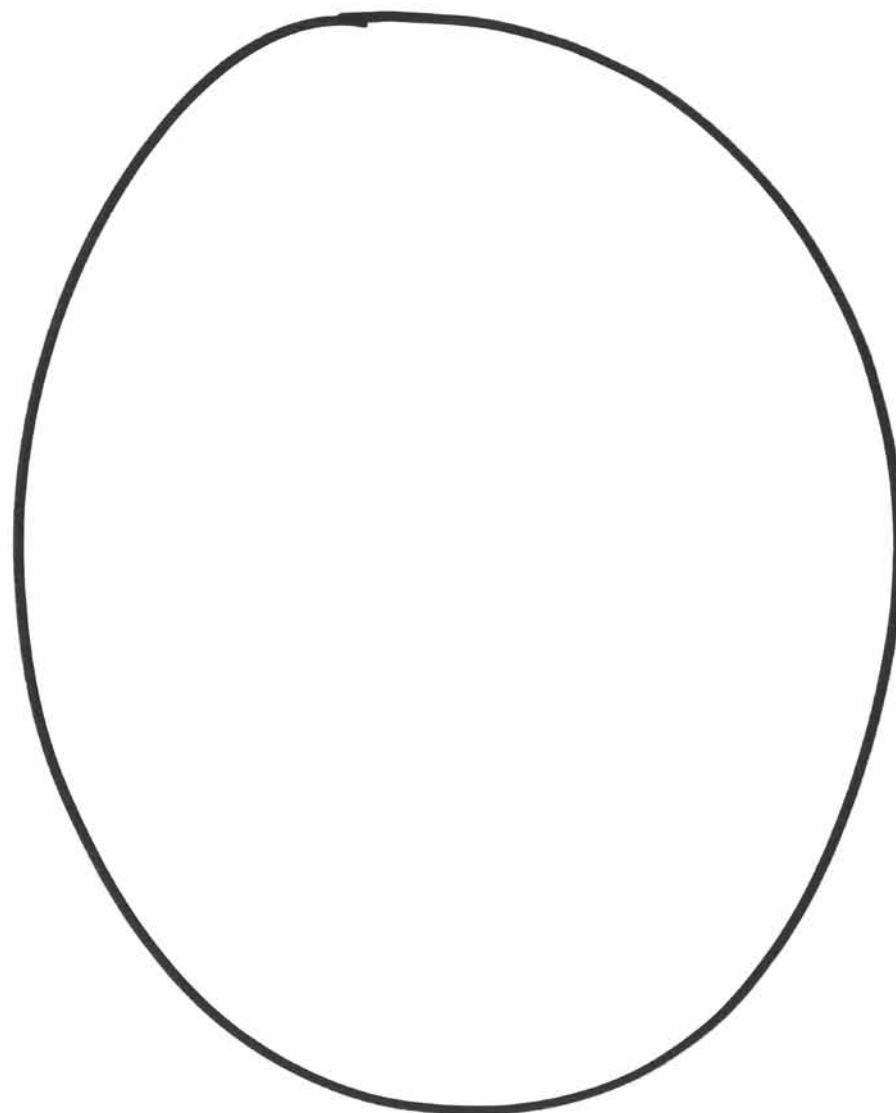
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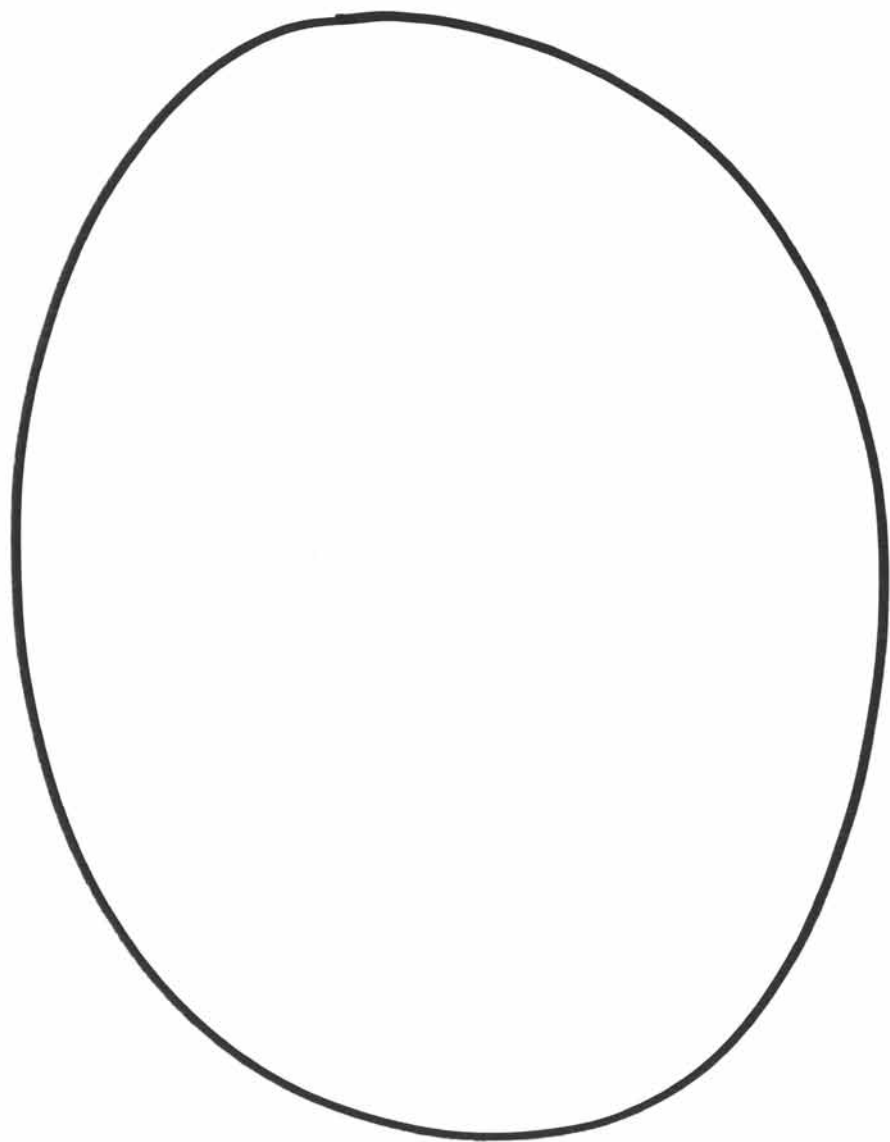
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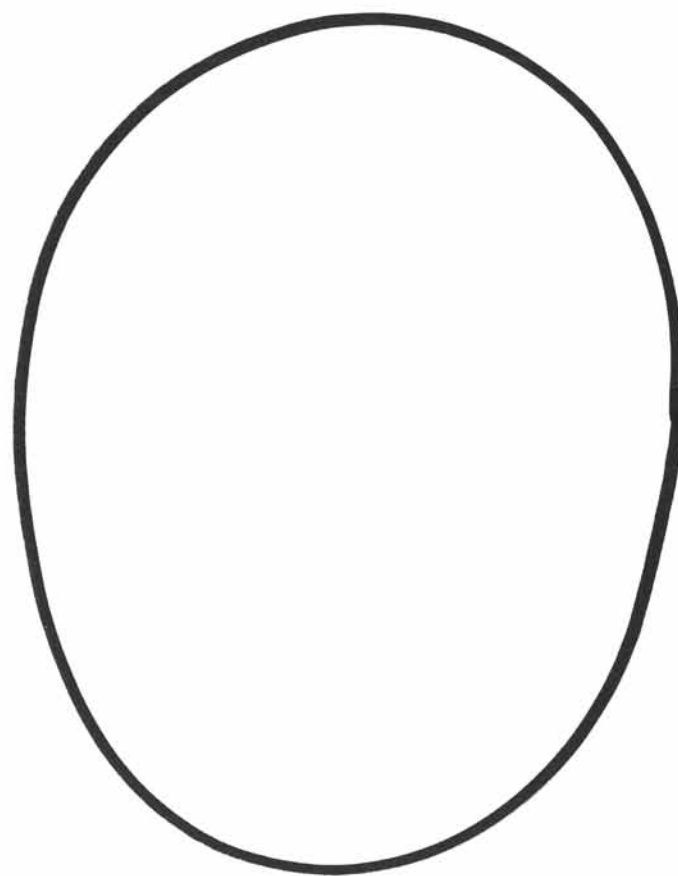
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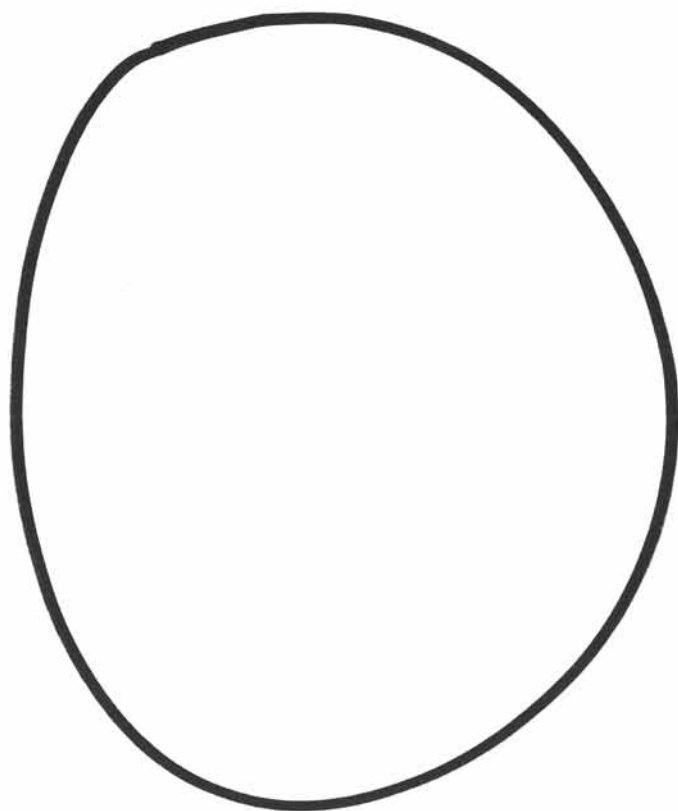
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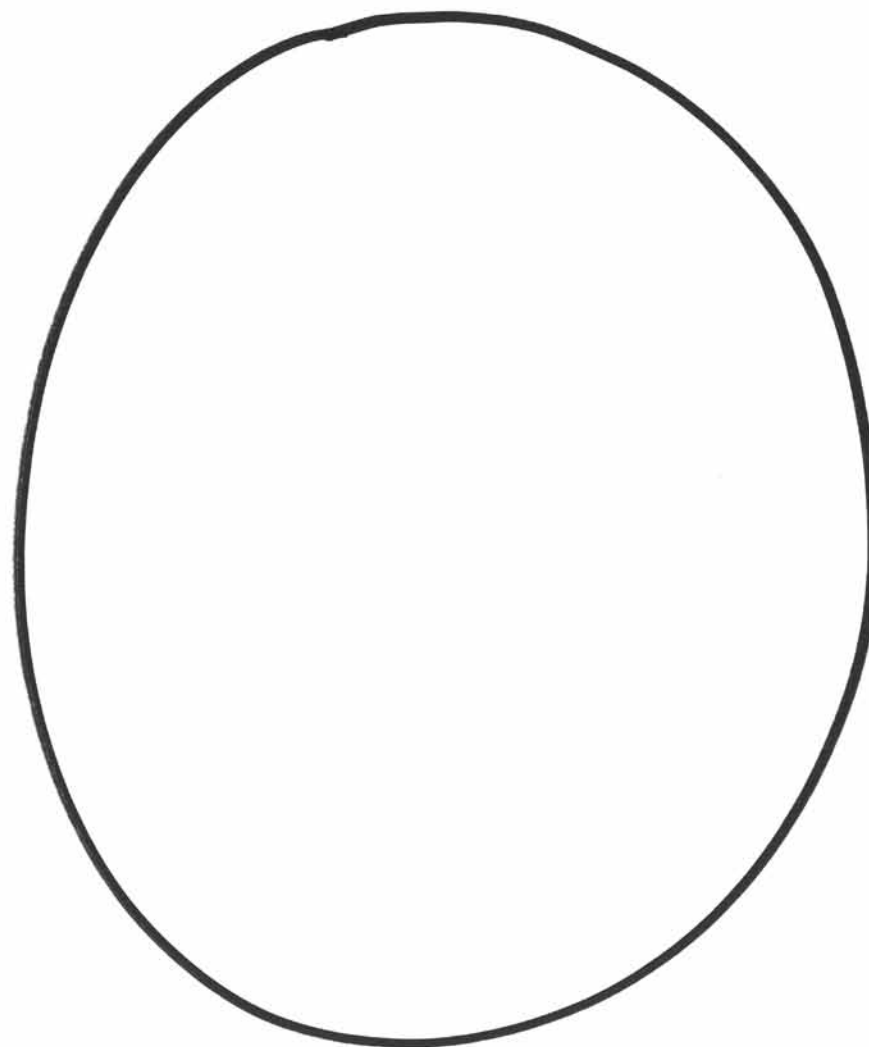
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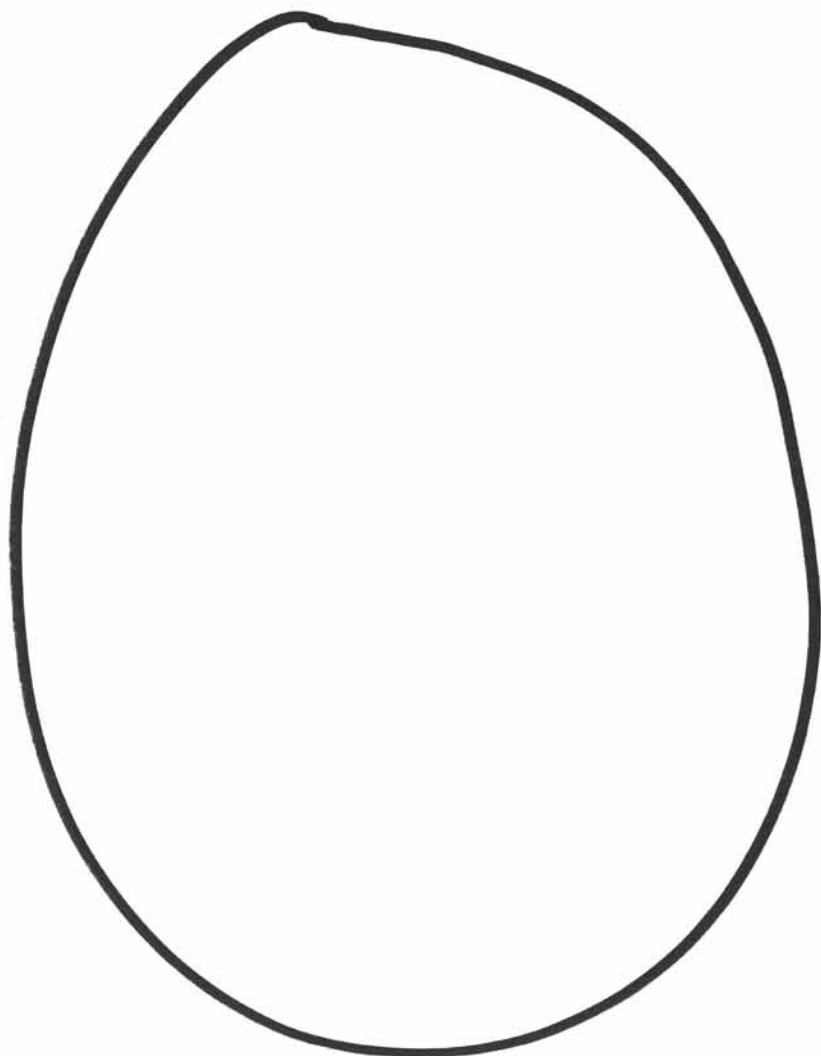
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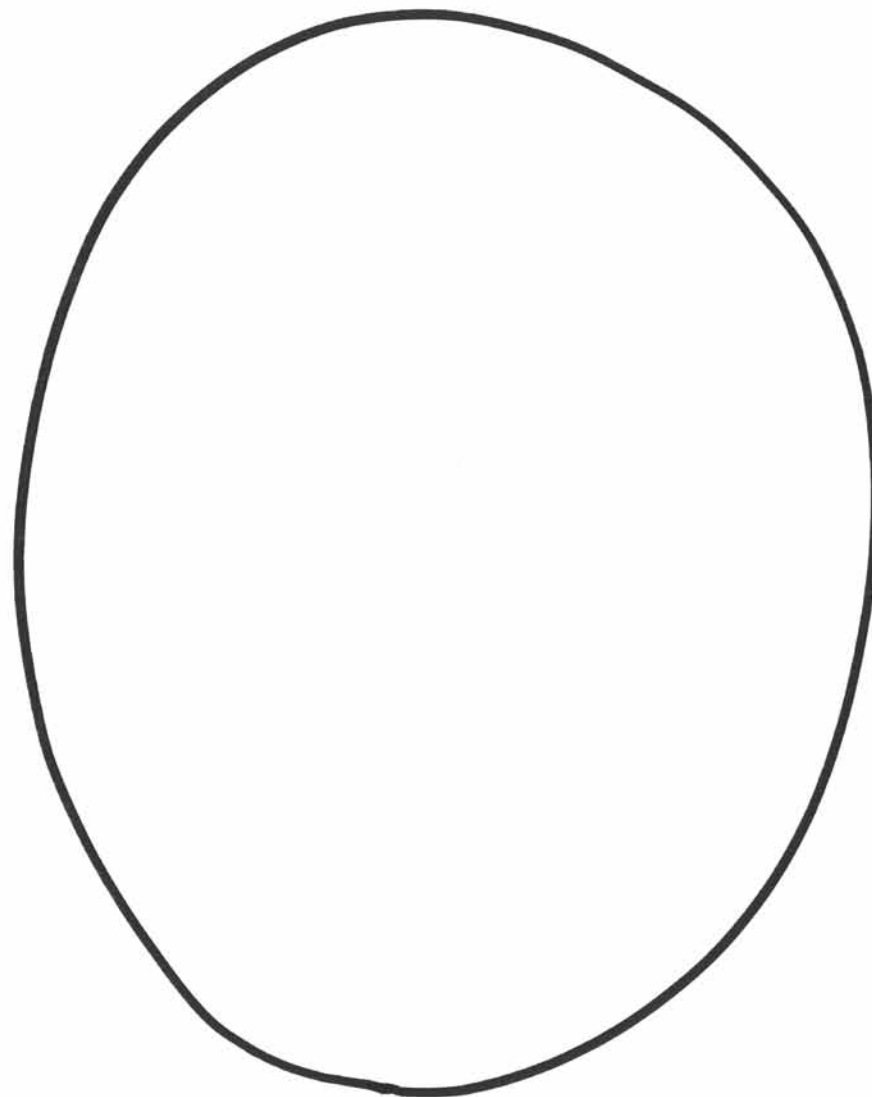
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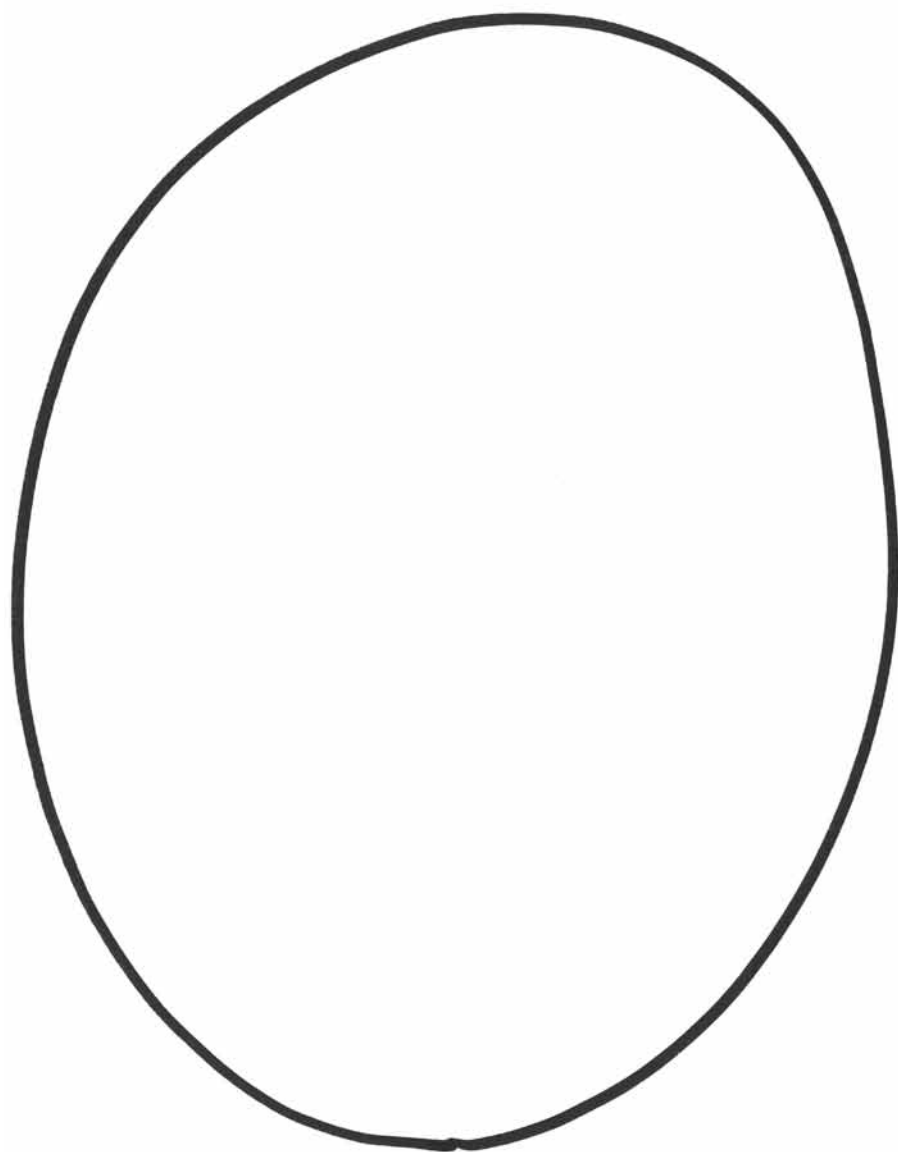
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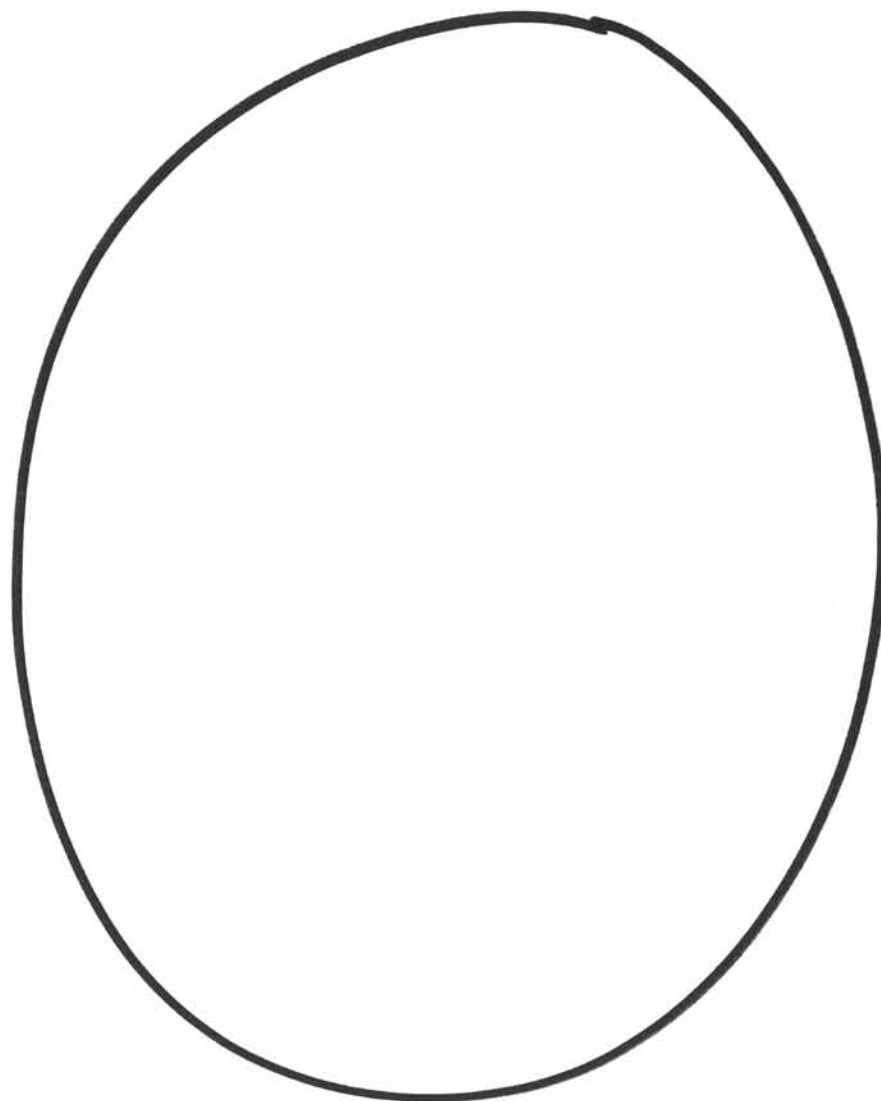
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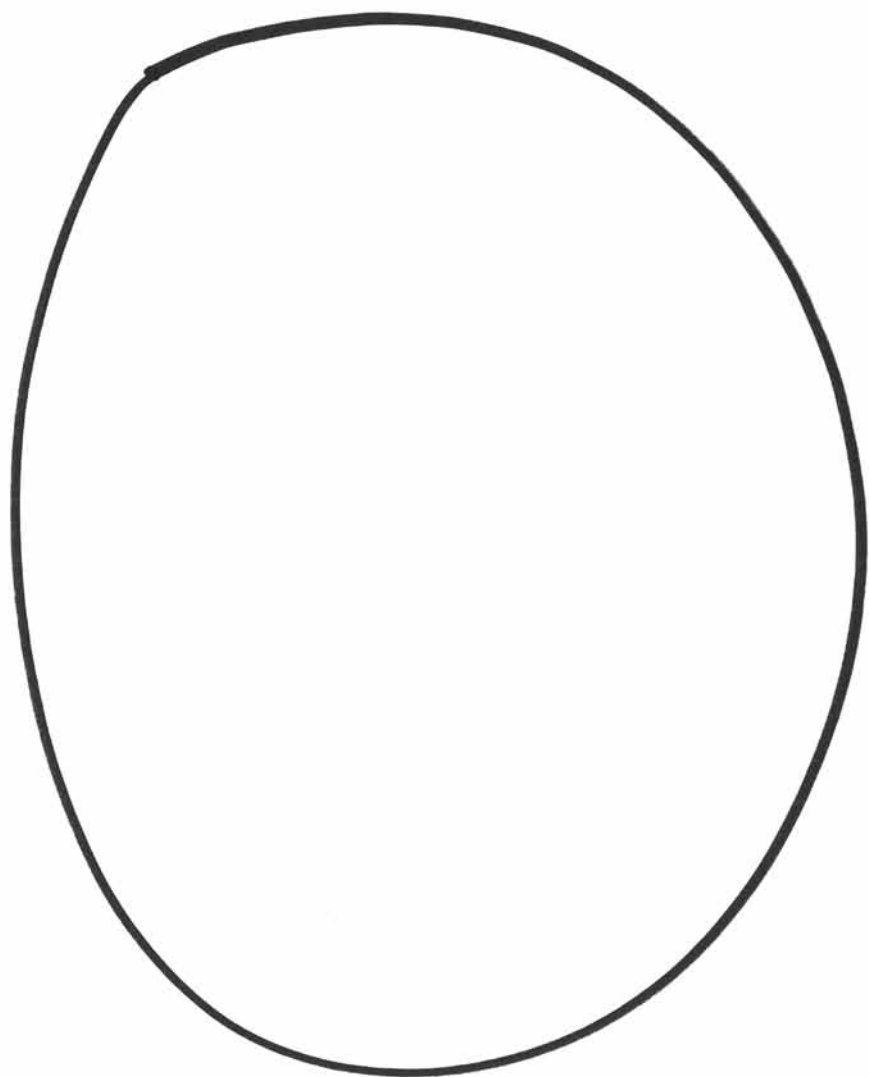
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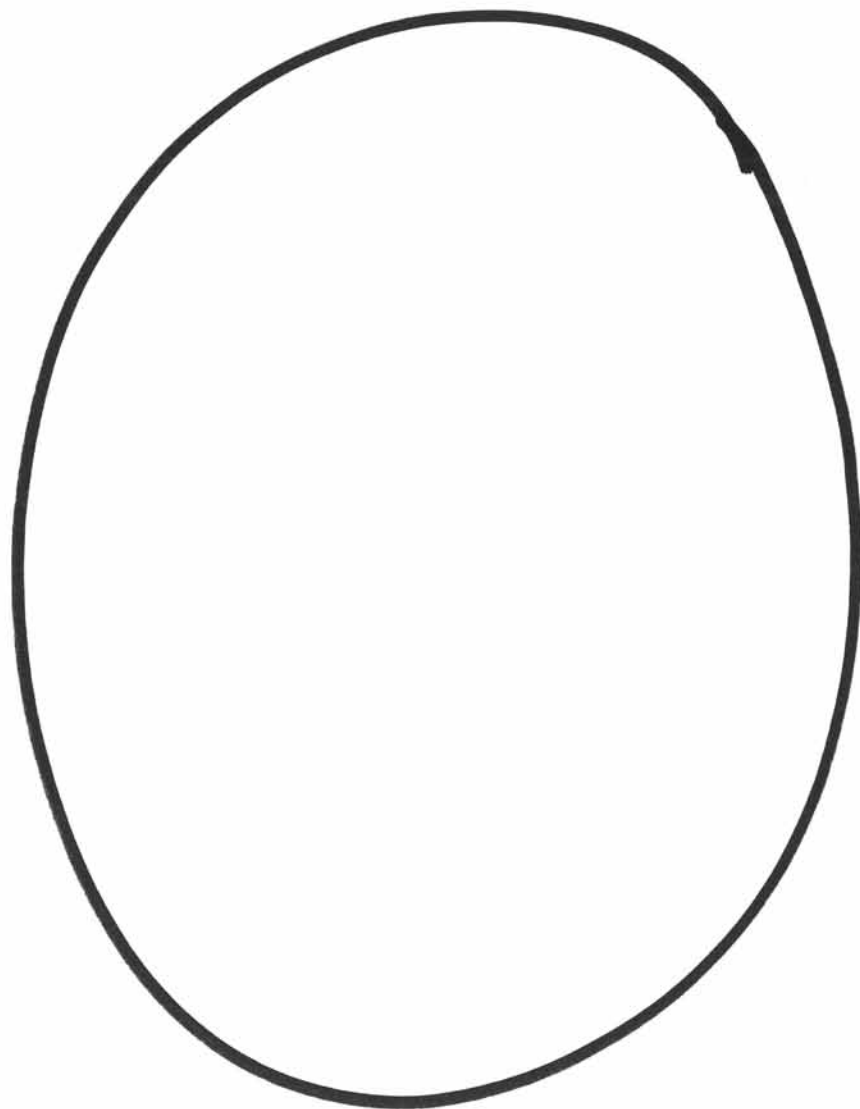
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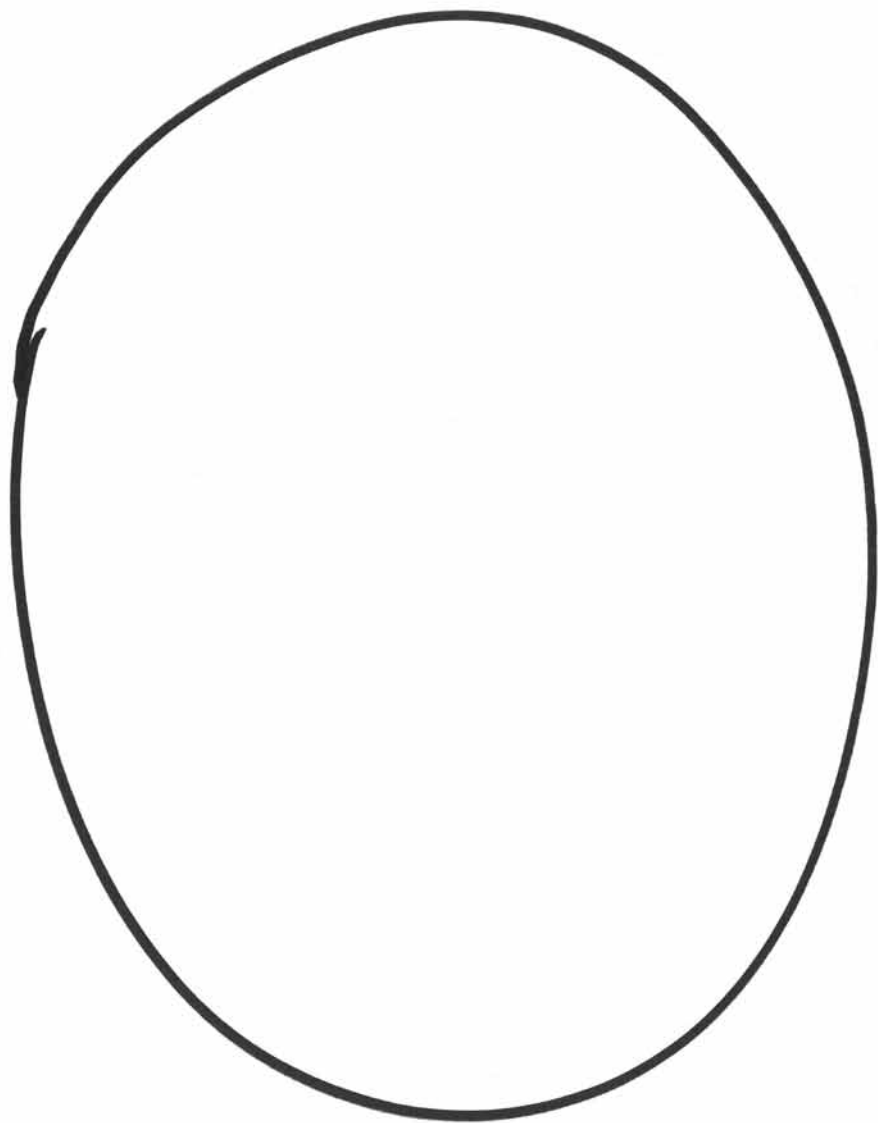
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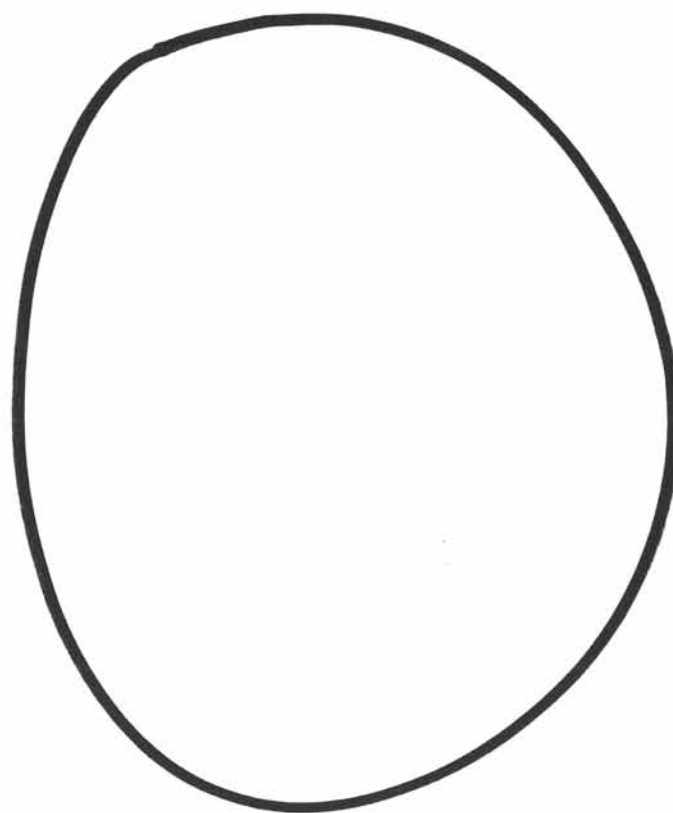
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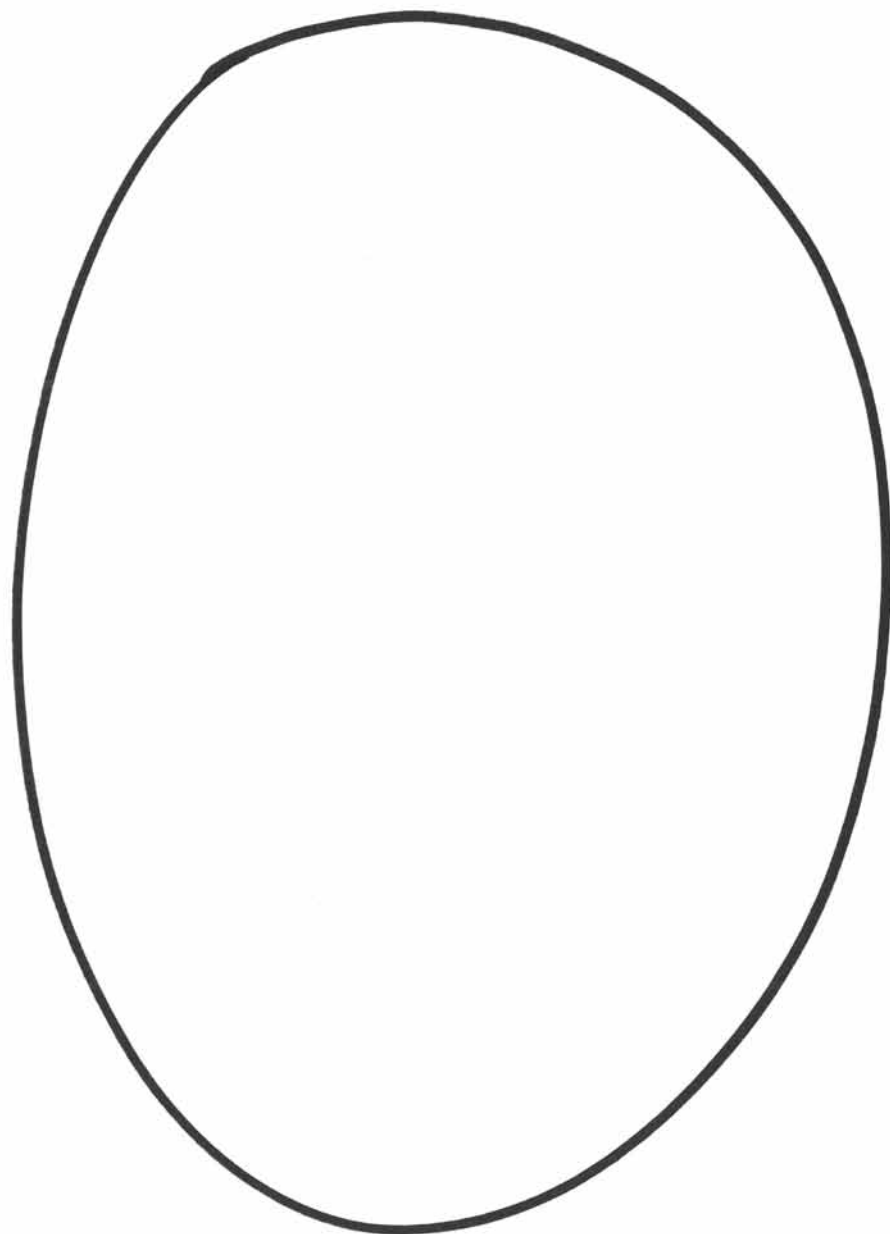
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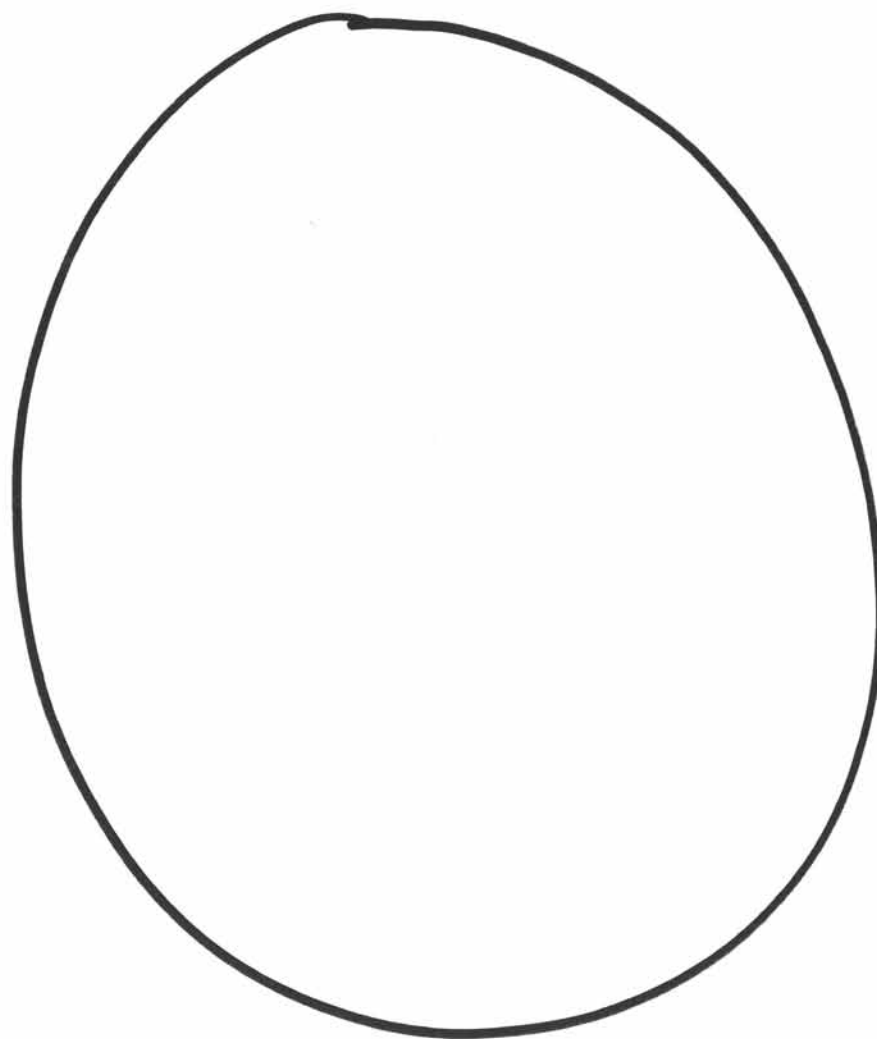
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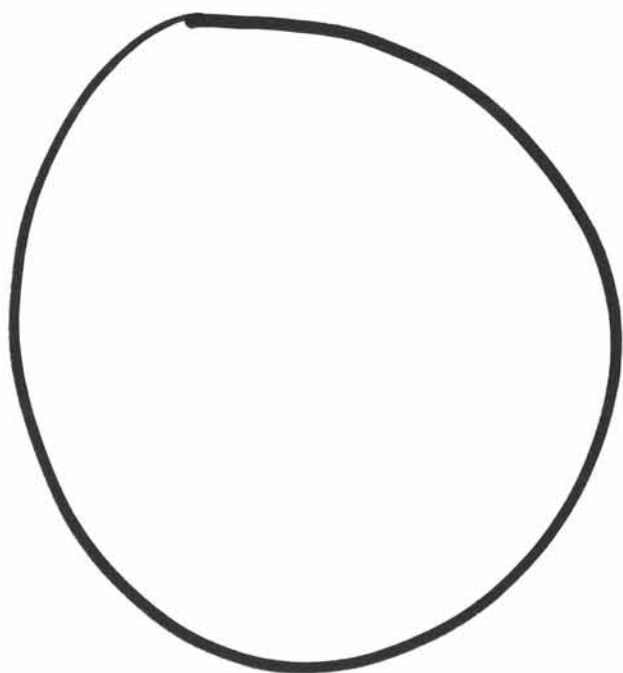
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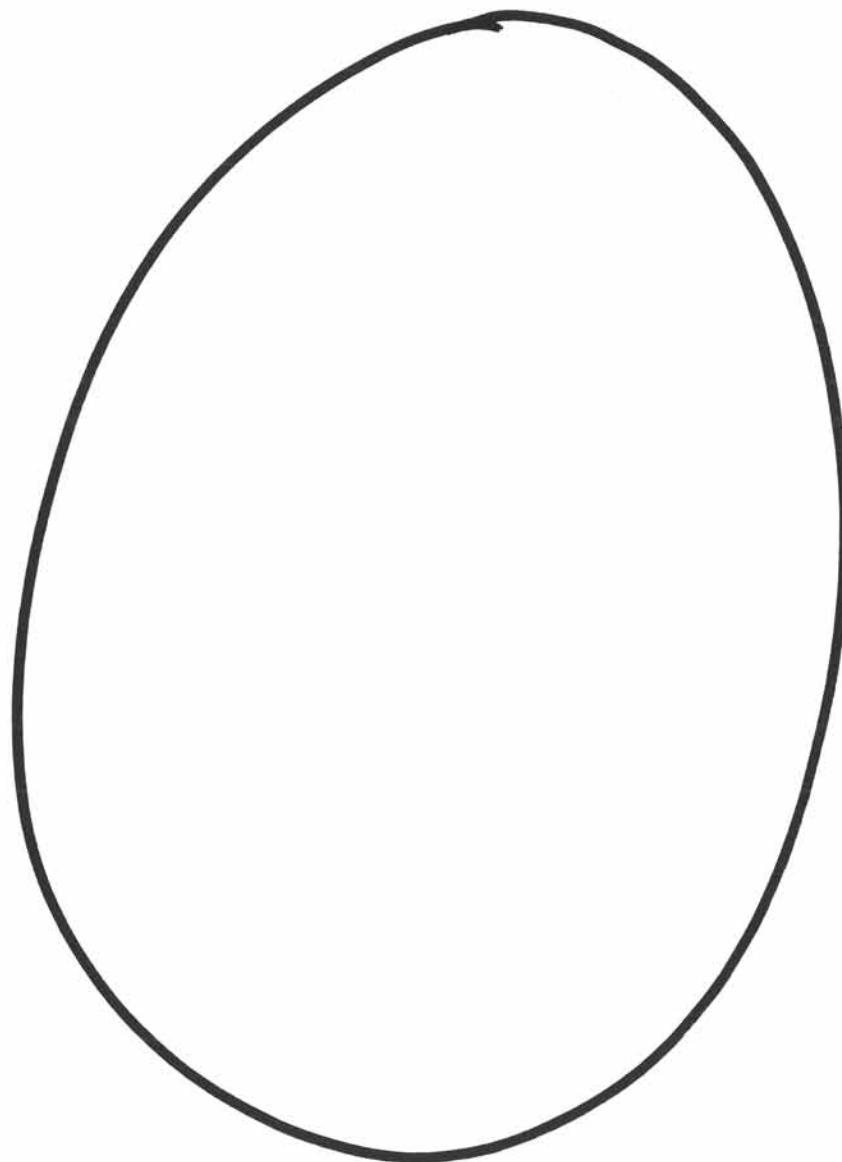
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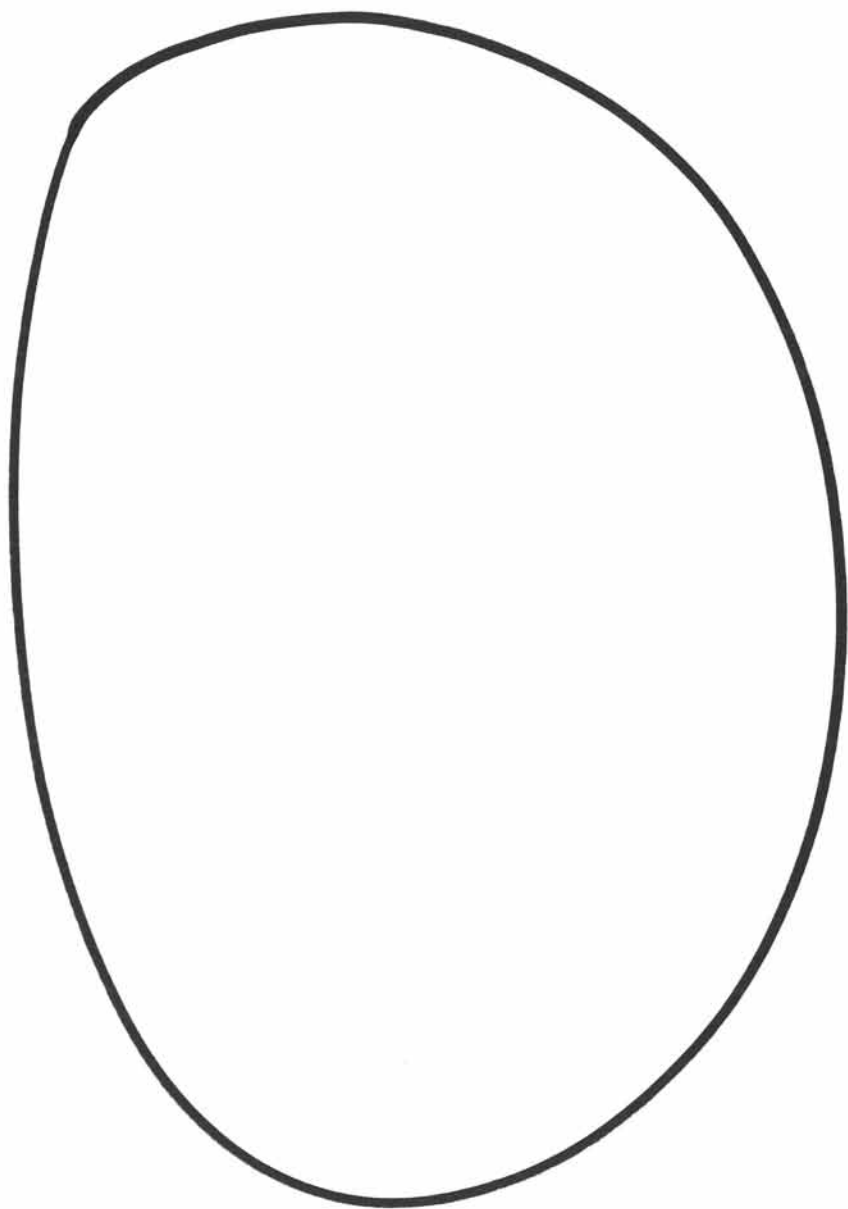
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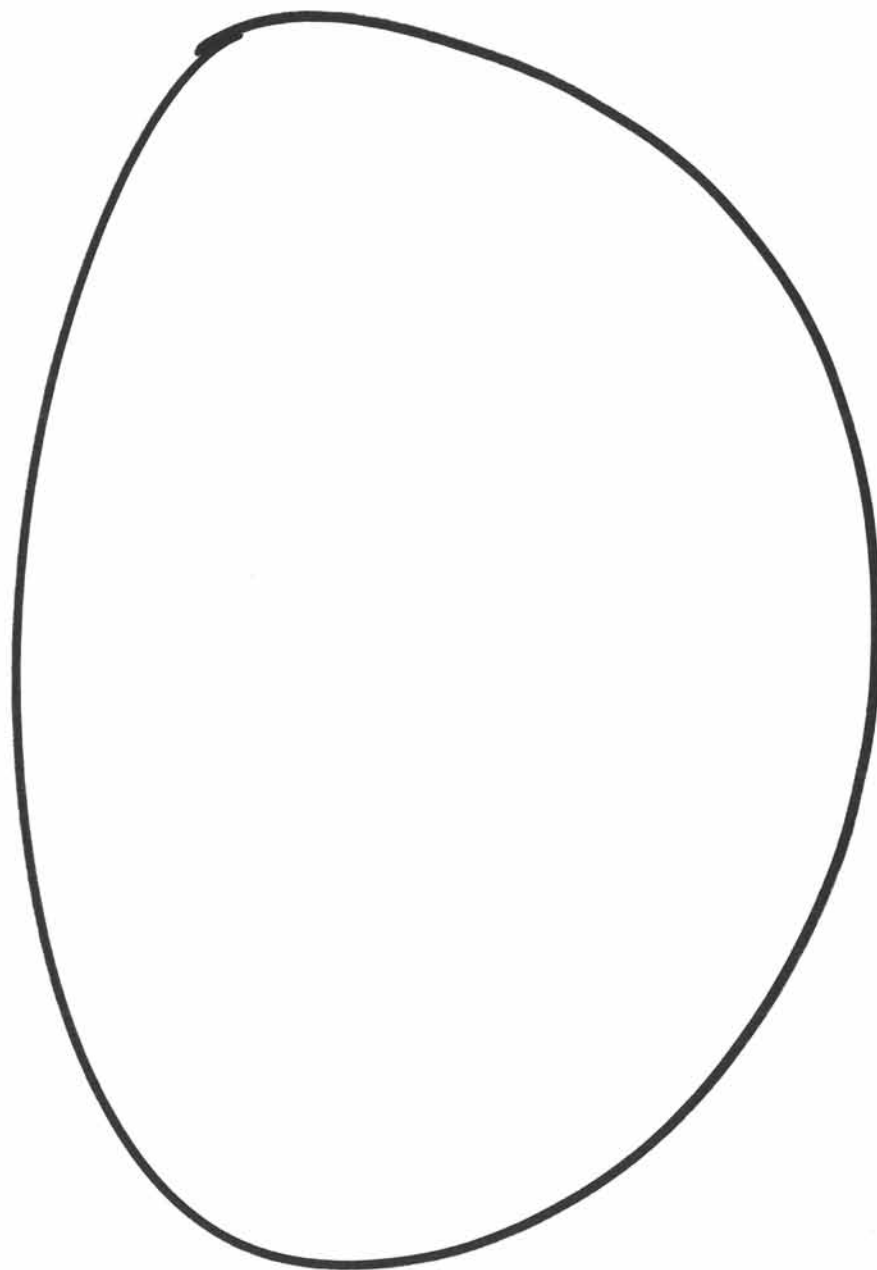
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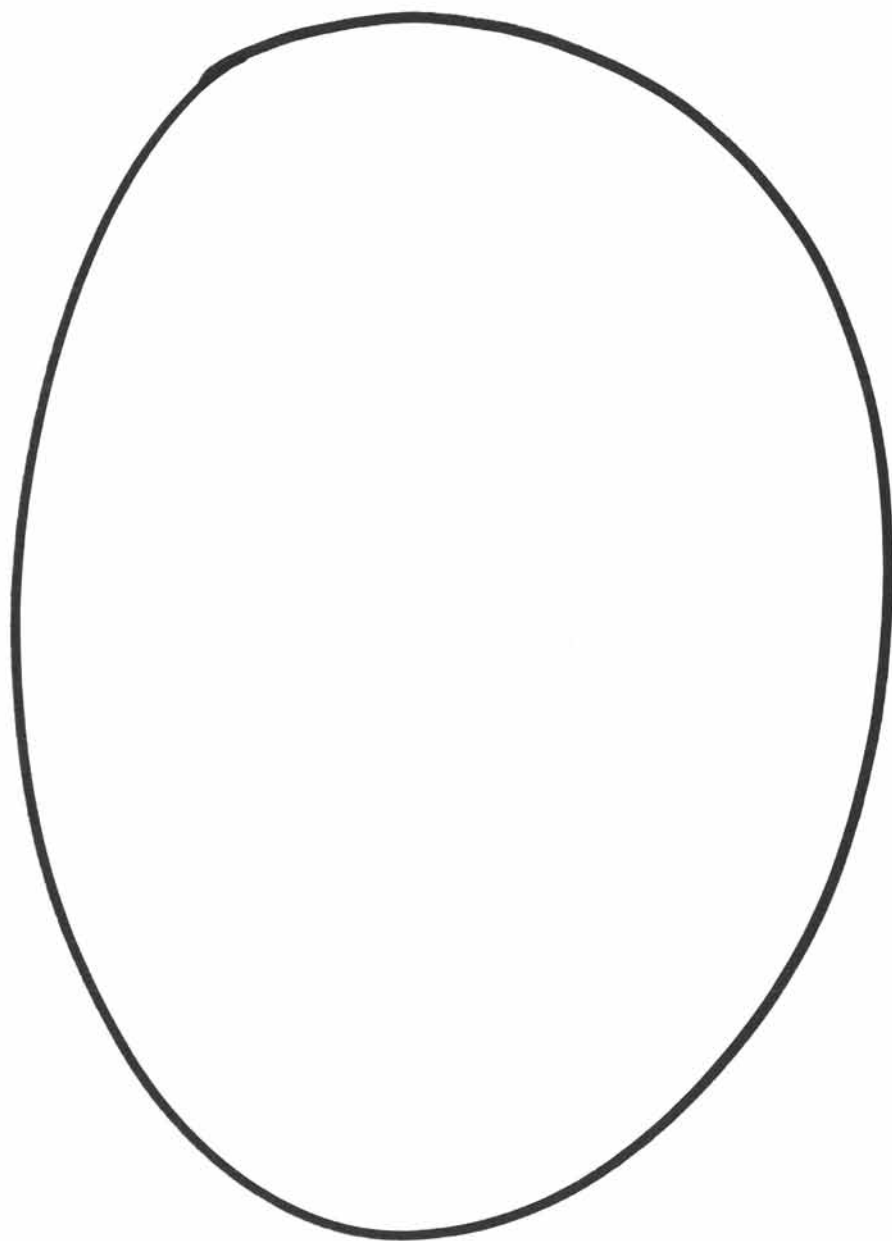
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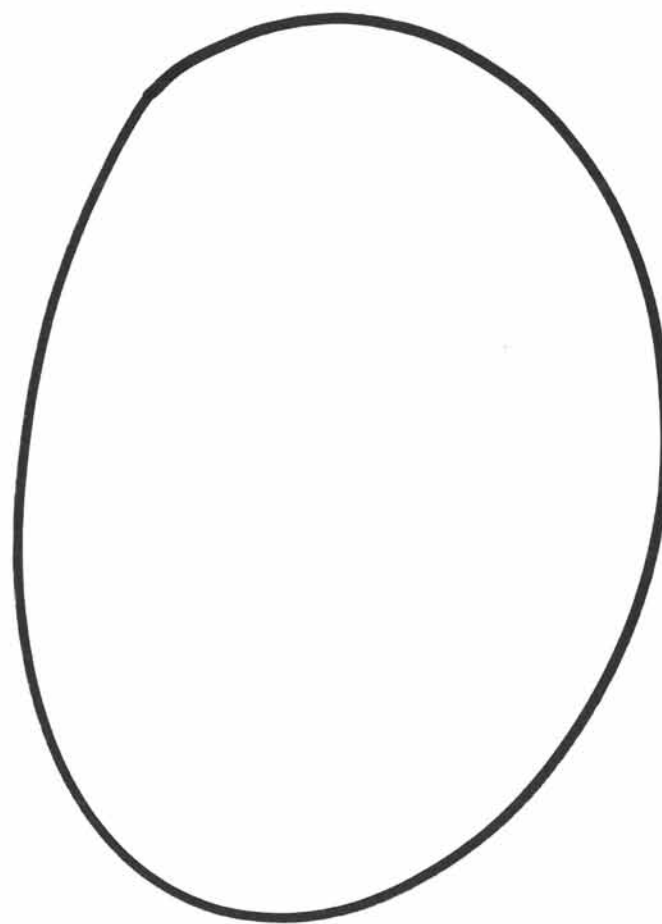
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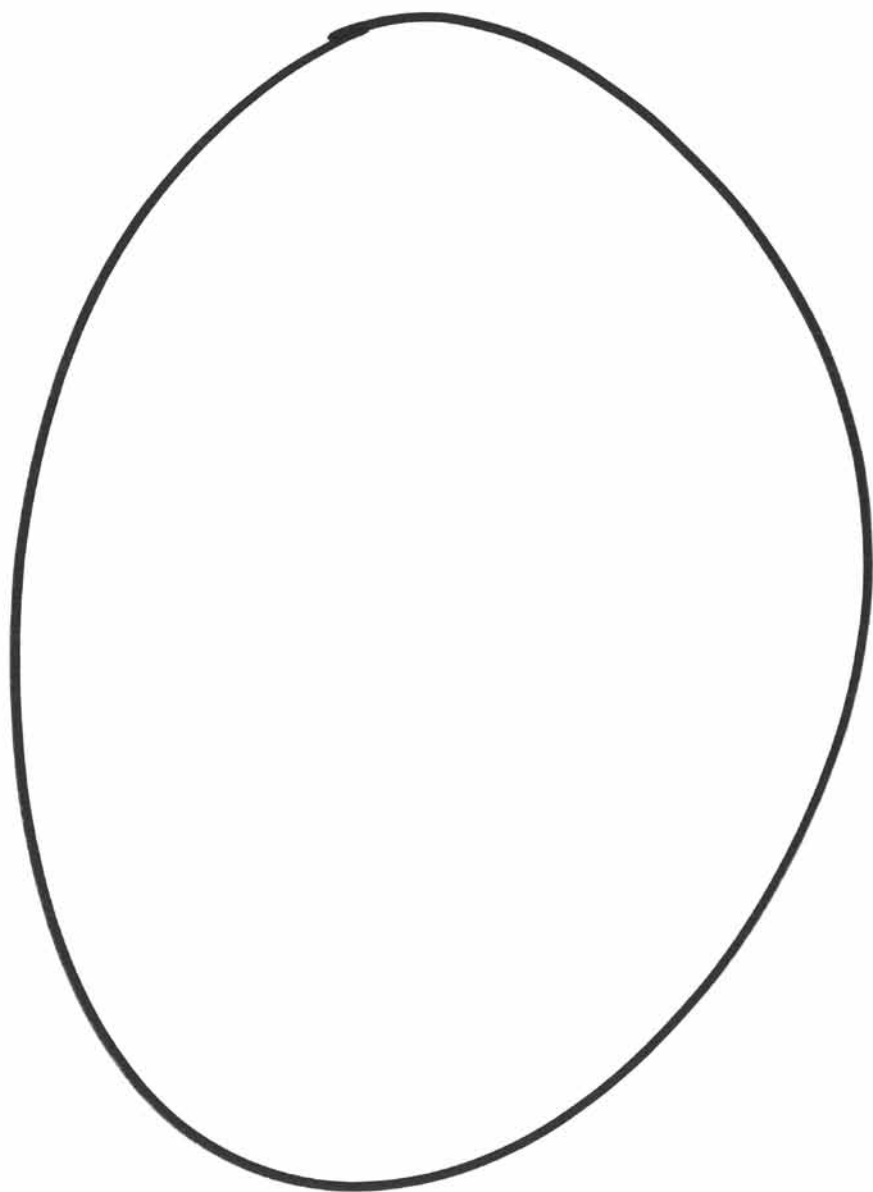
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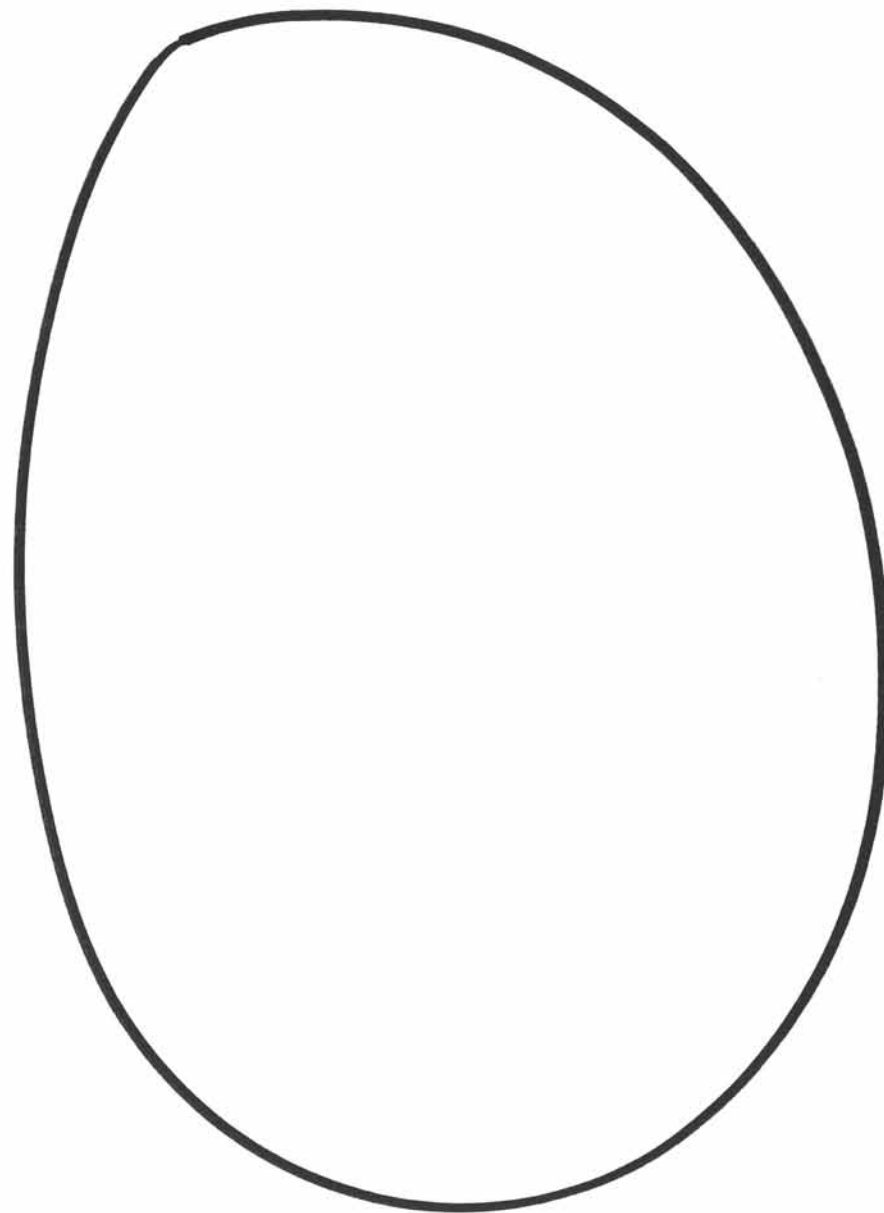
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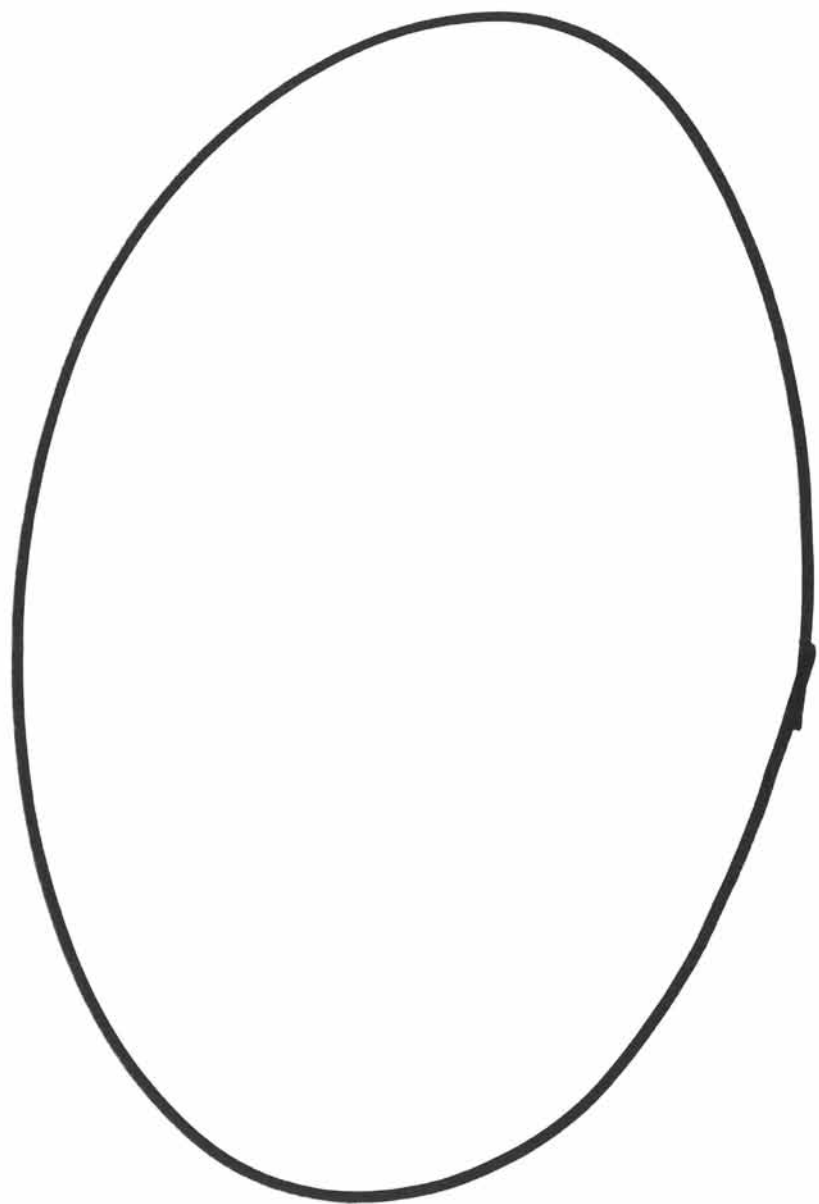
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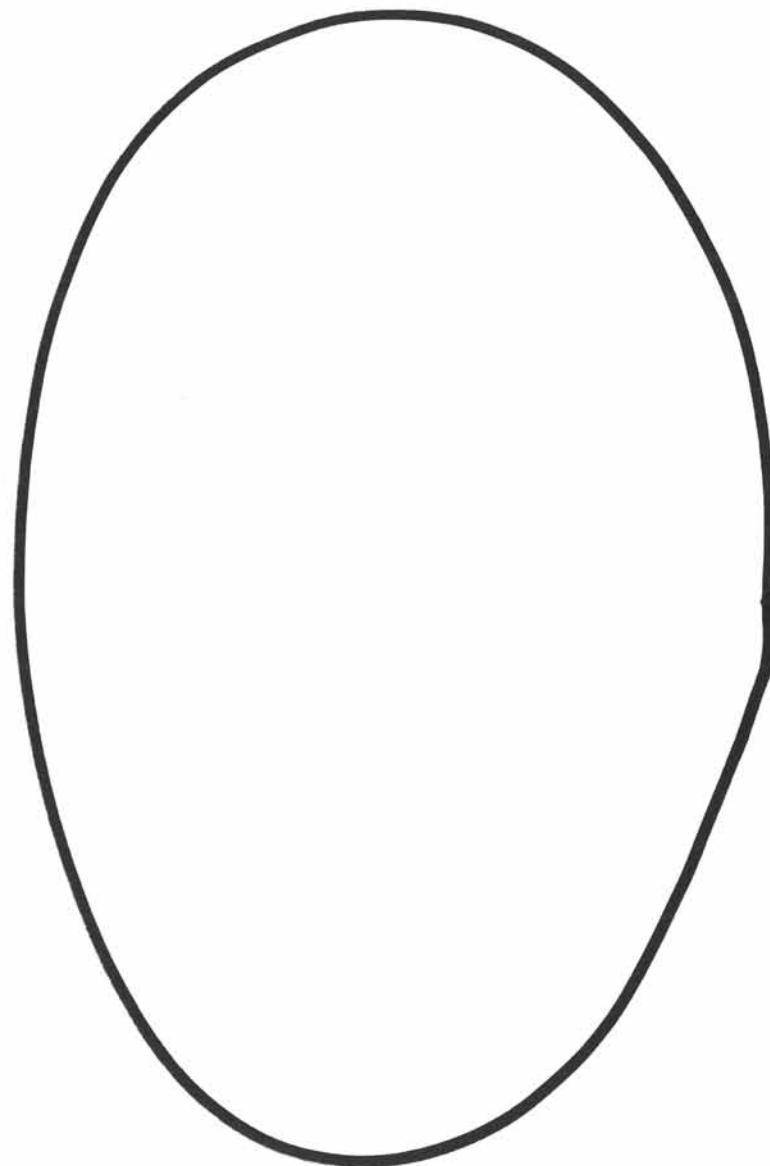
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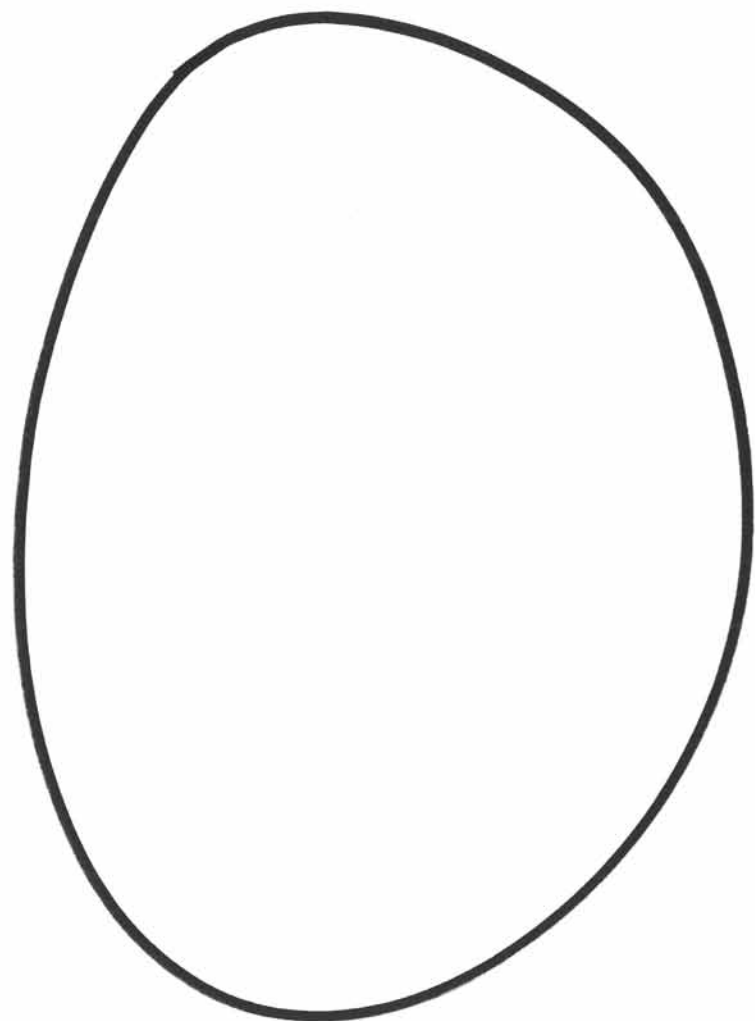
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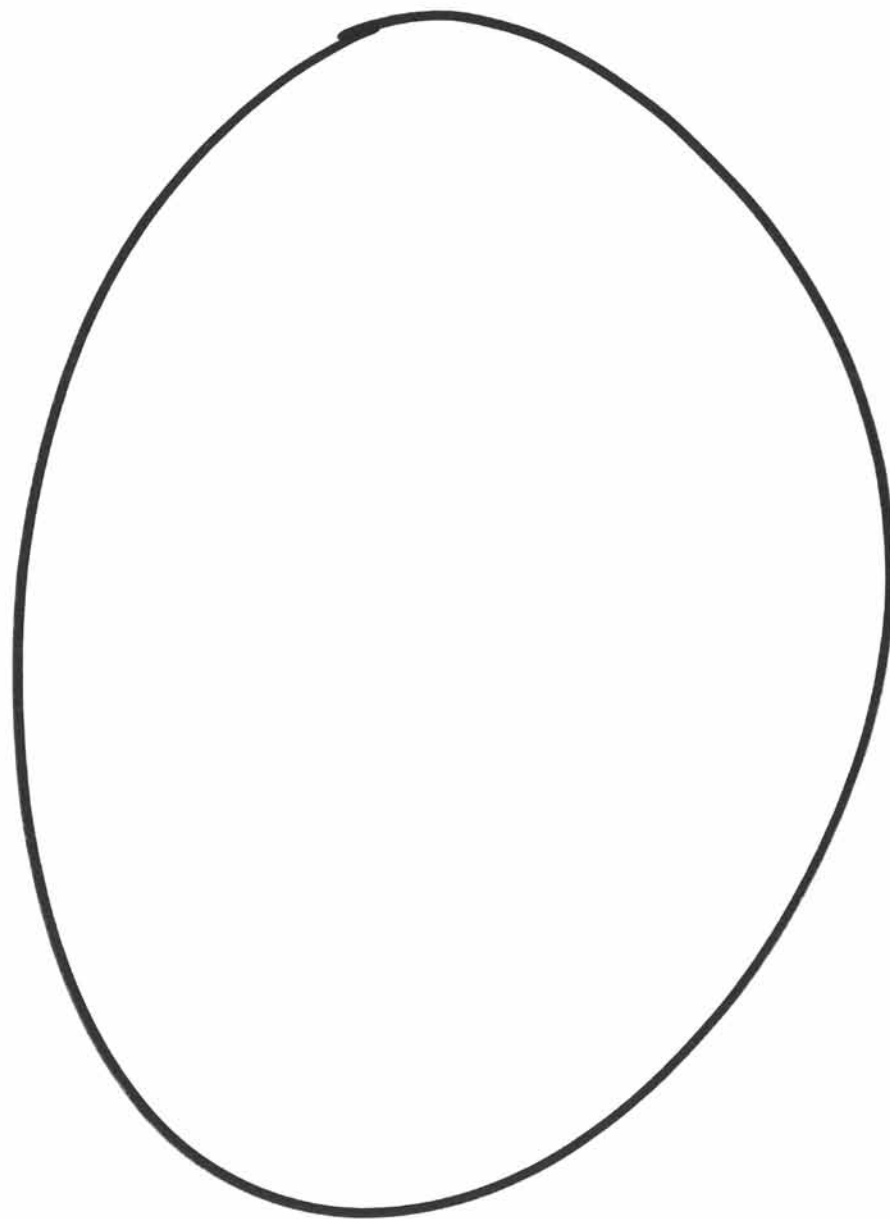
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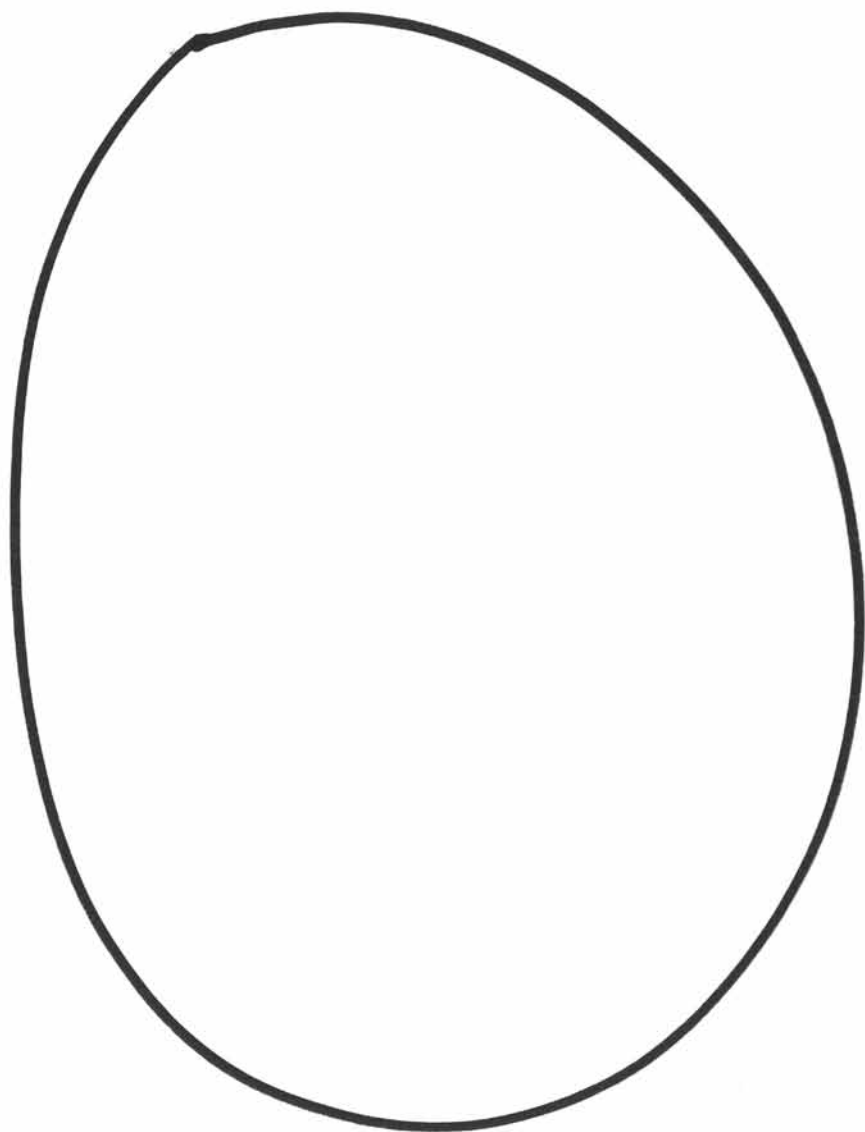
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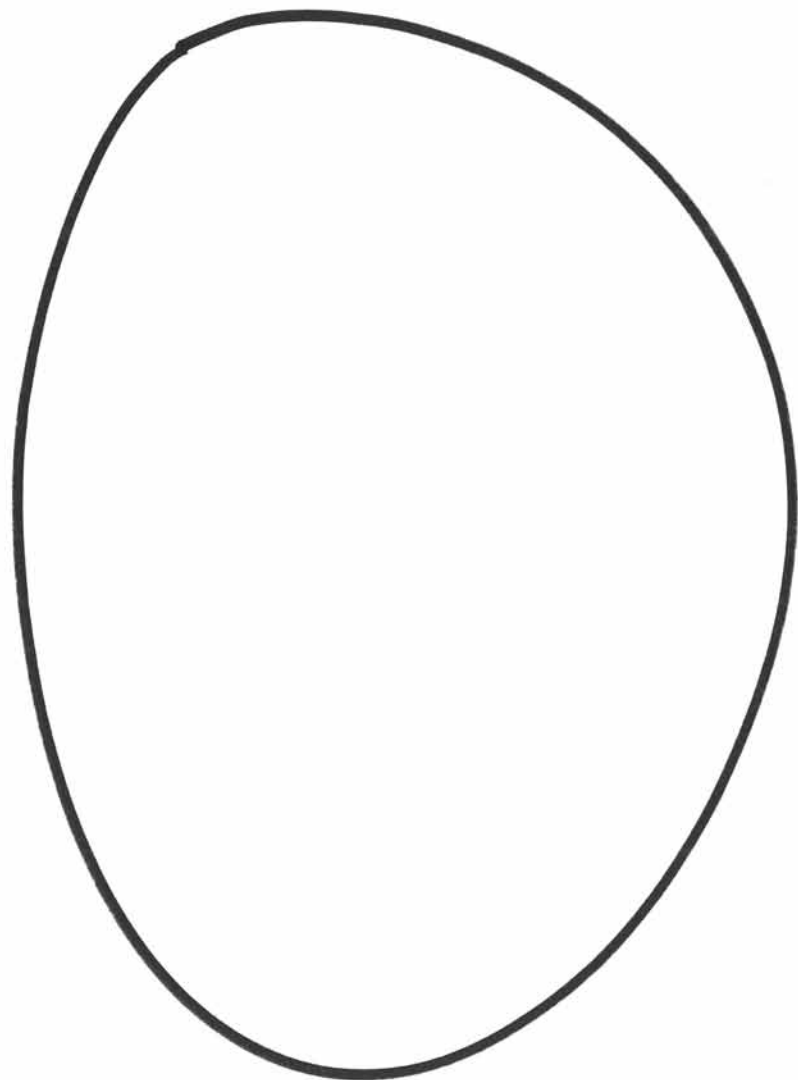
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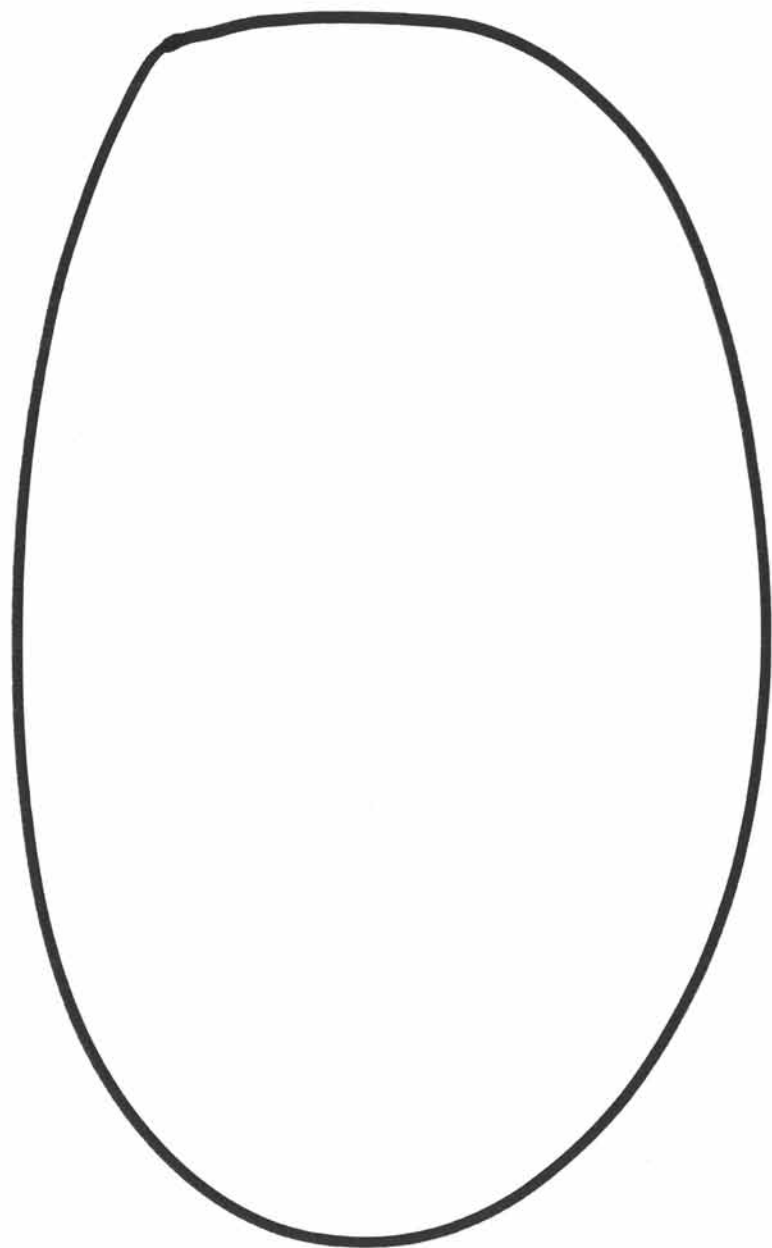
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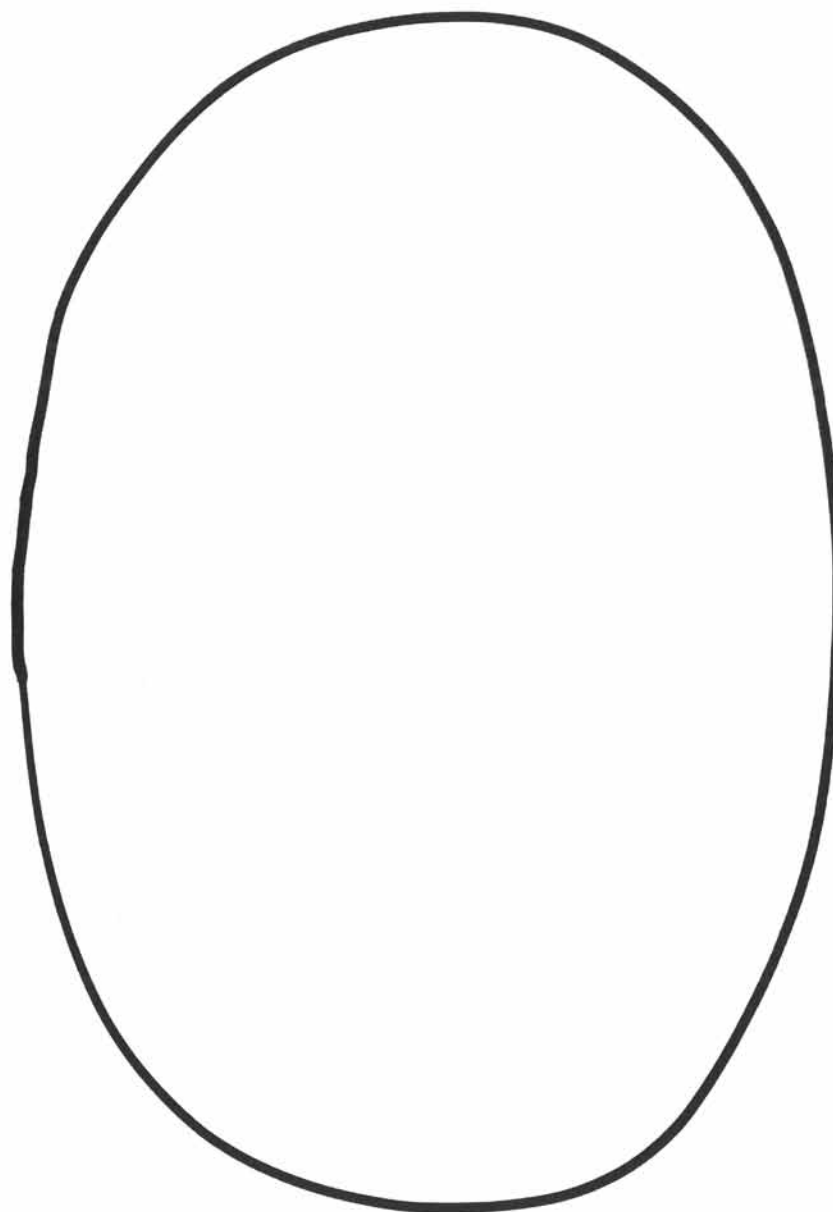
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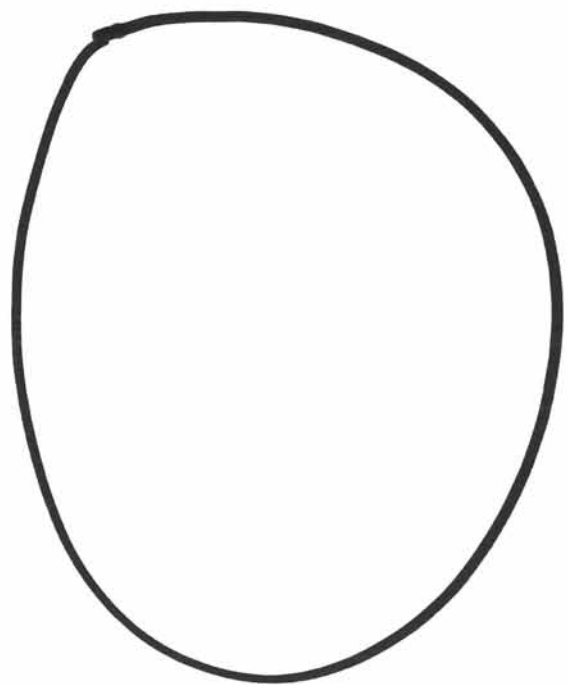
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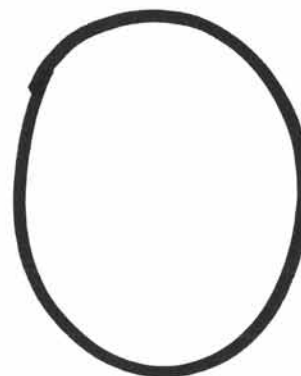
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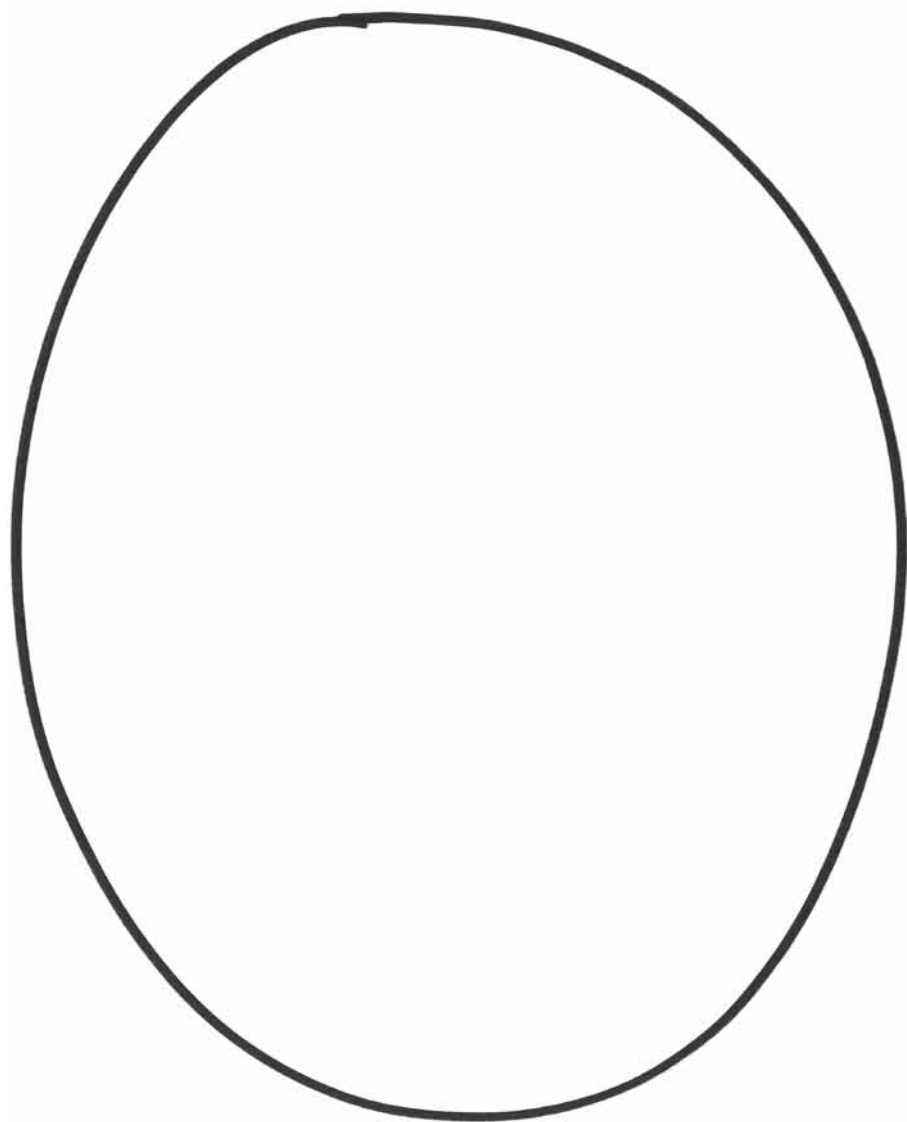
Day 148



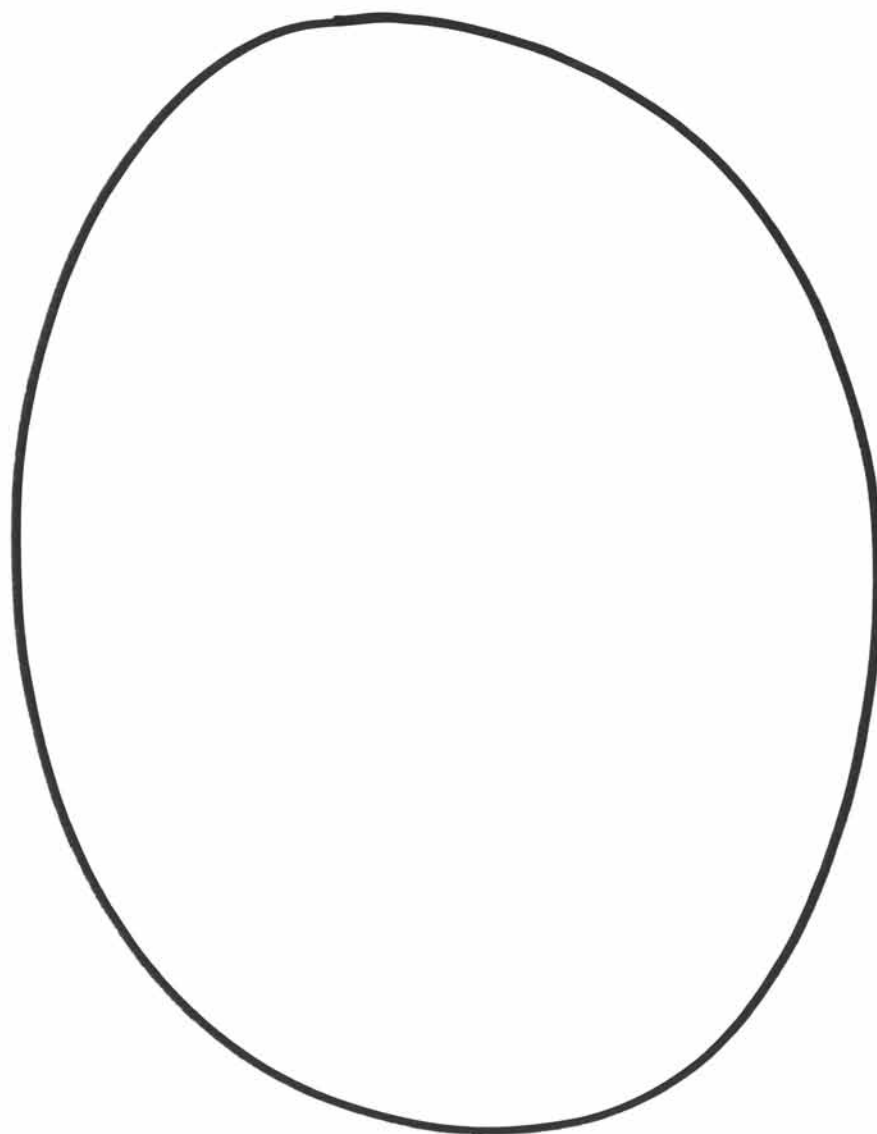
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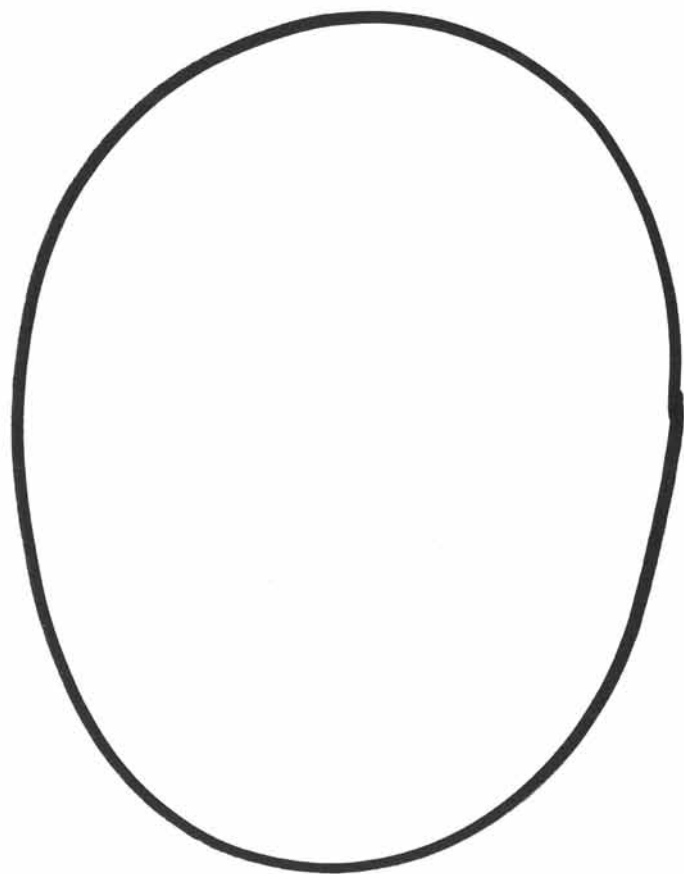
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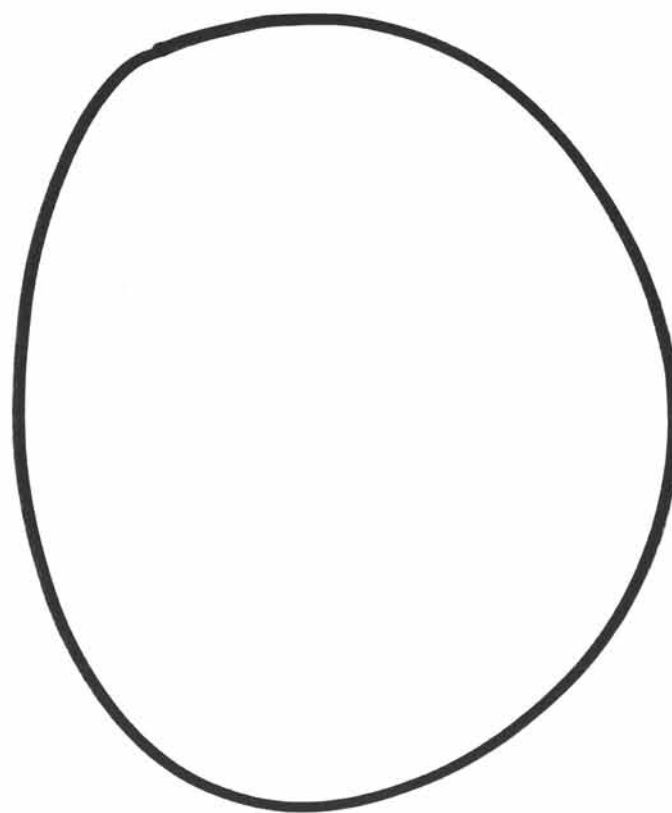
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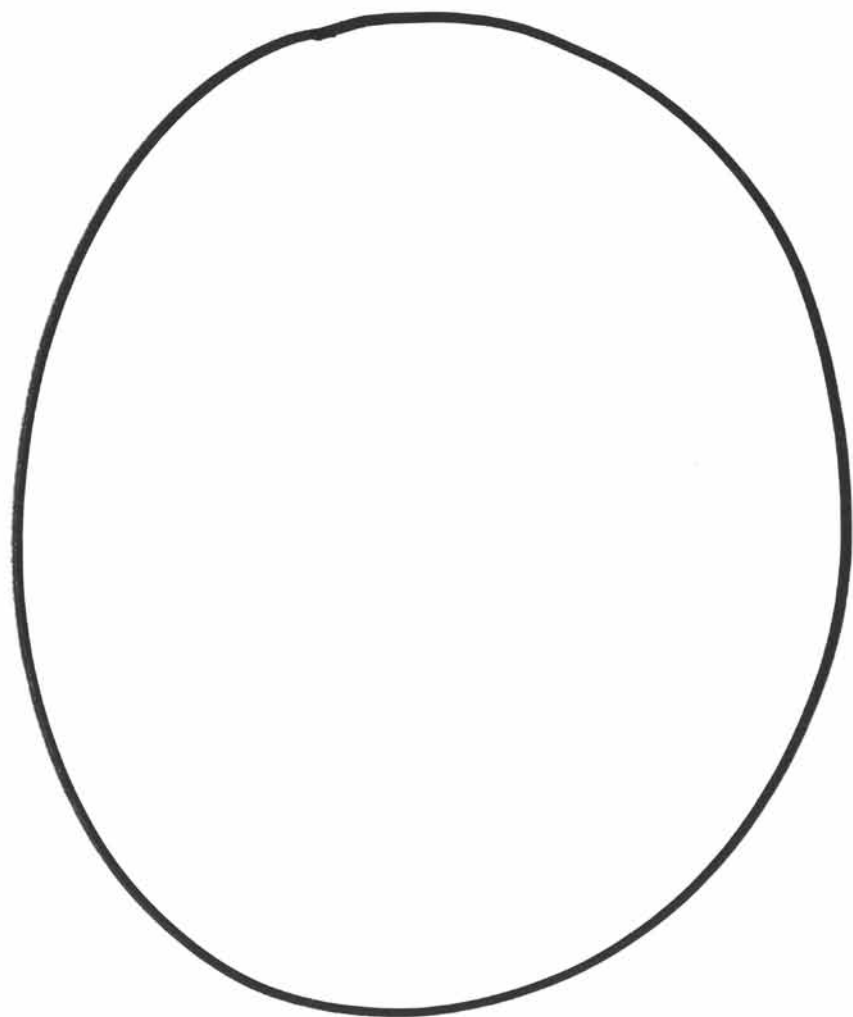
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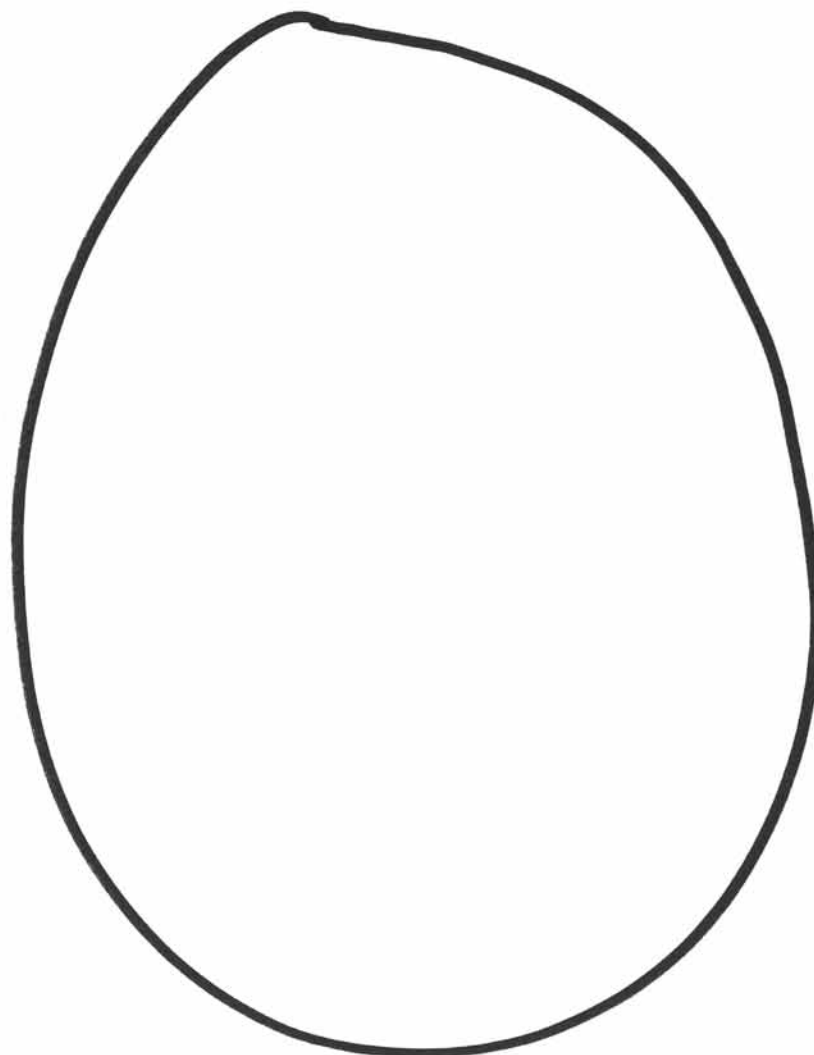
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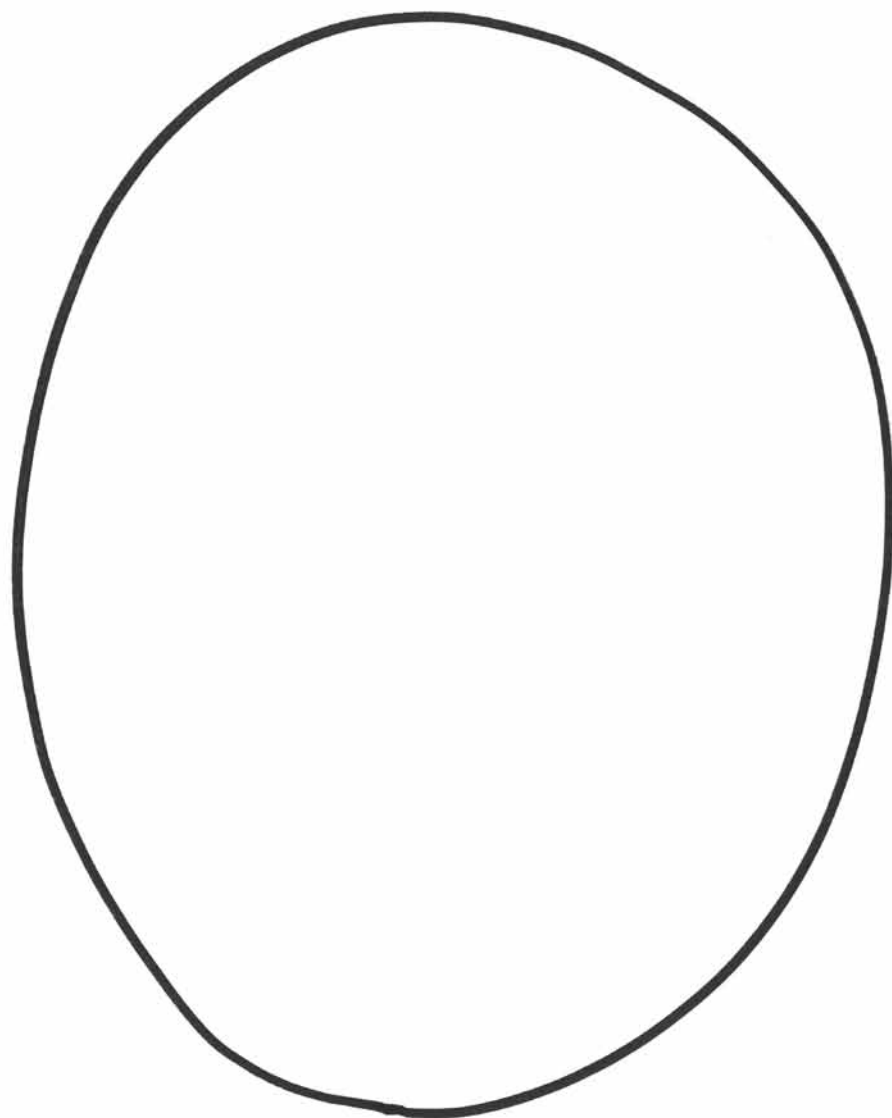
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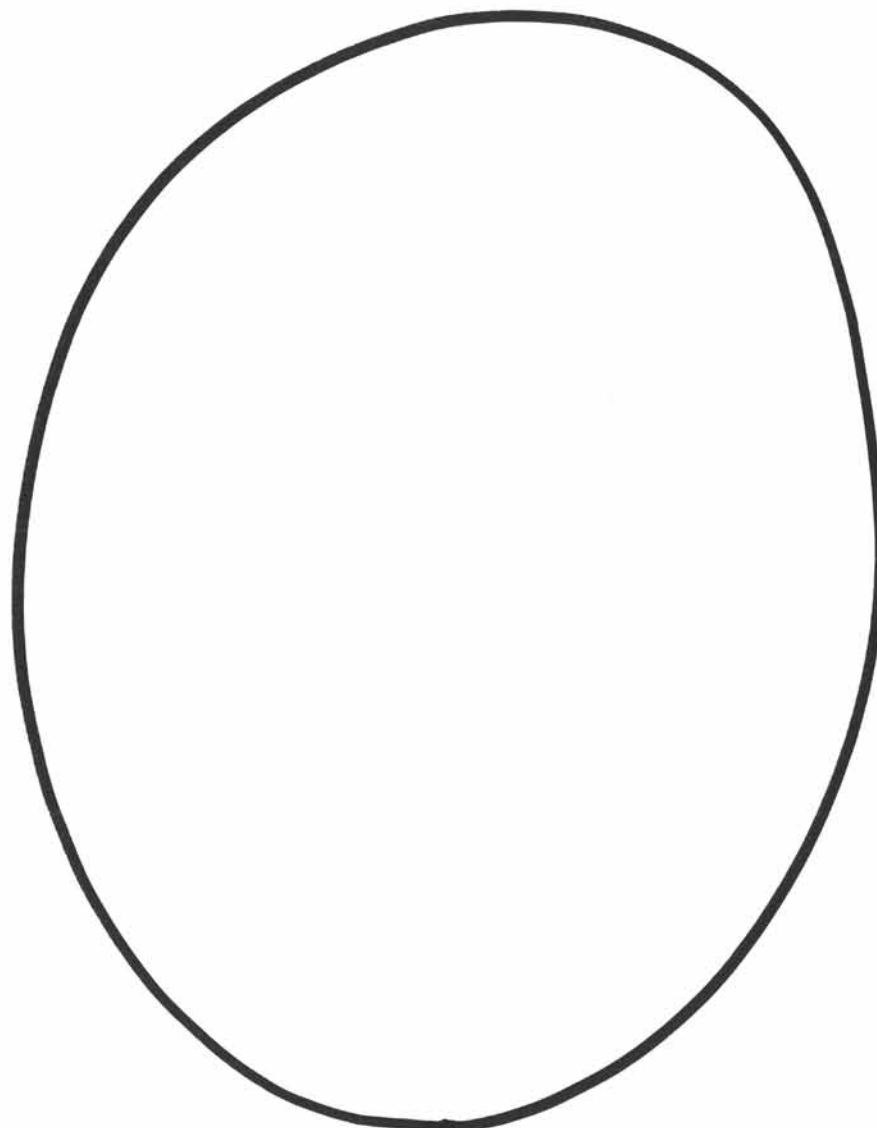
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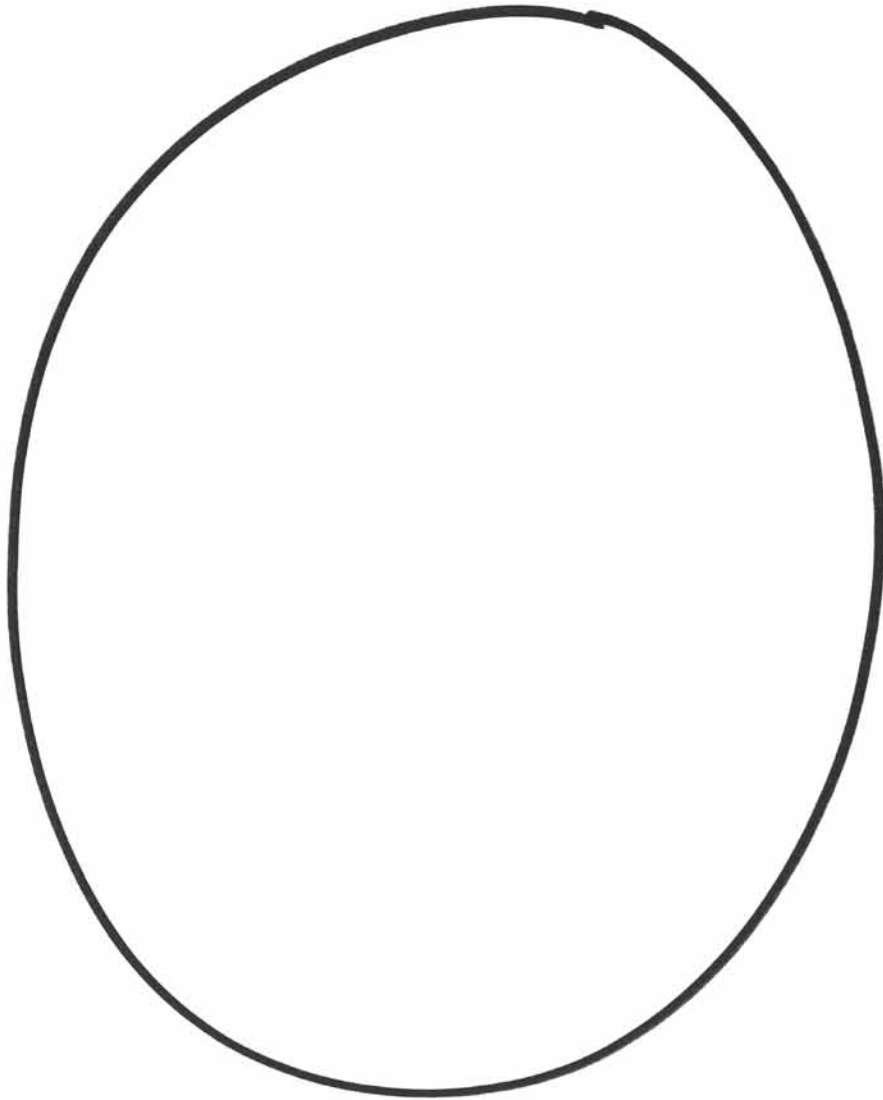
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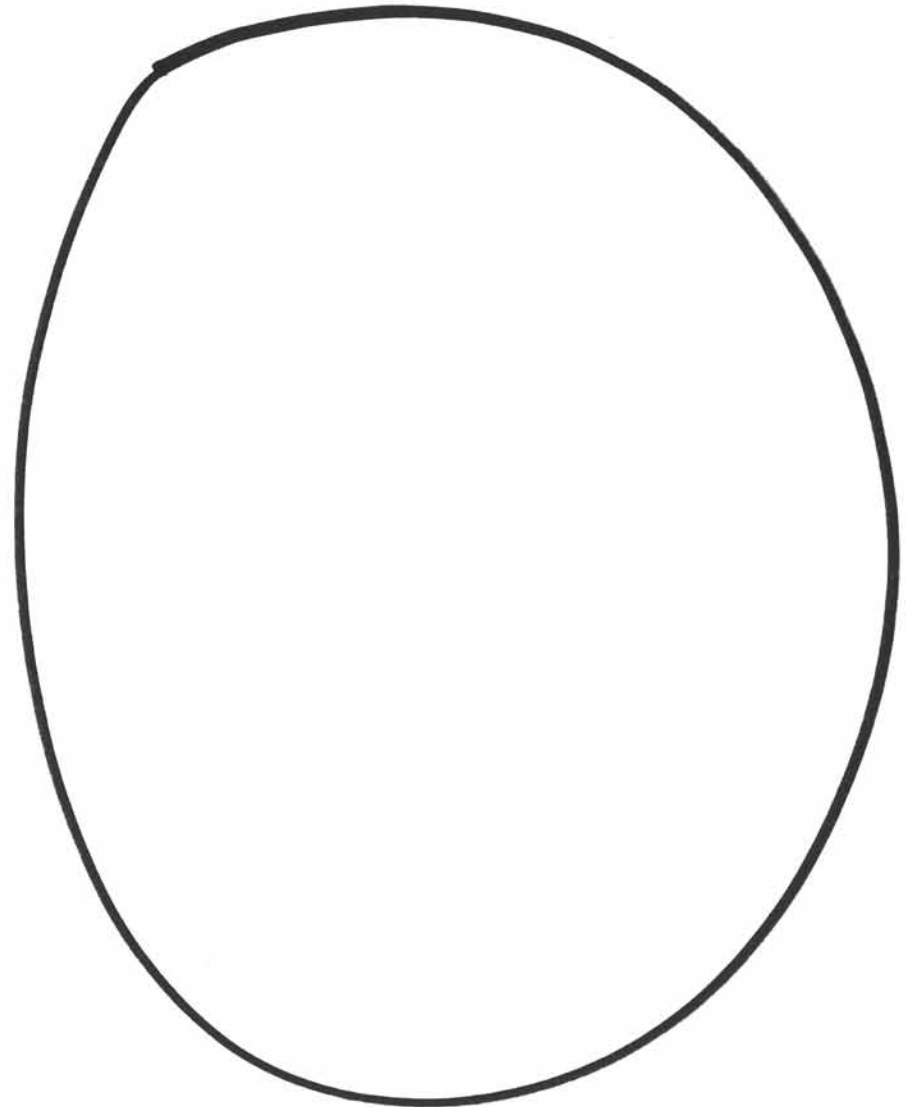
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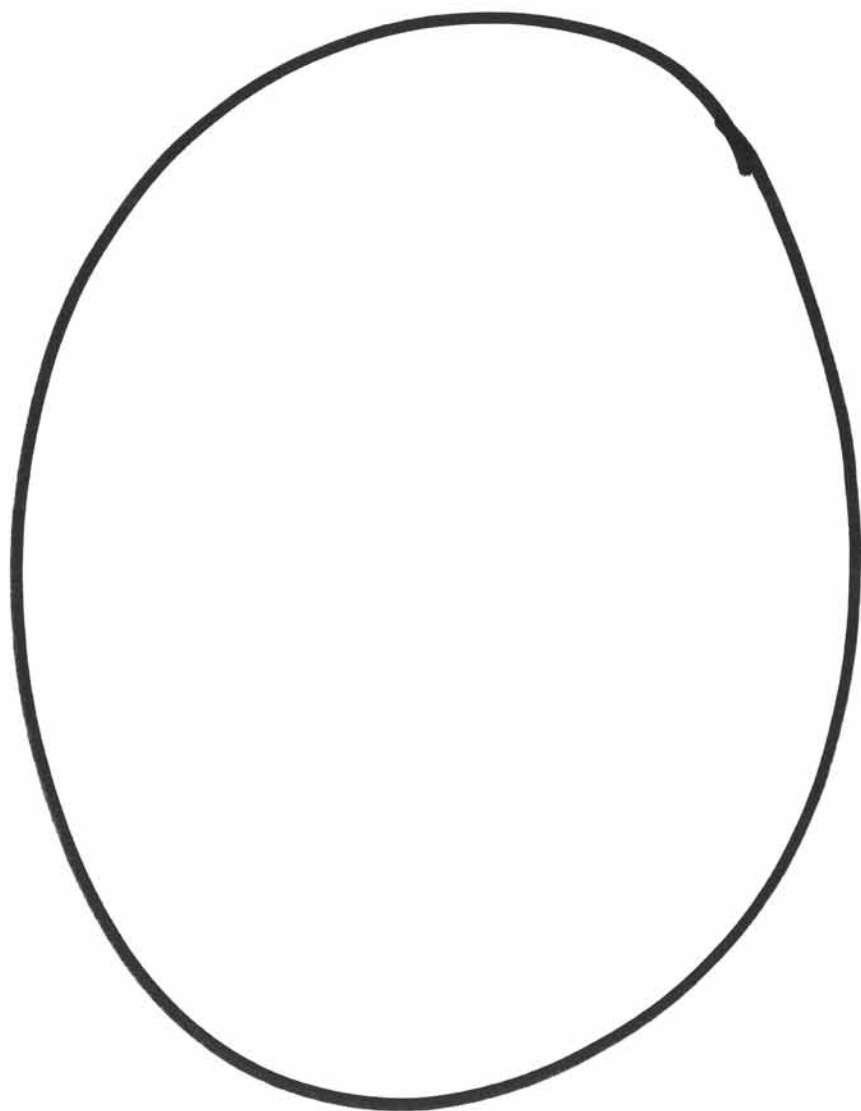
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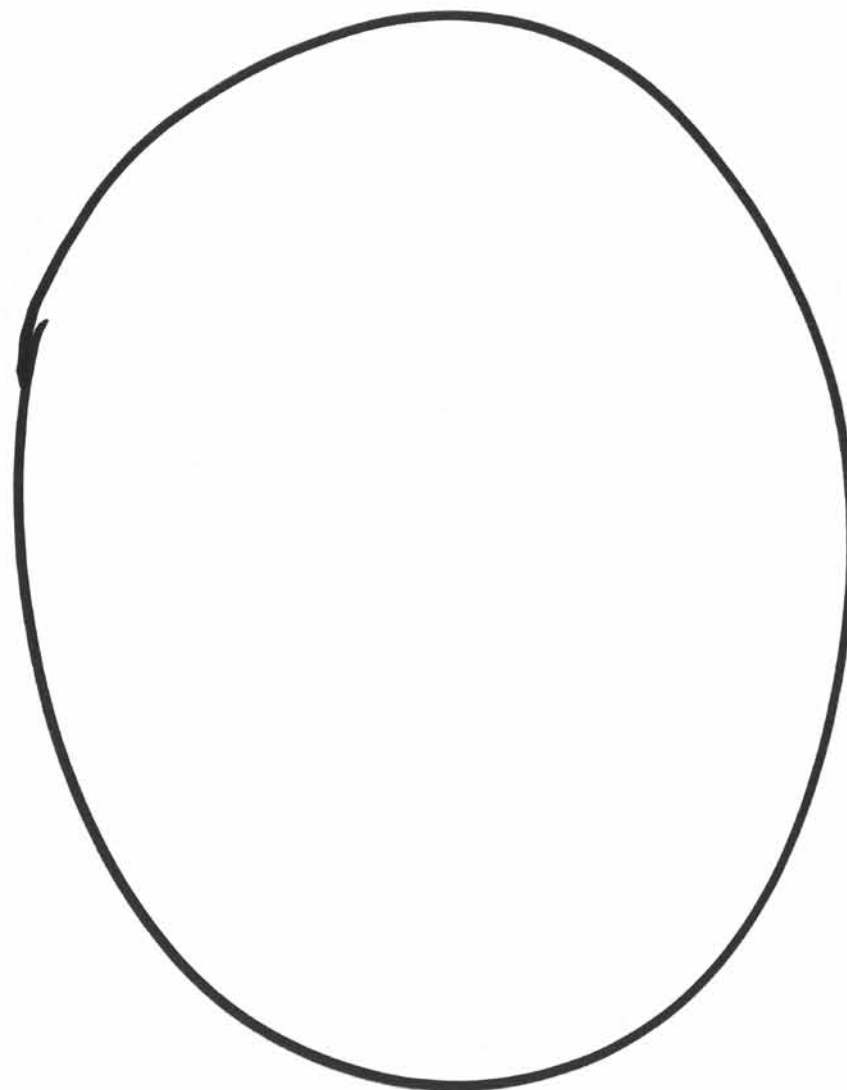
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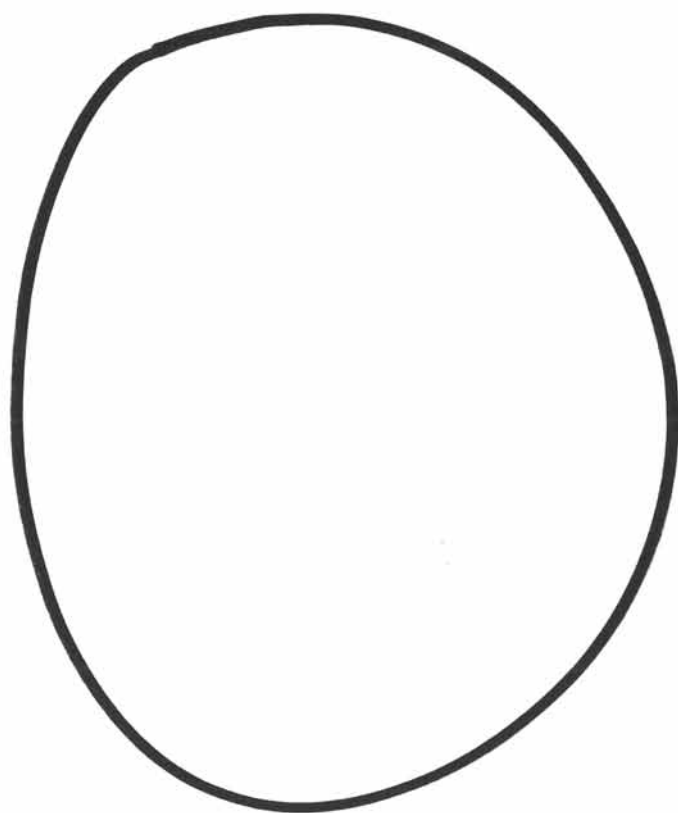
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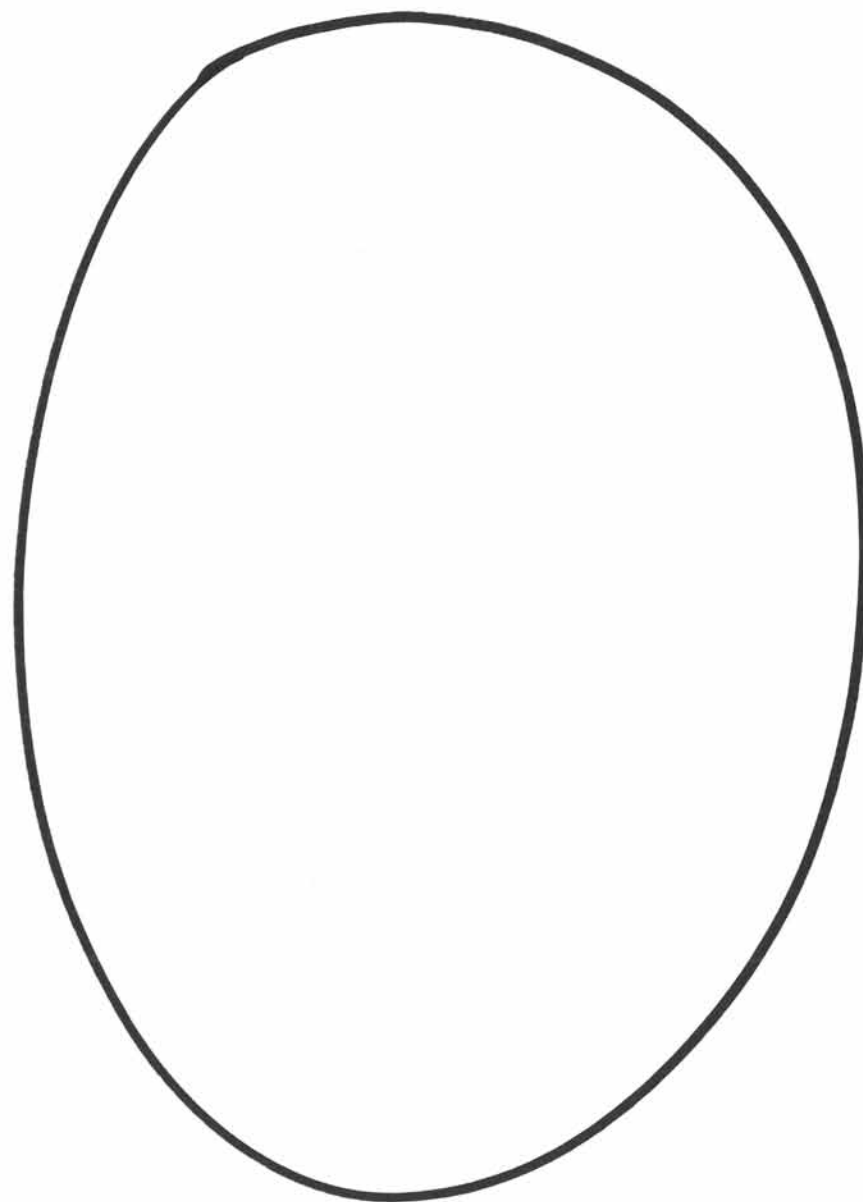
Day 161



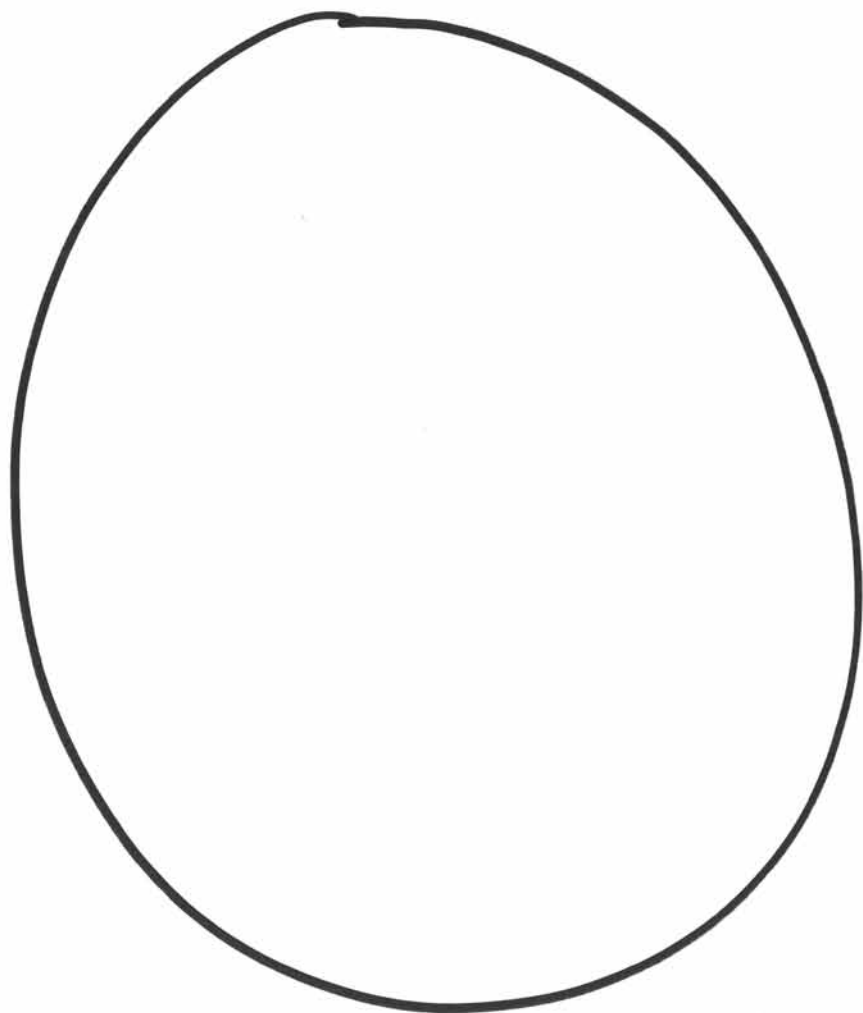
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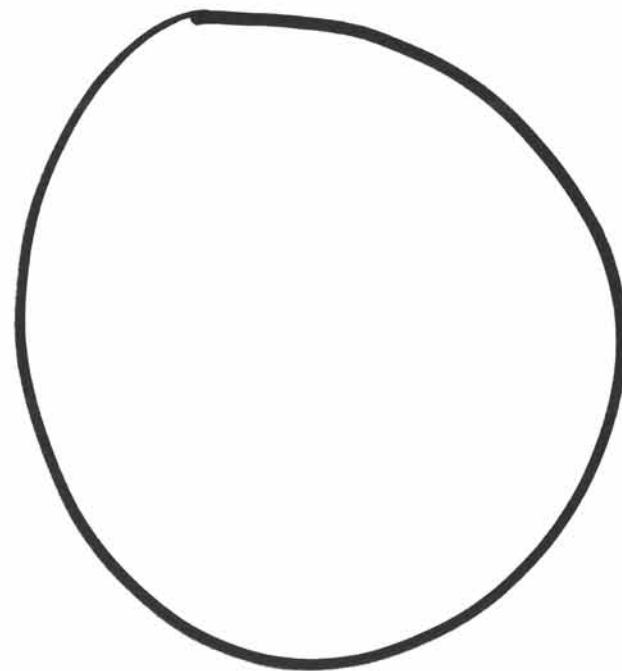
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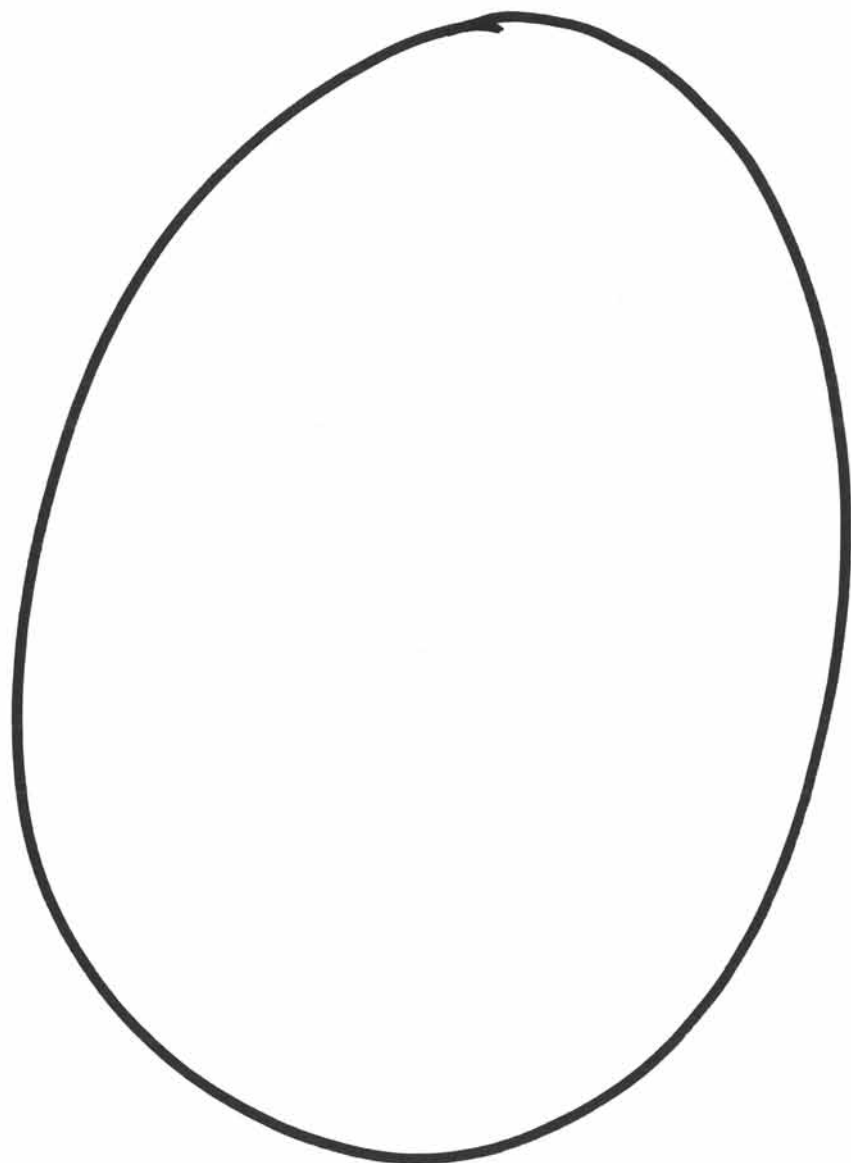
Day 164



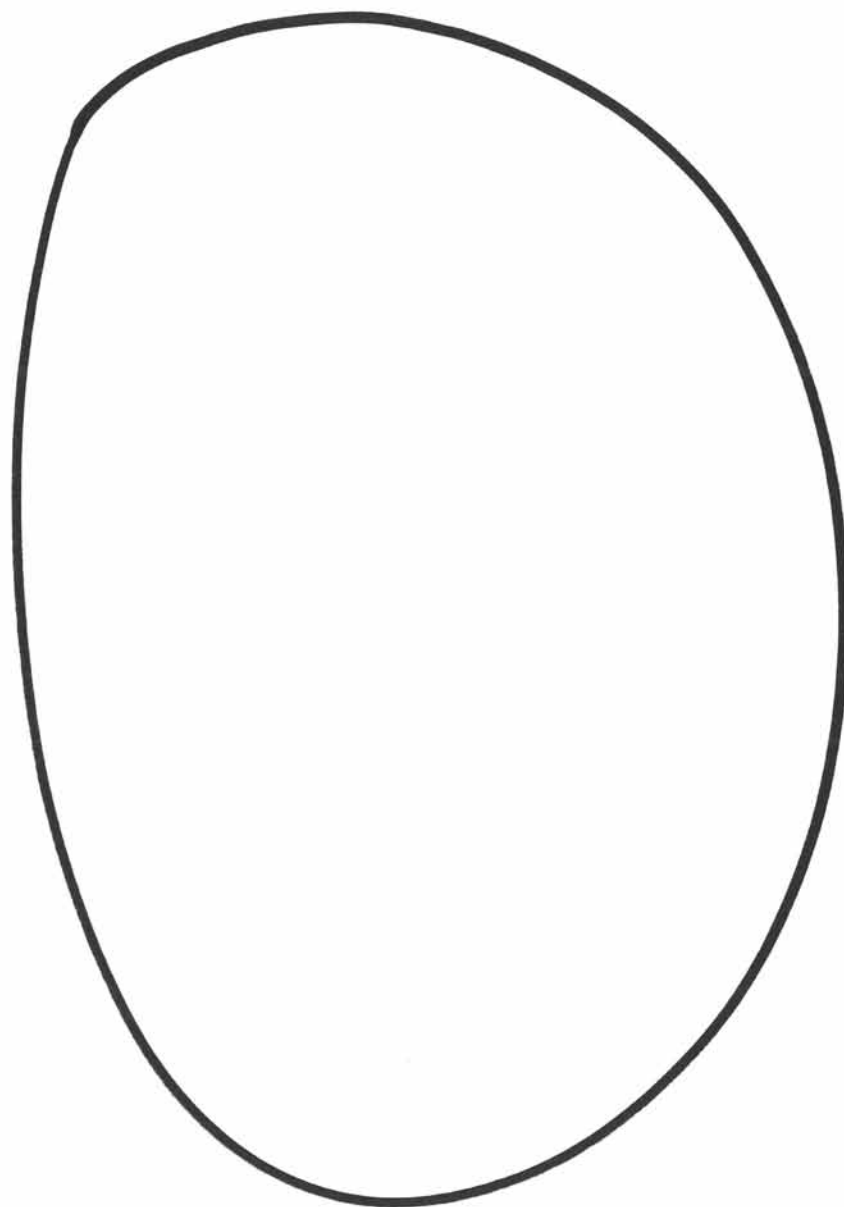
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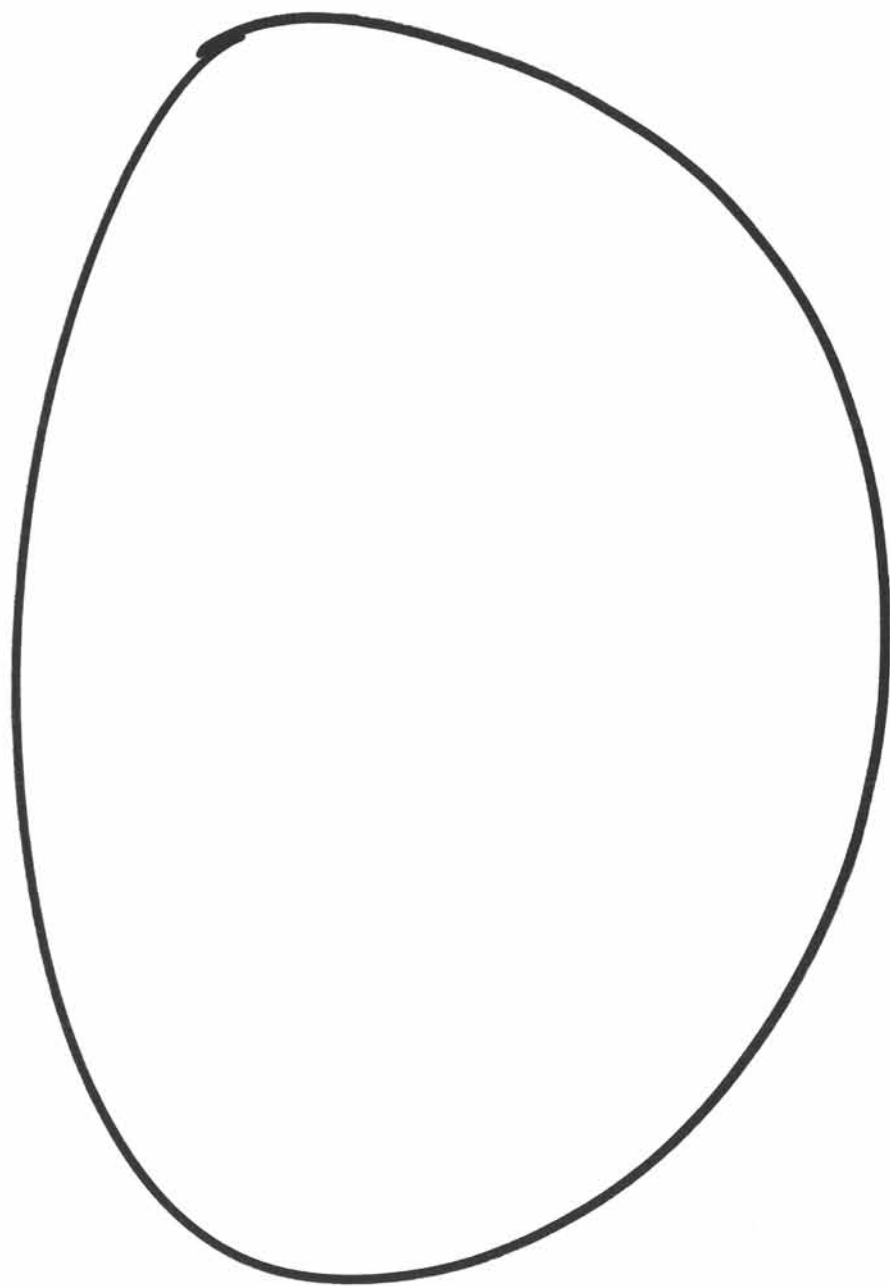
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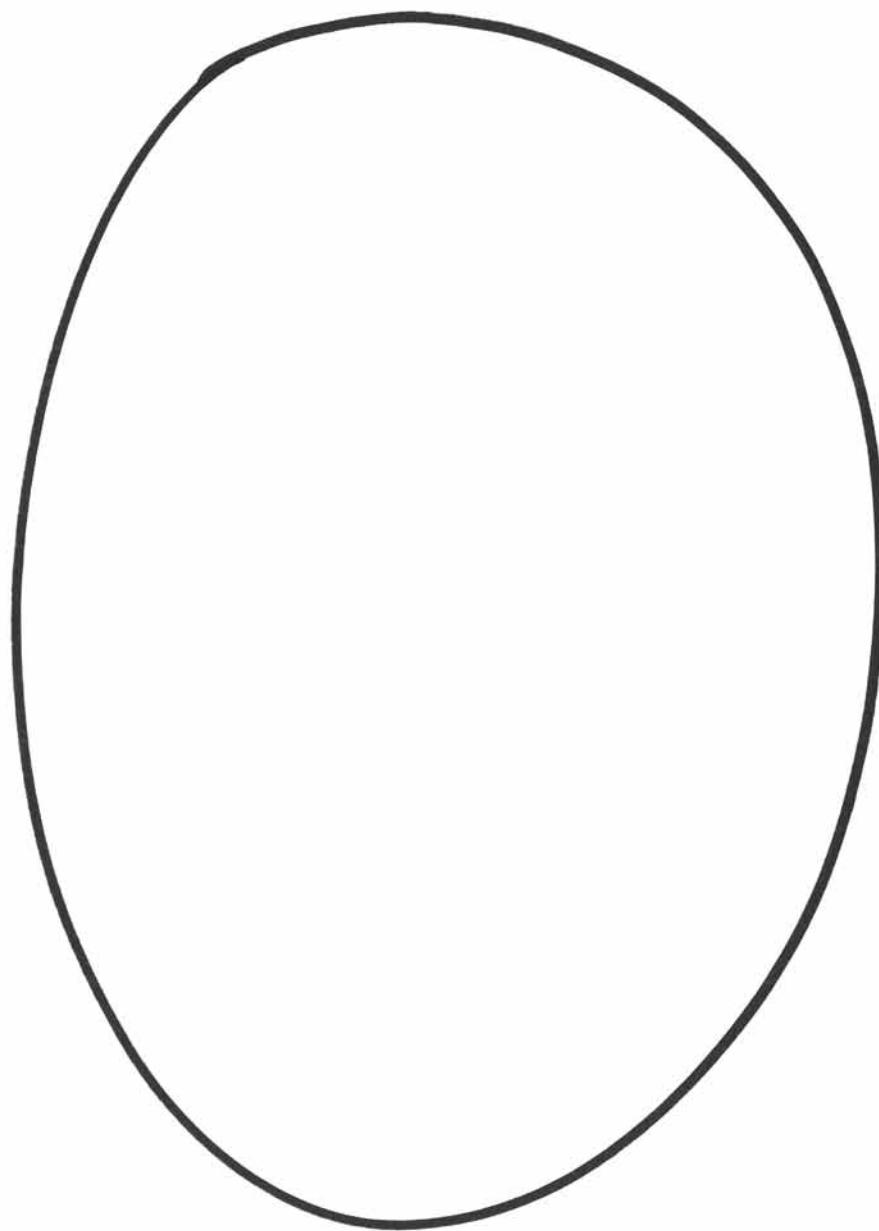
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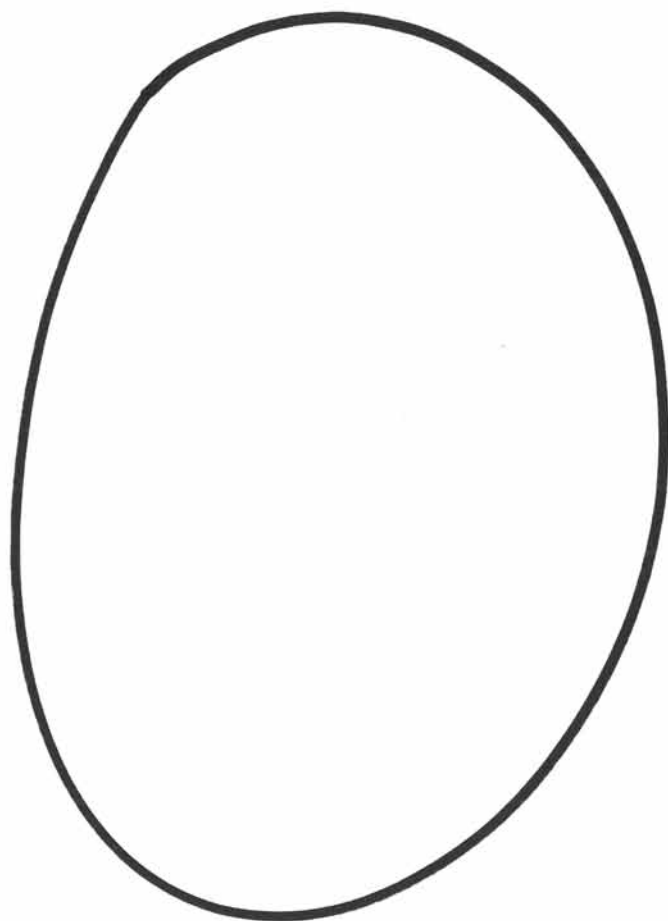
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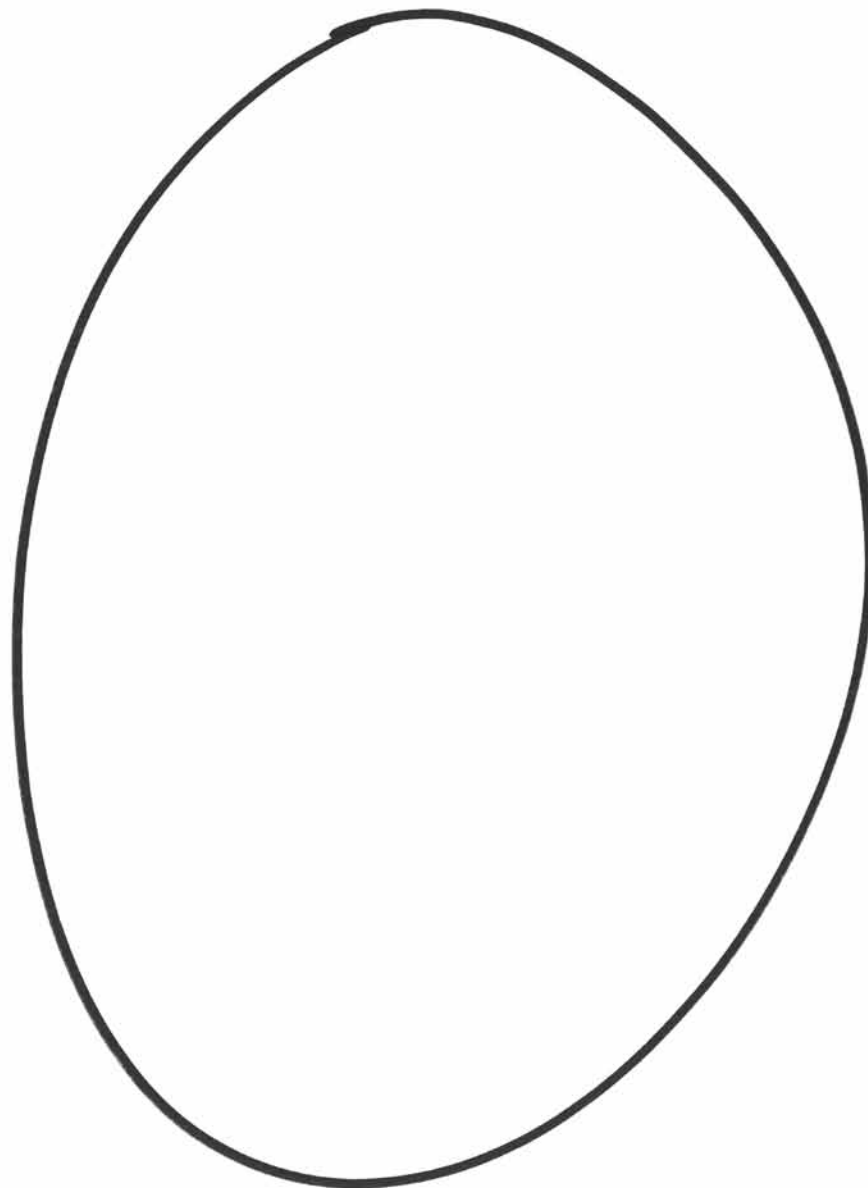
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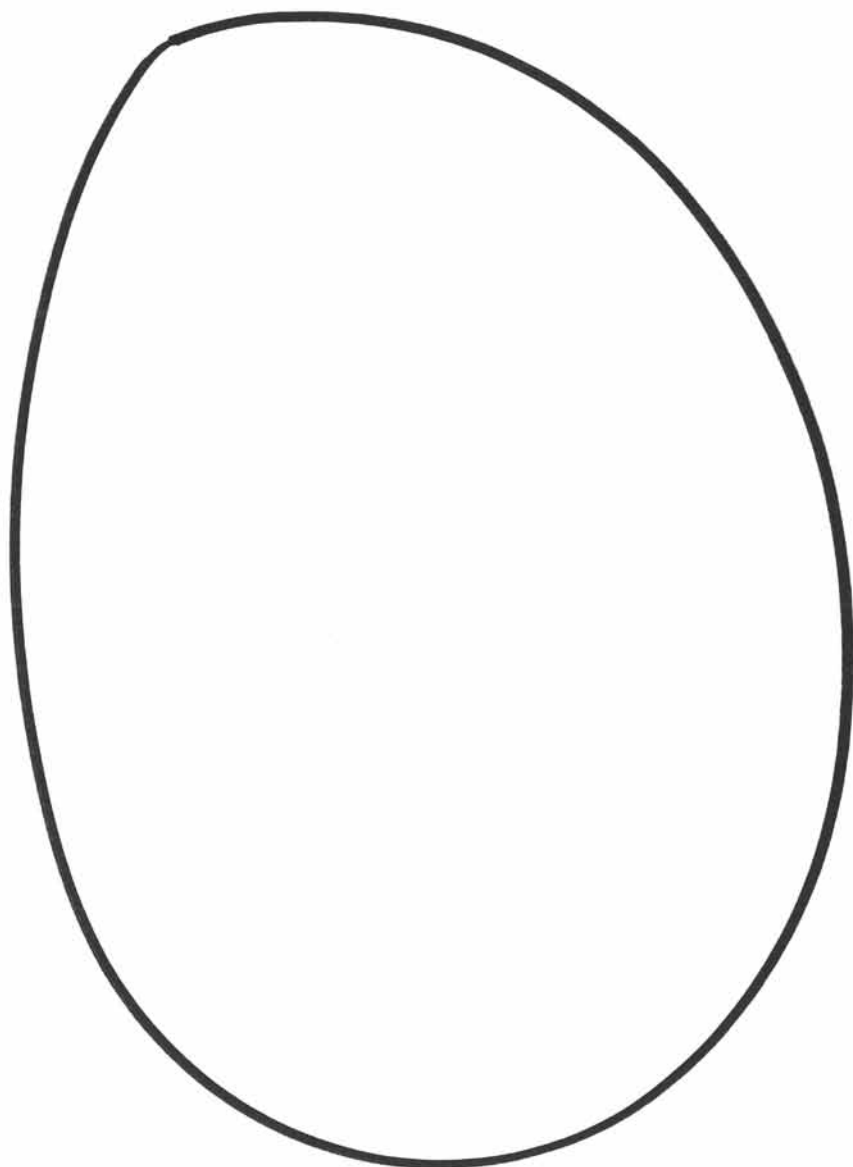
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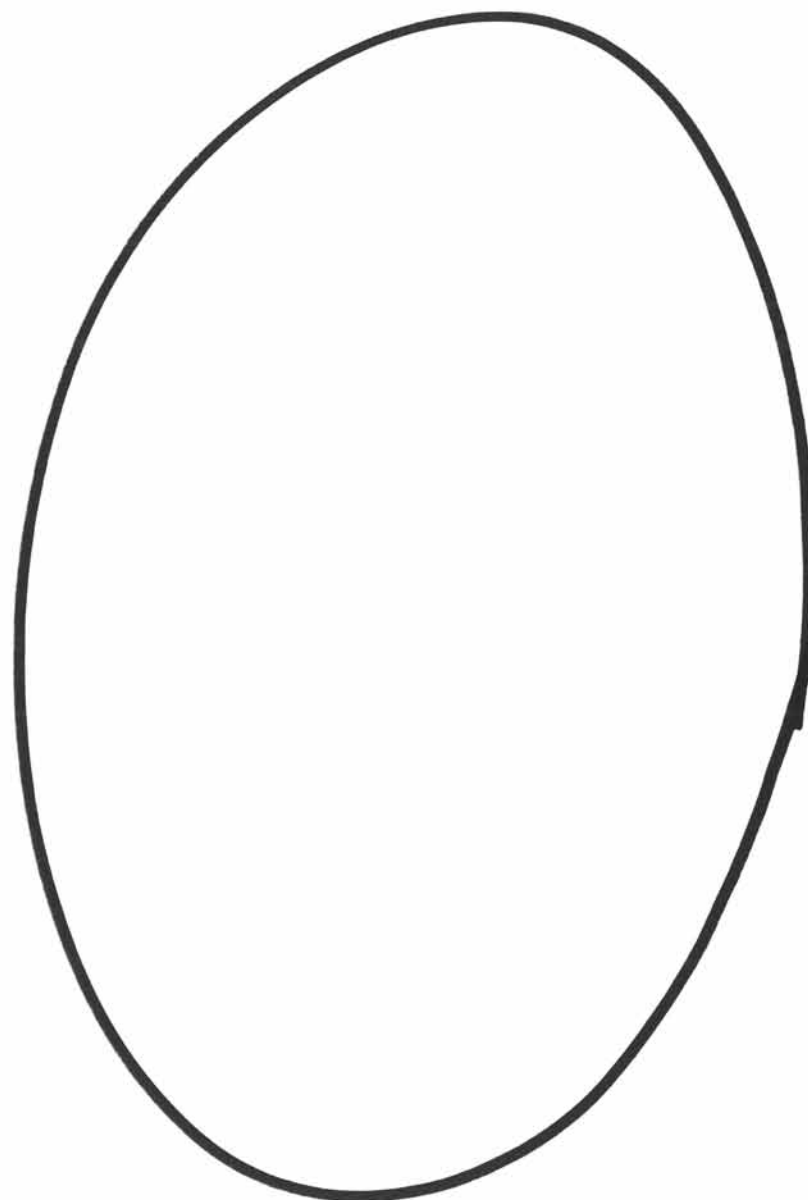
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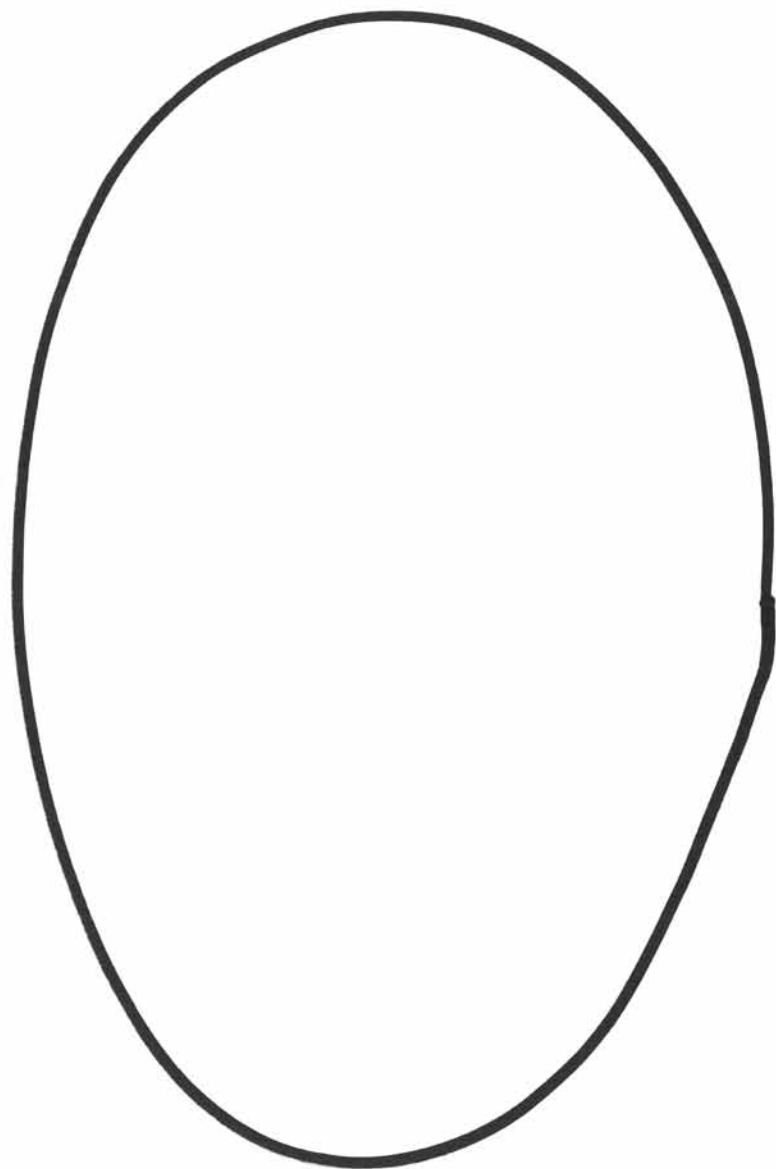
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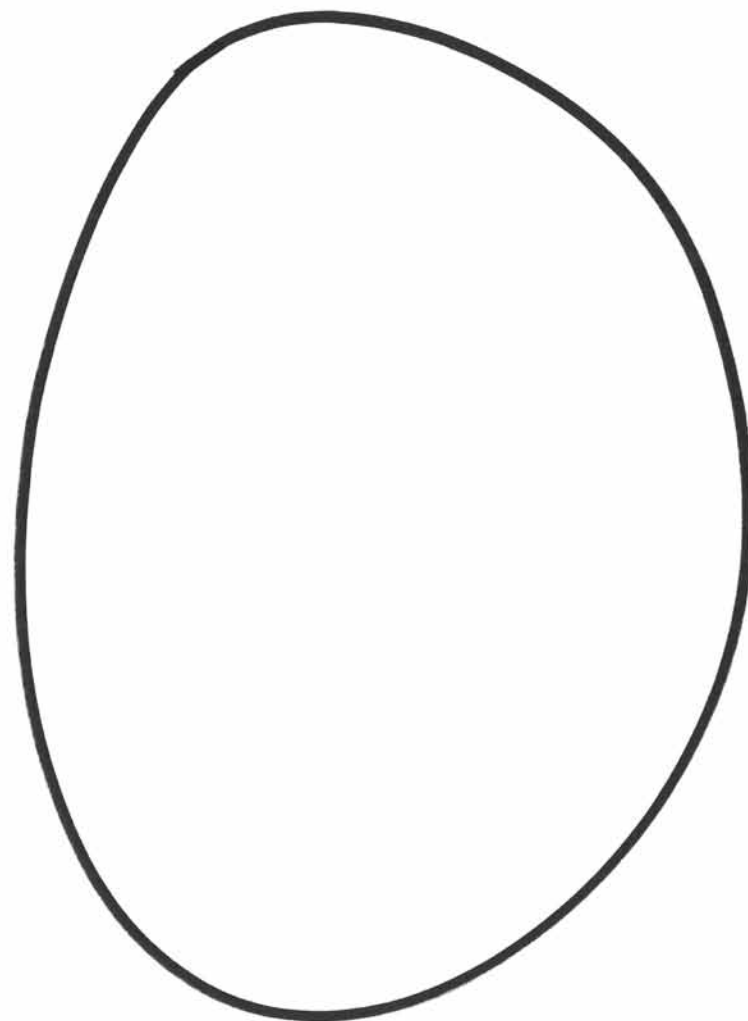
Day 173



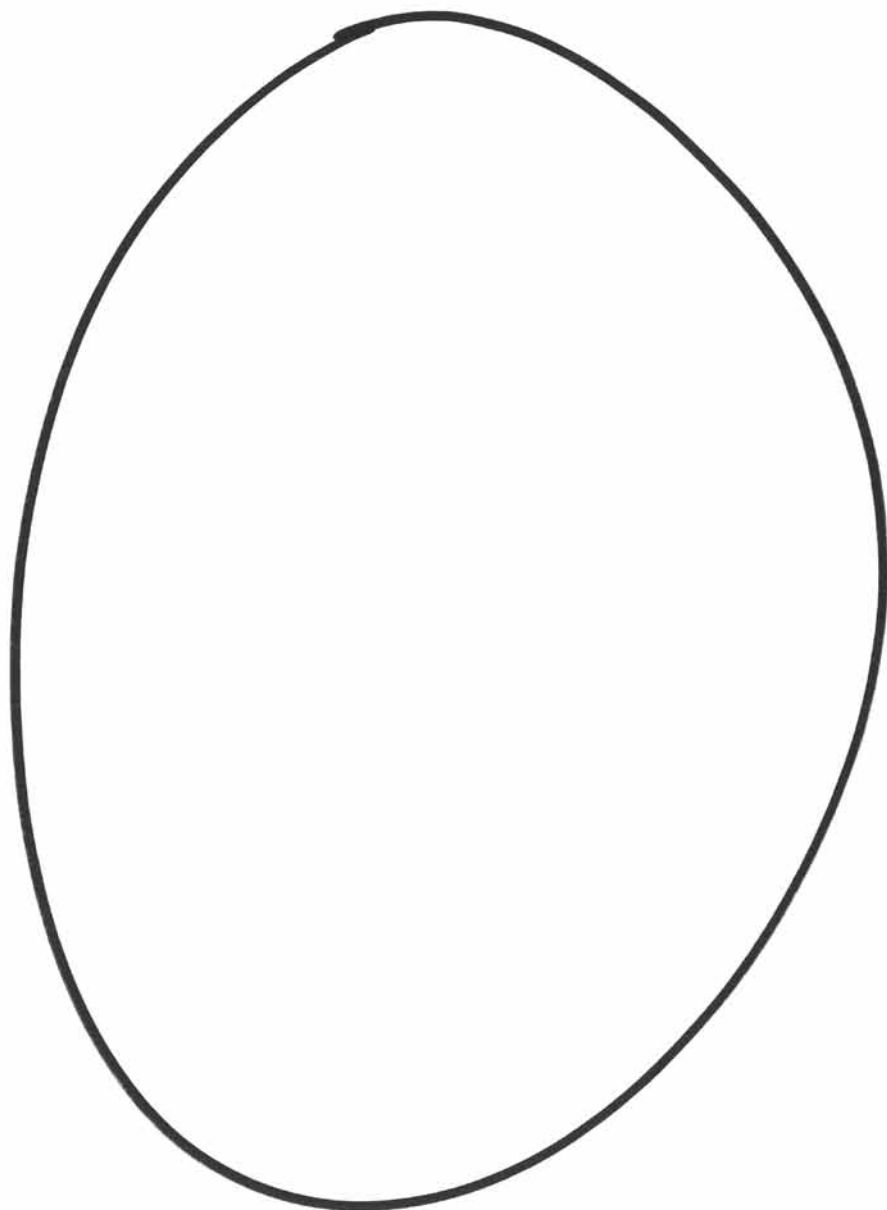
Day 174



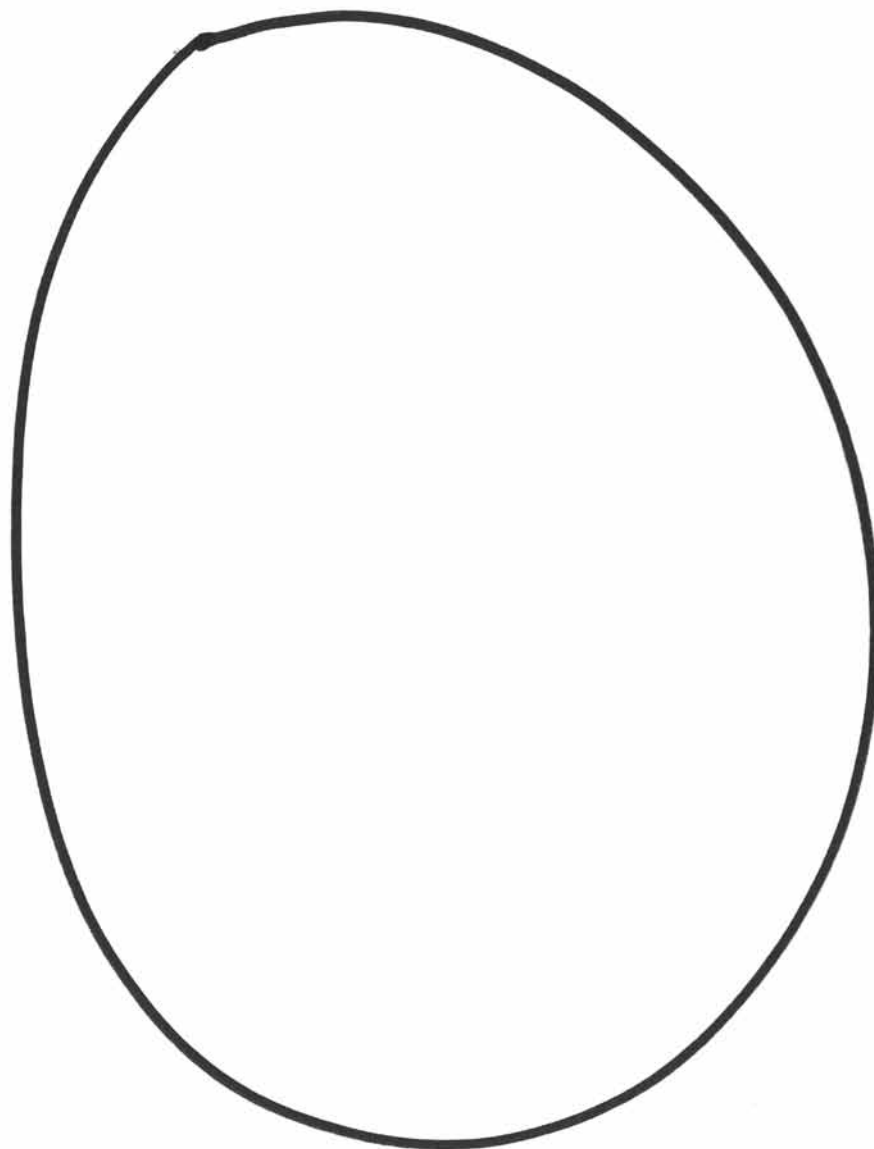
Day 175



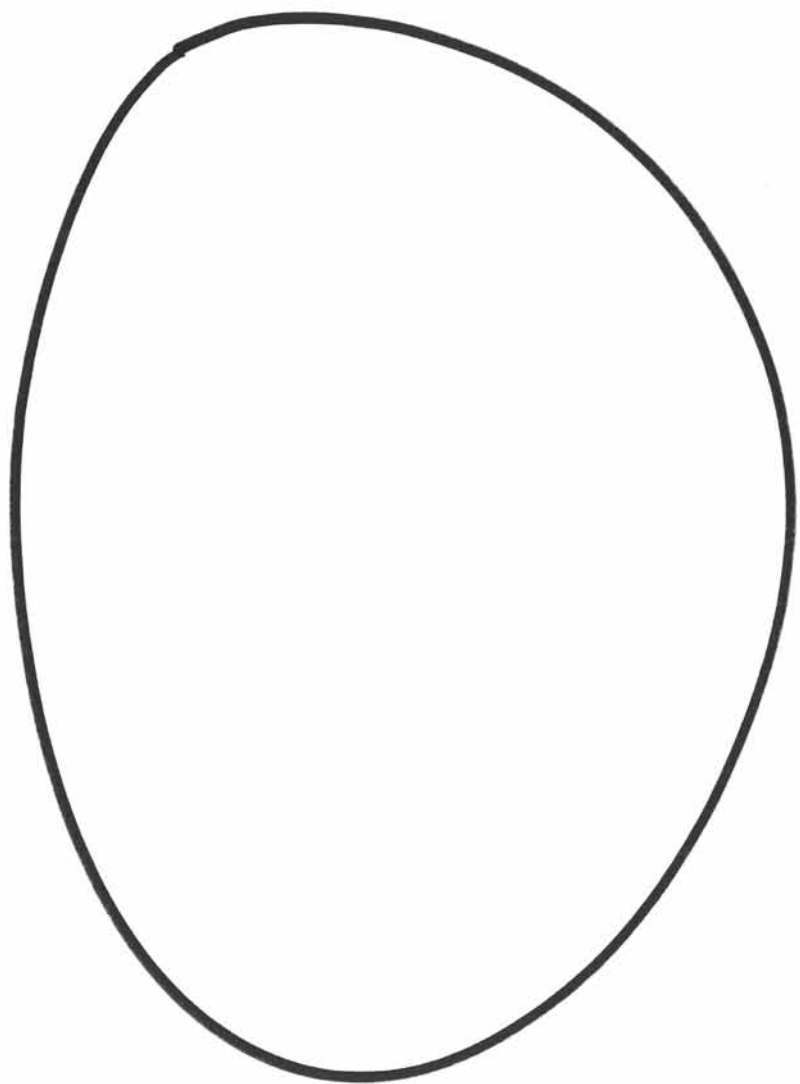
Day 176



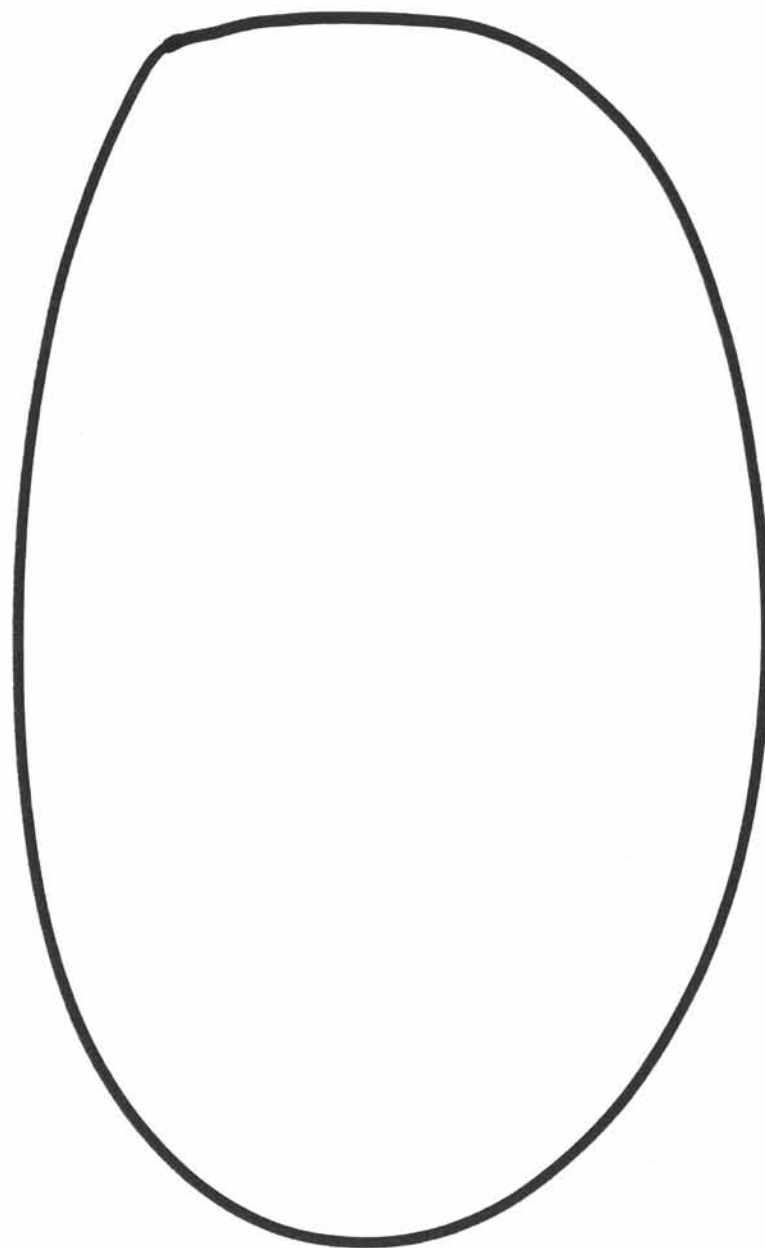
Day 177



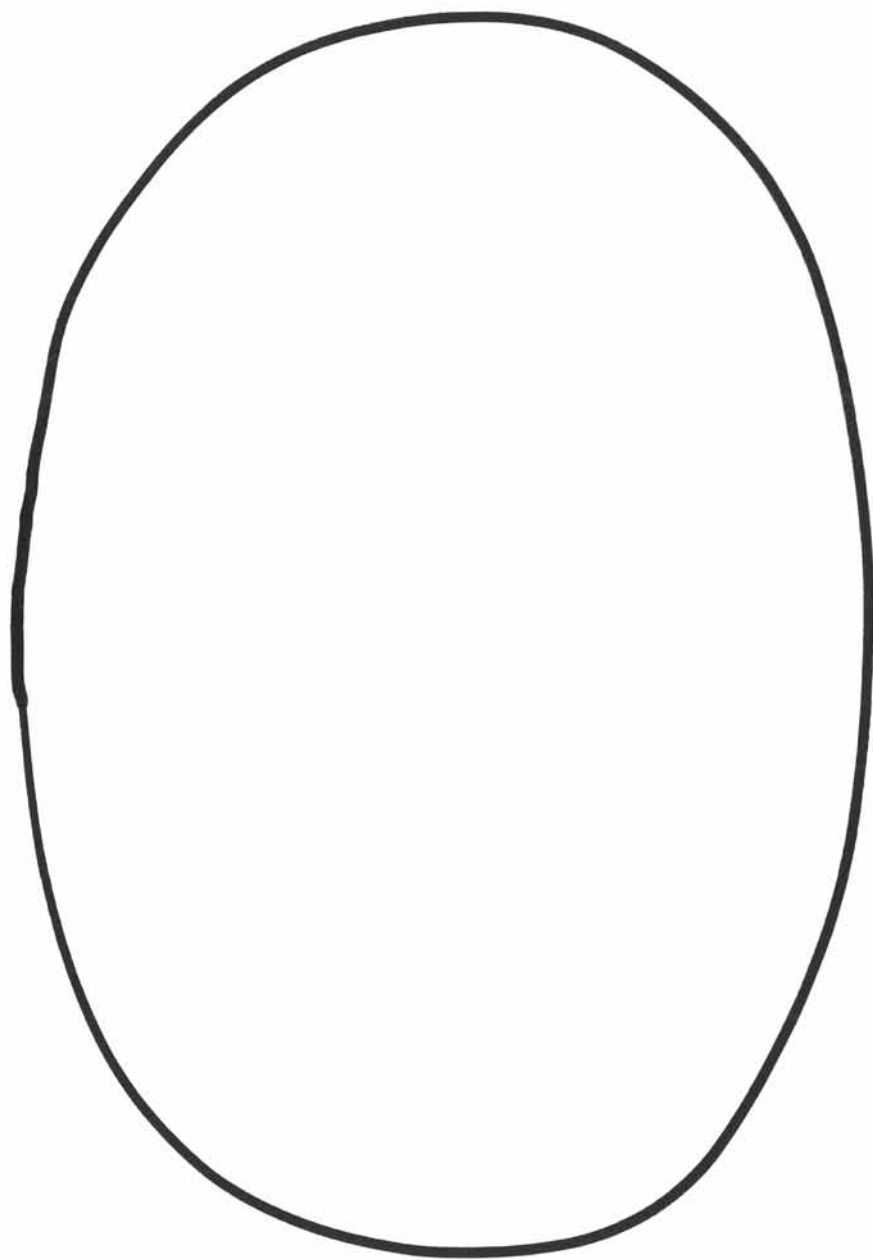
Day 178



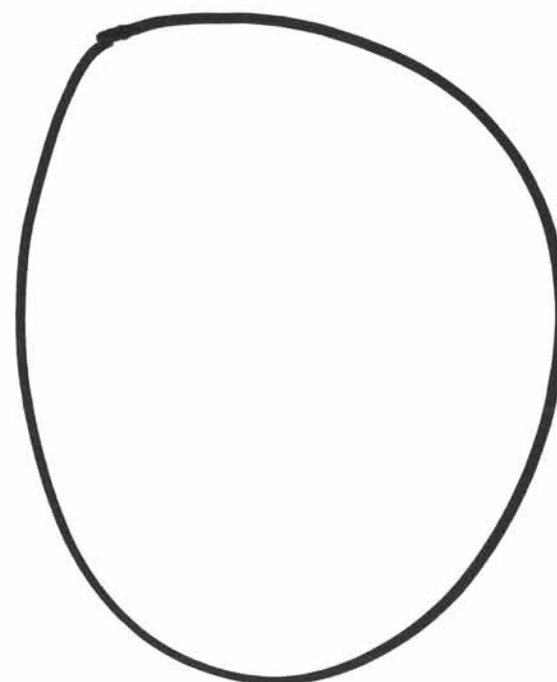
Day 179



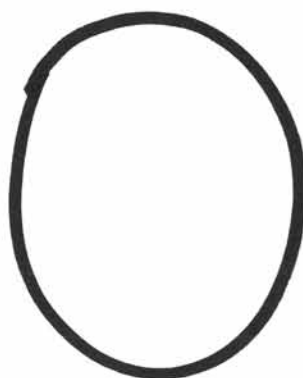
Day 180



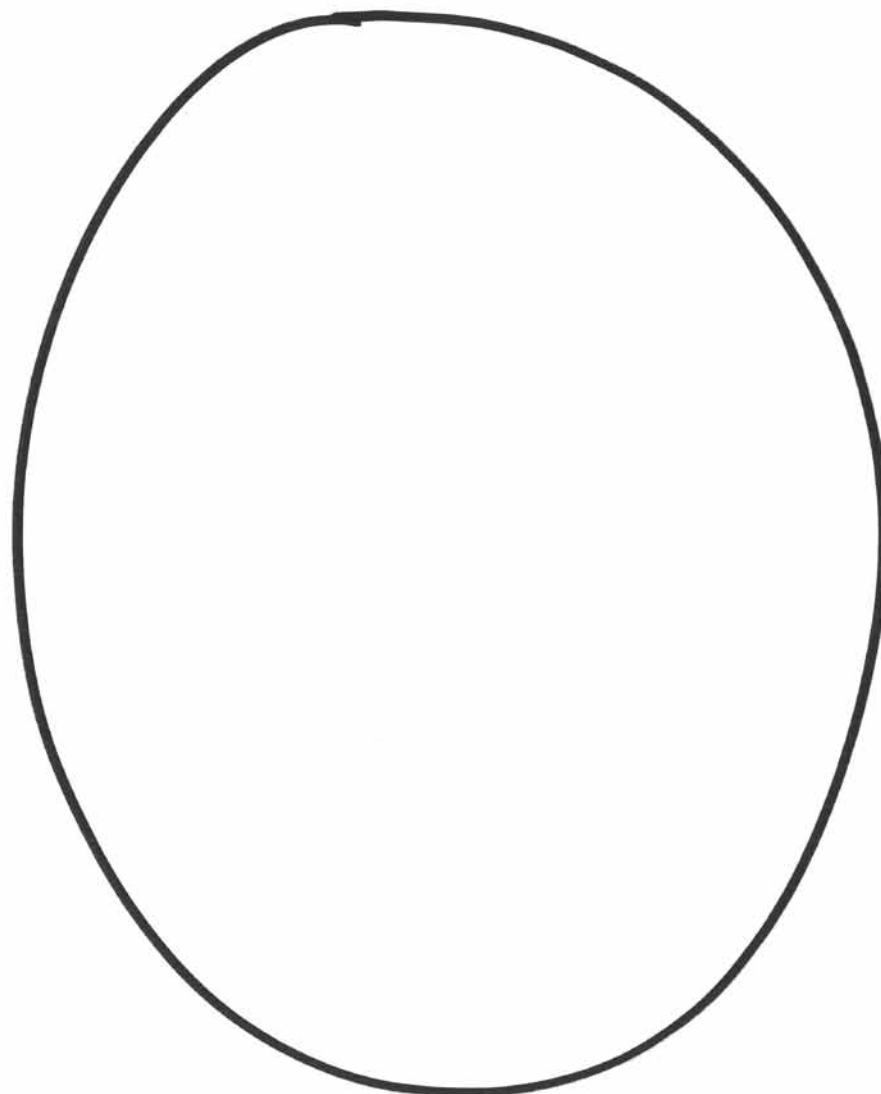
Day 181



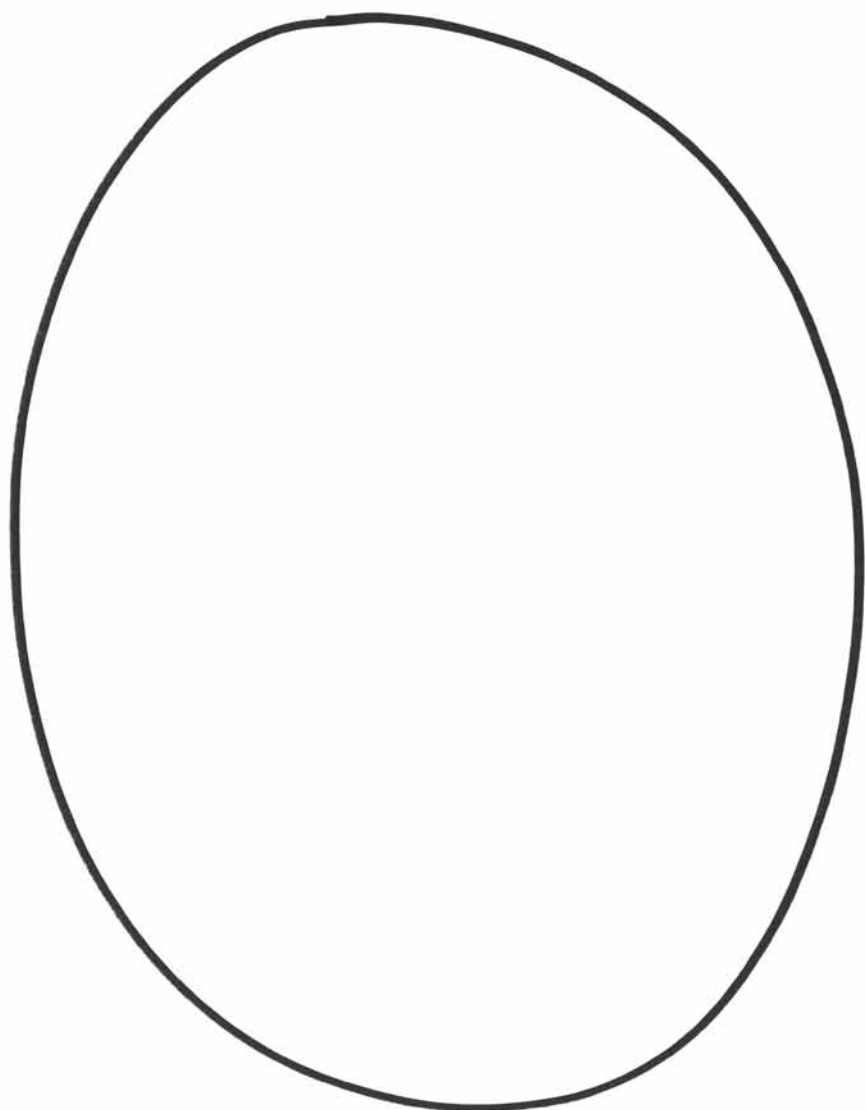
Day 182



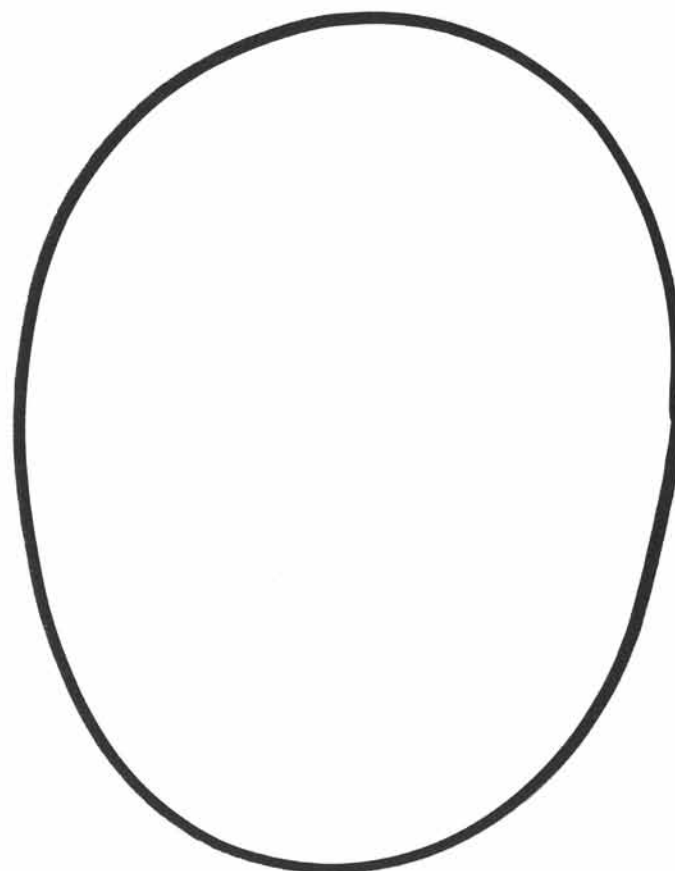
Day 183



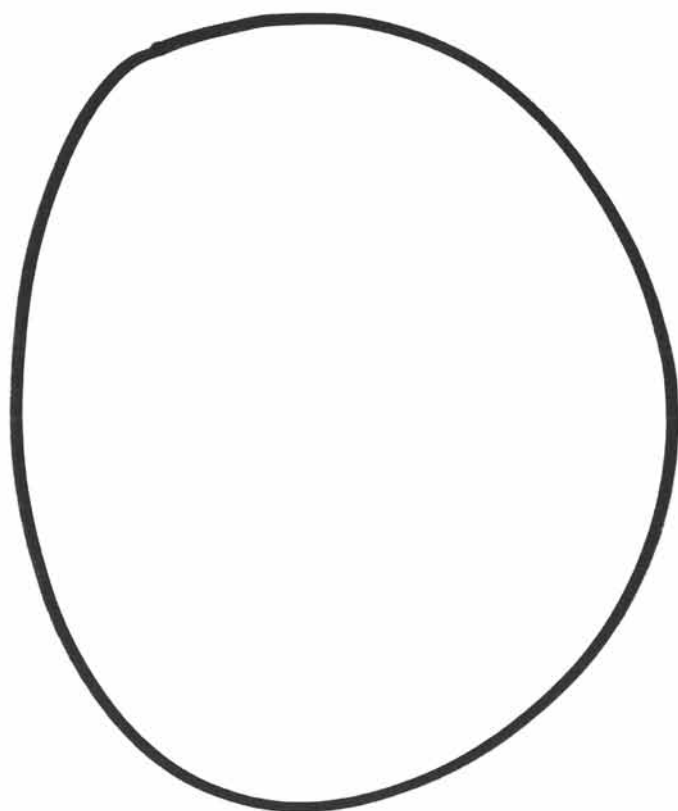
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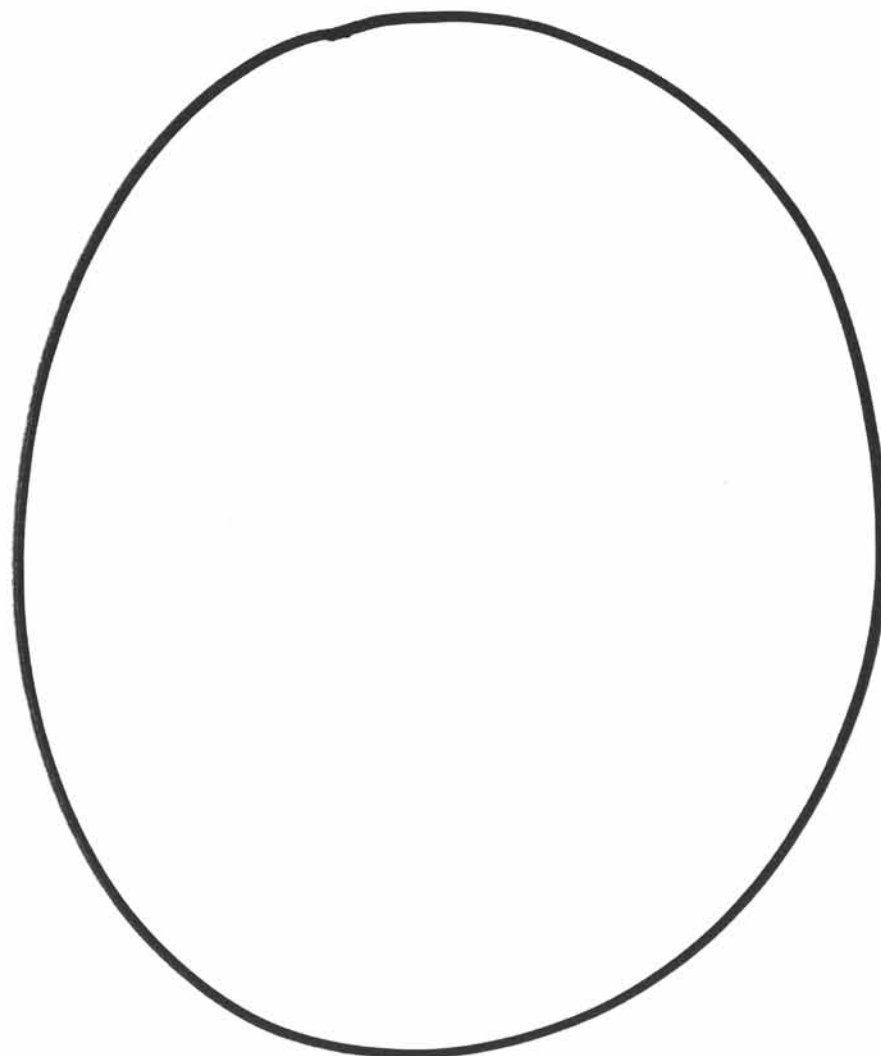
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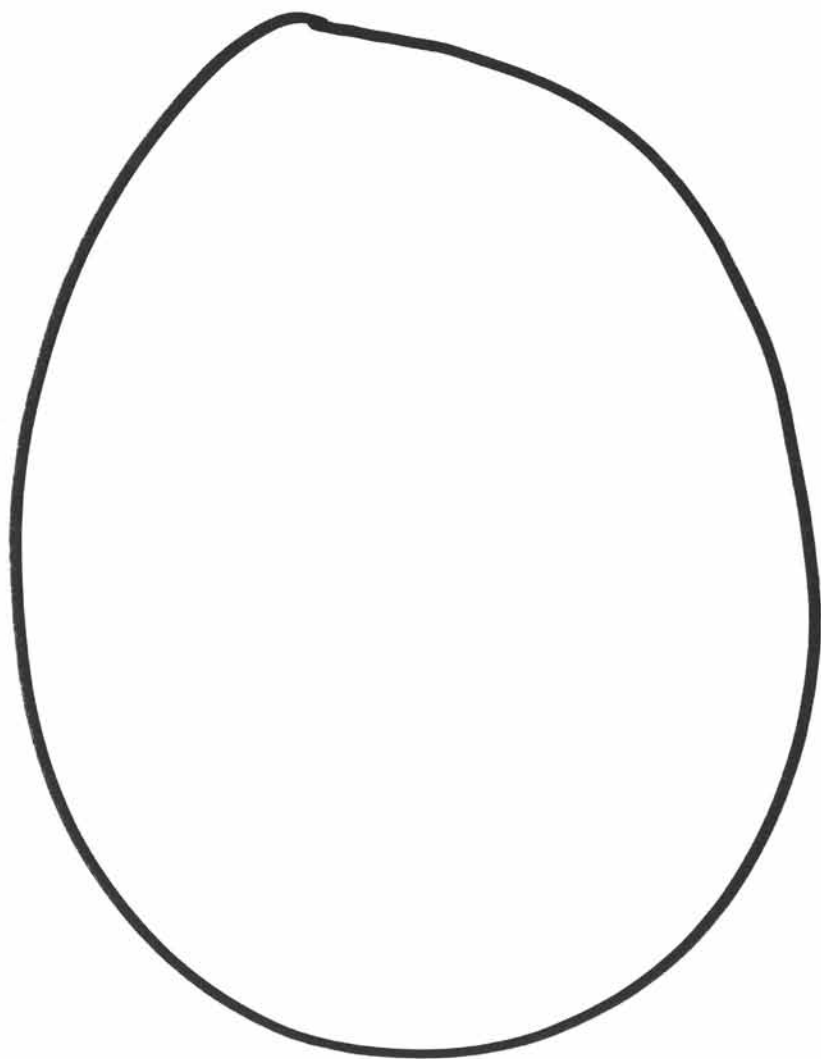
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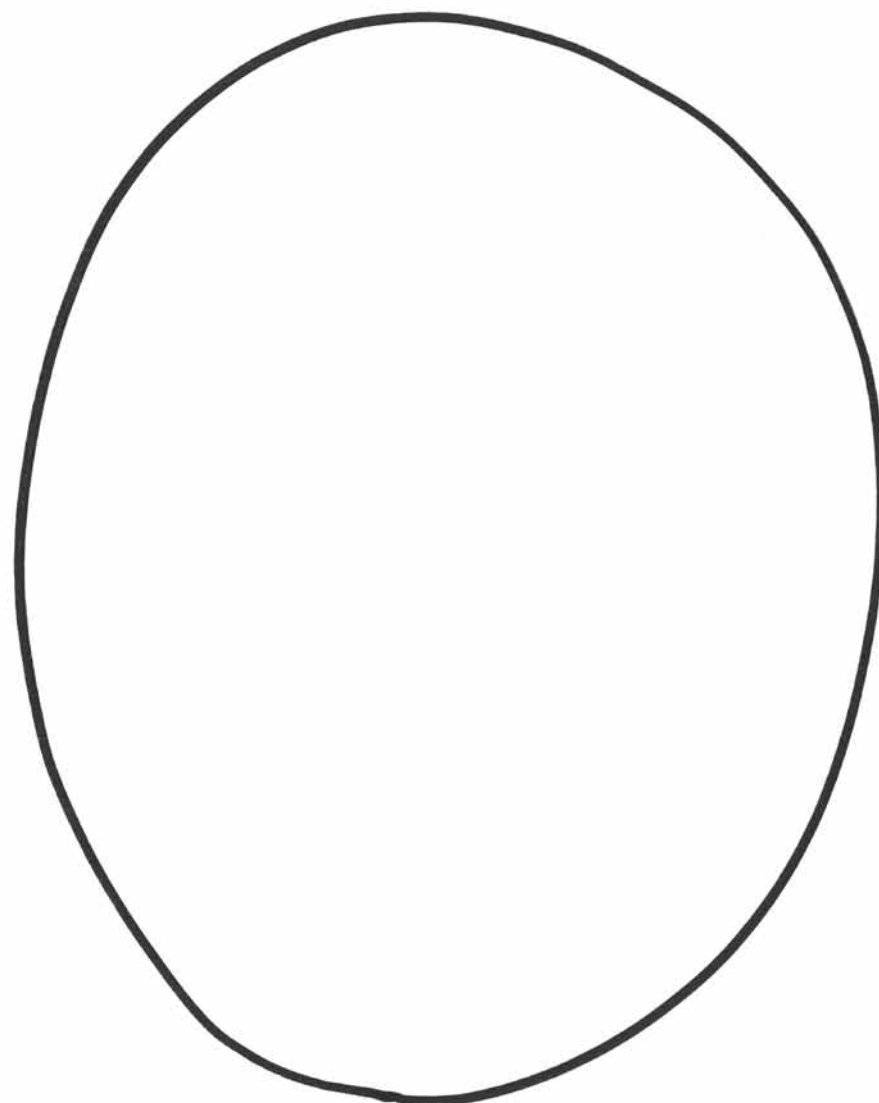
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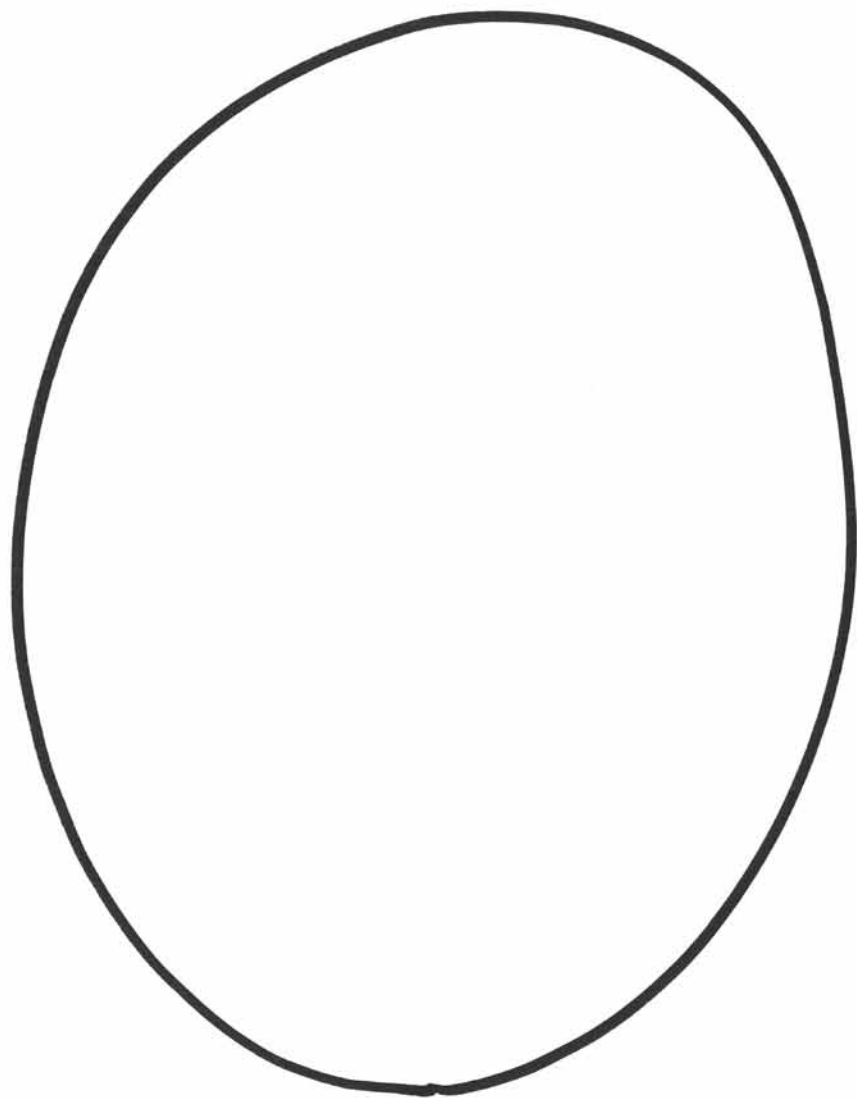
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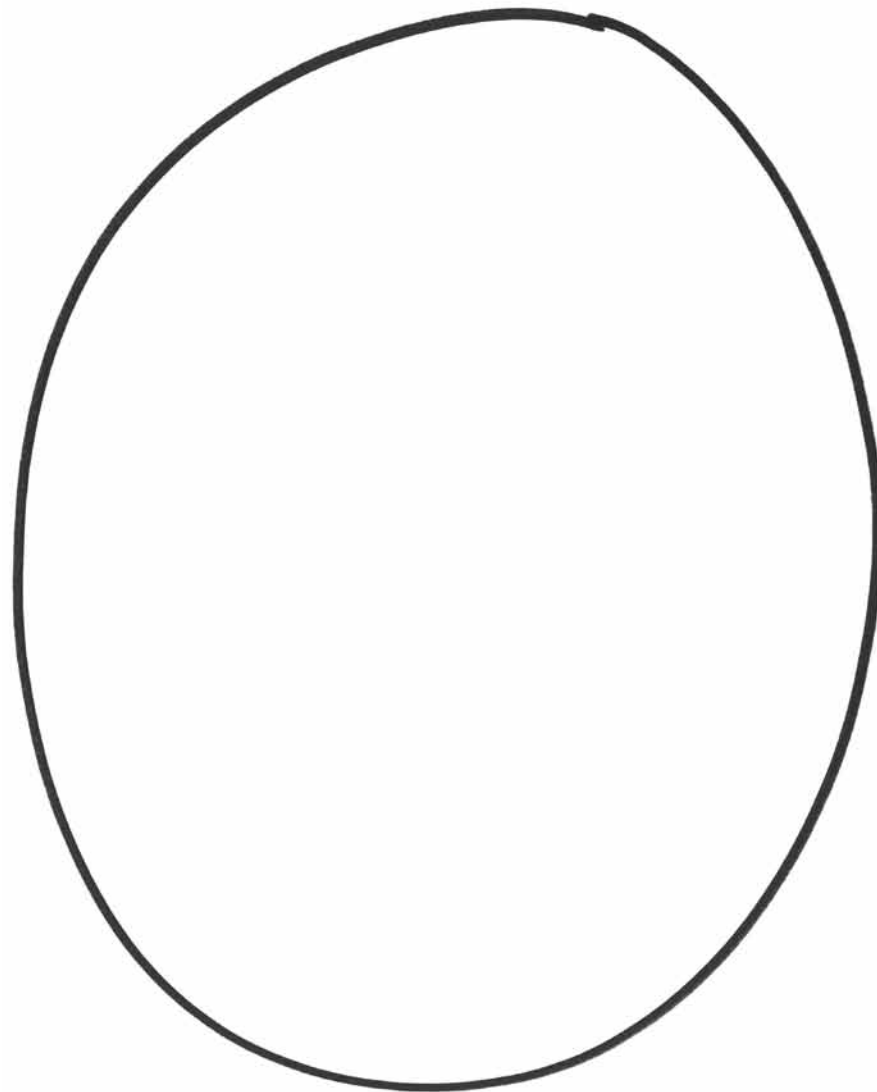
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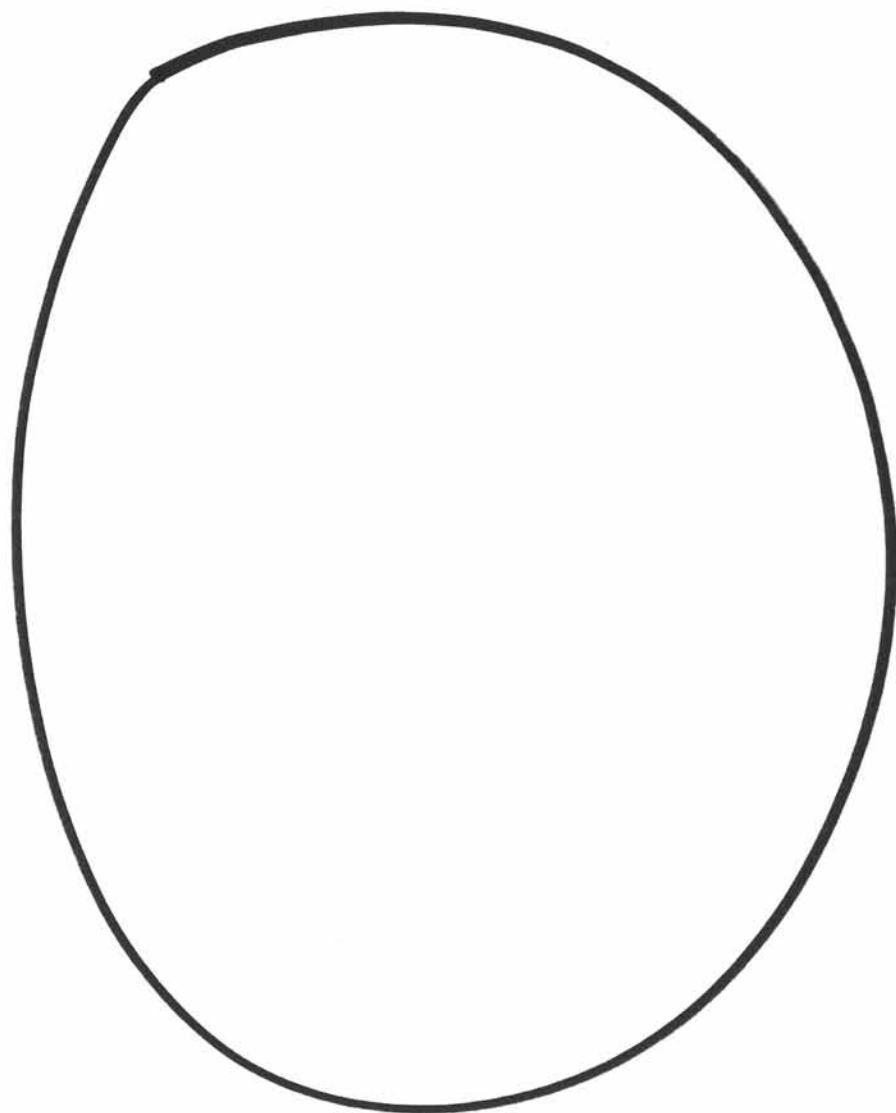
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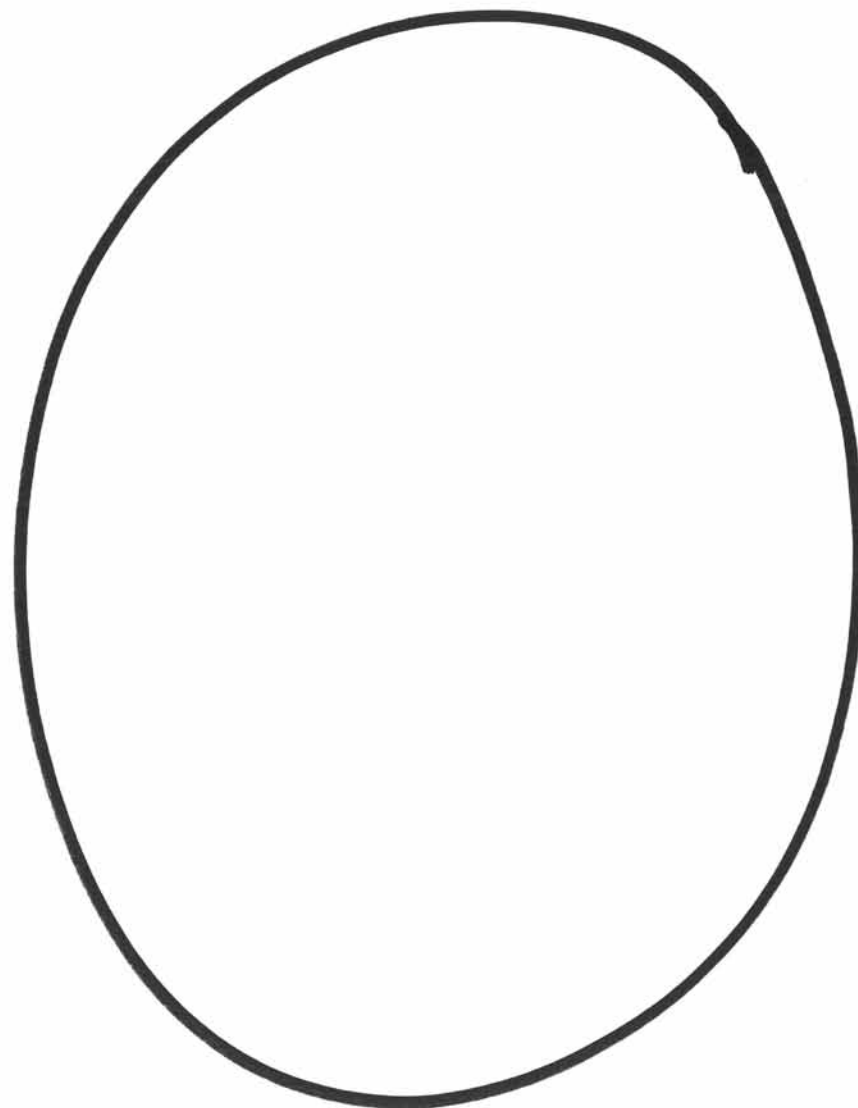
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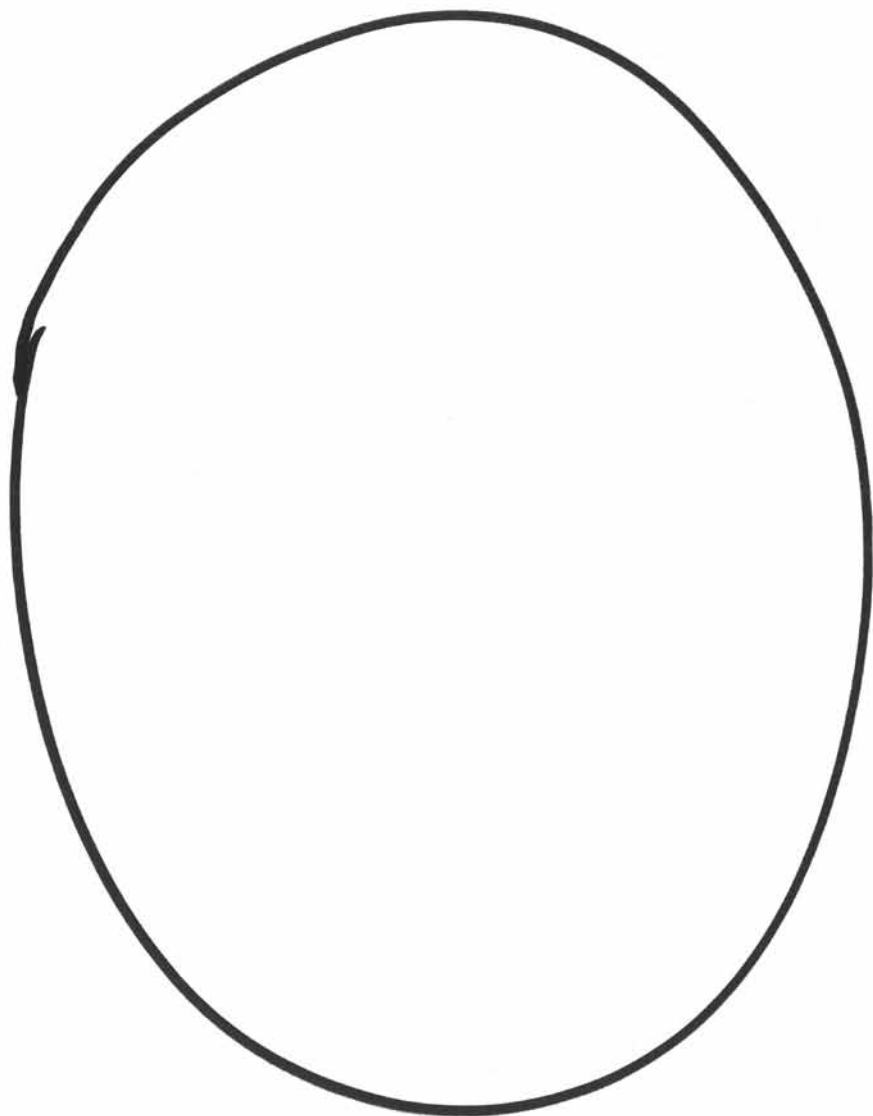
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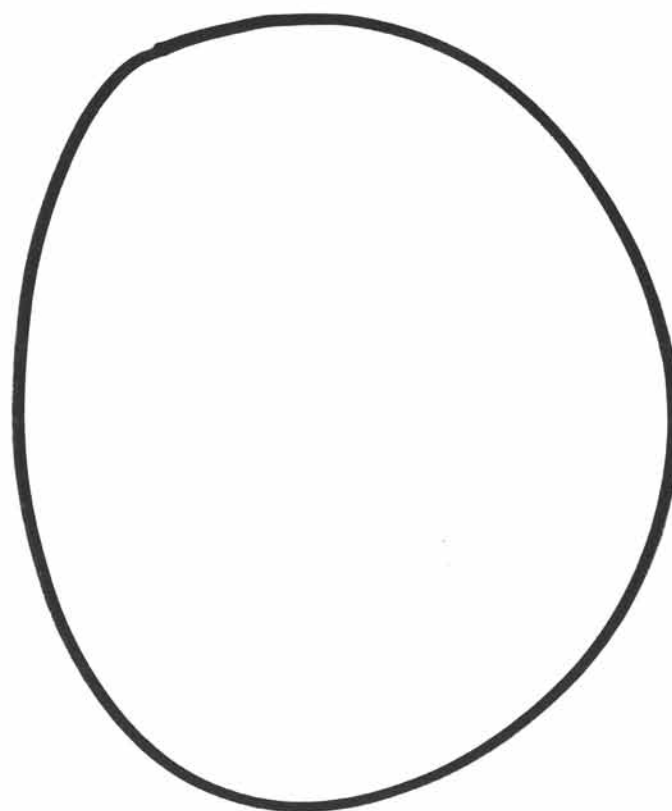
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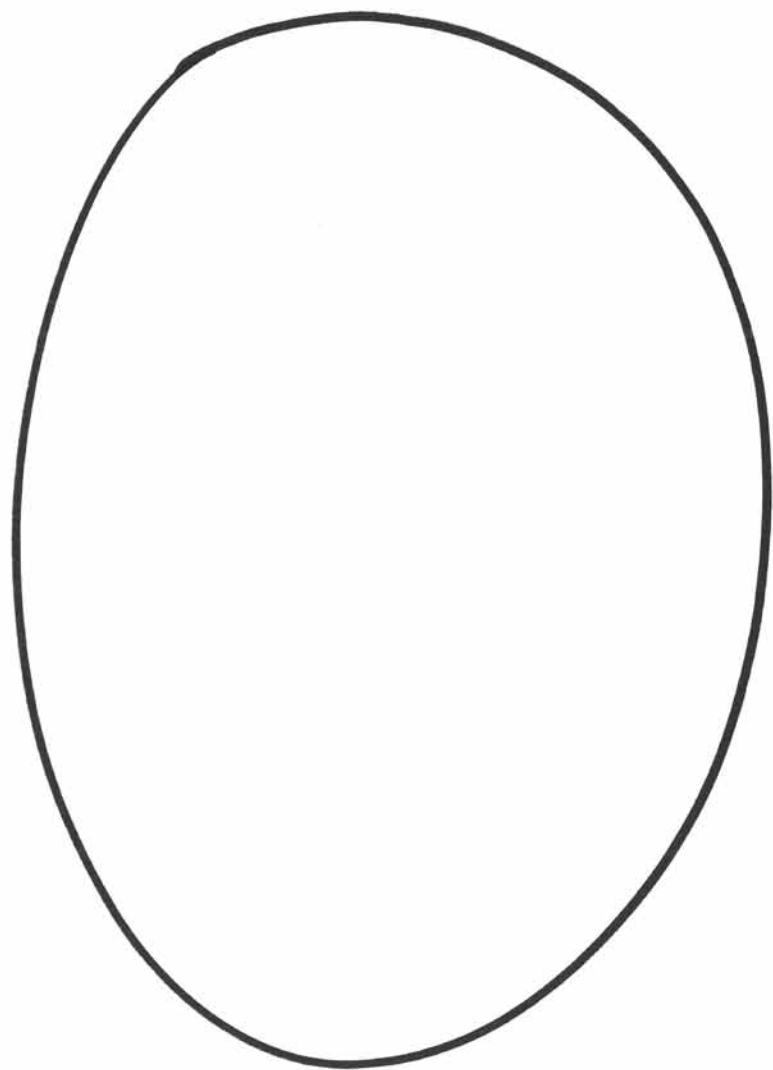
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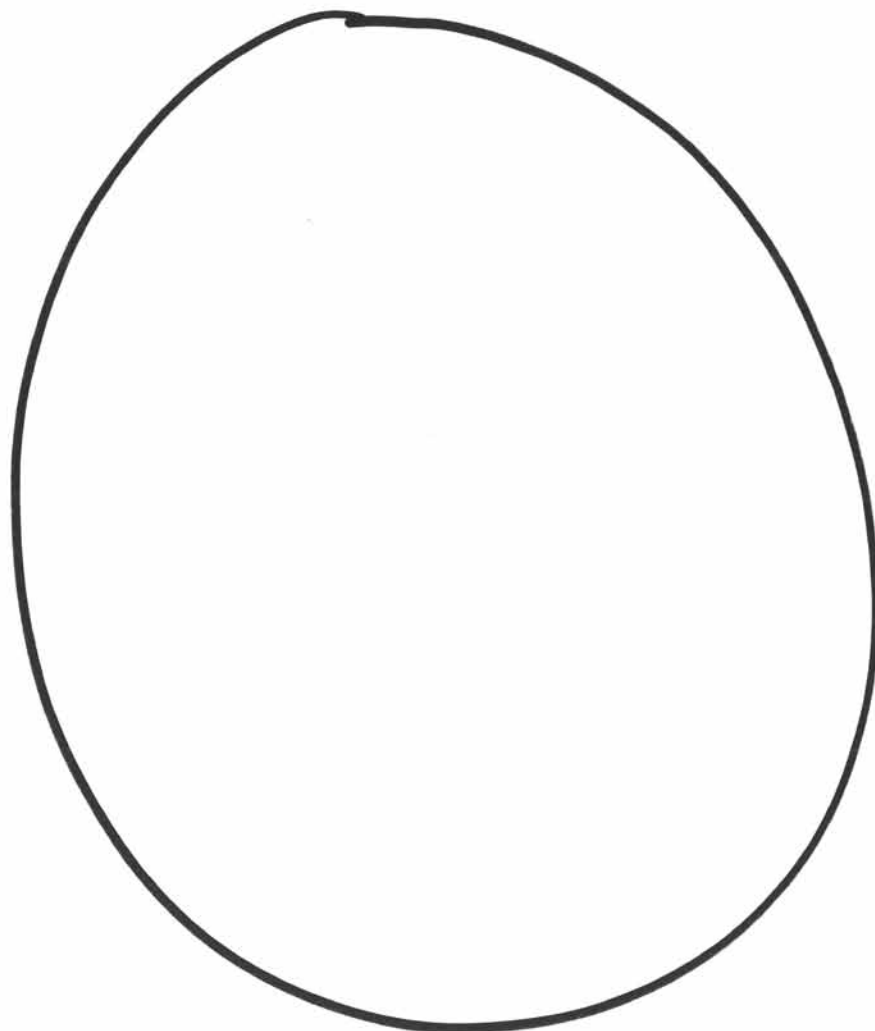
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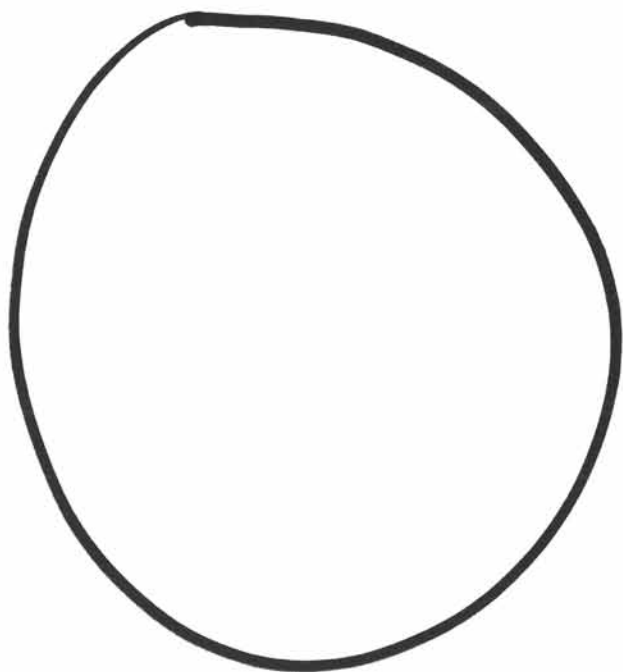
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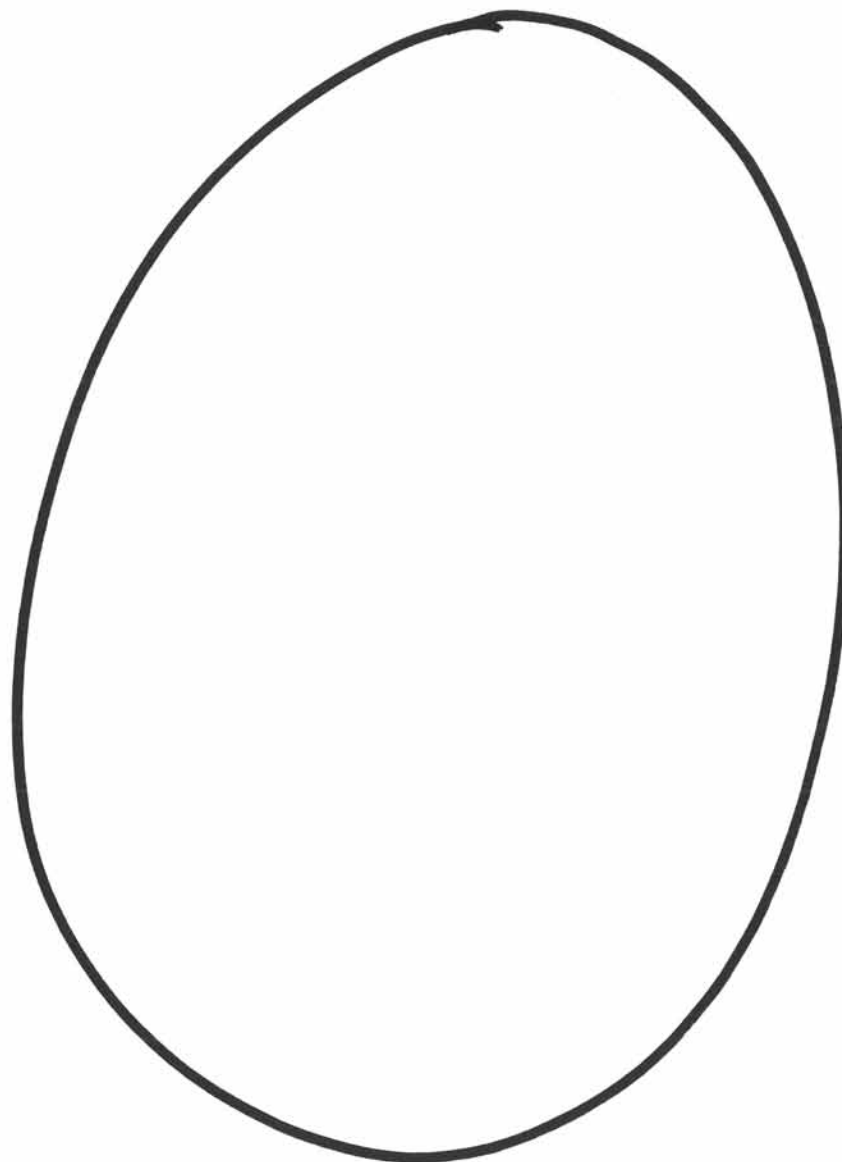
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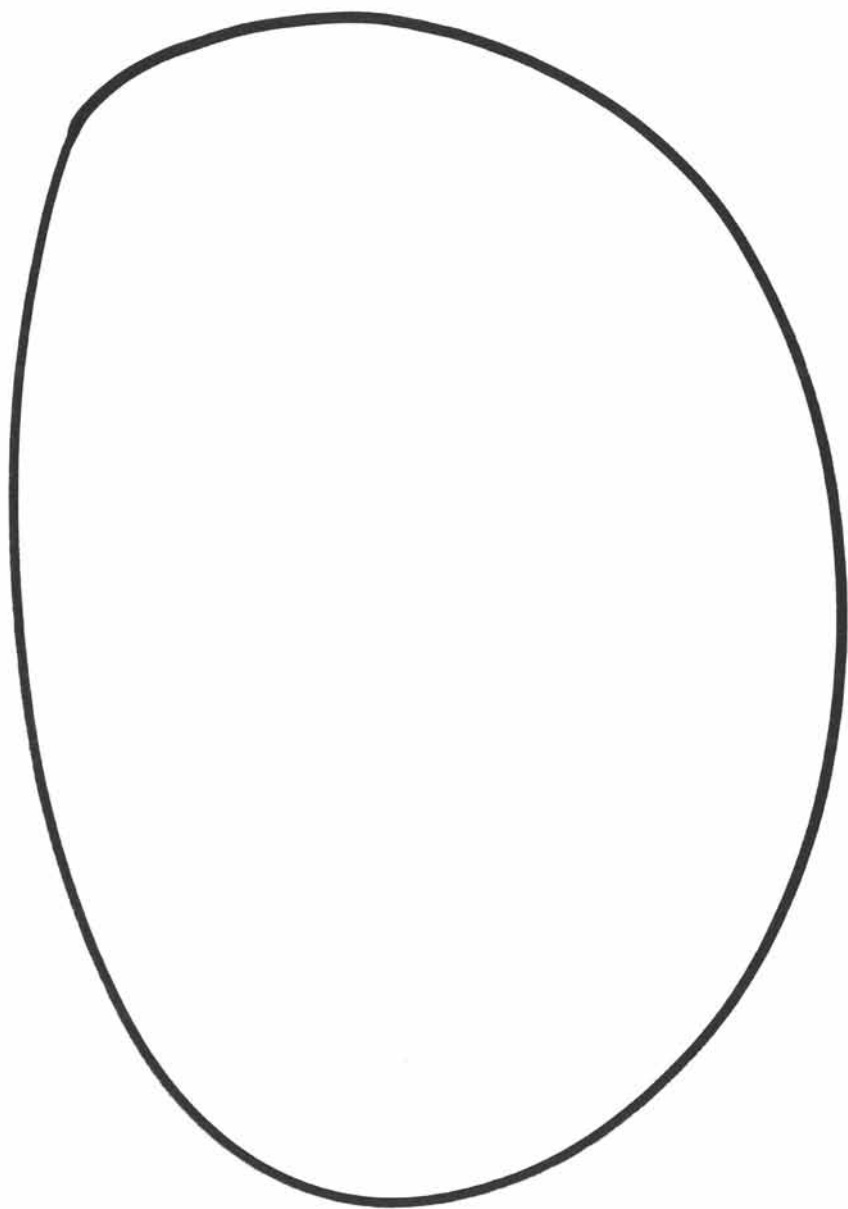
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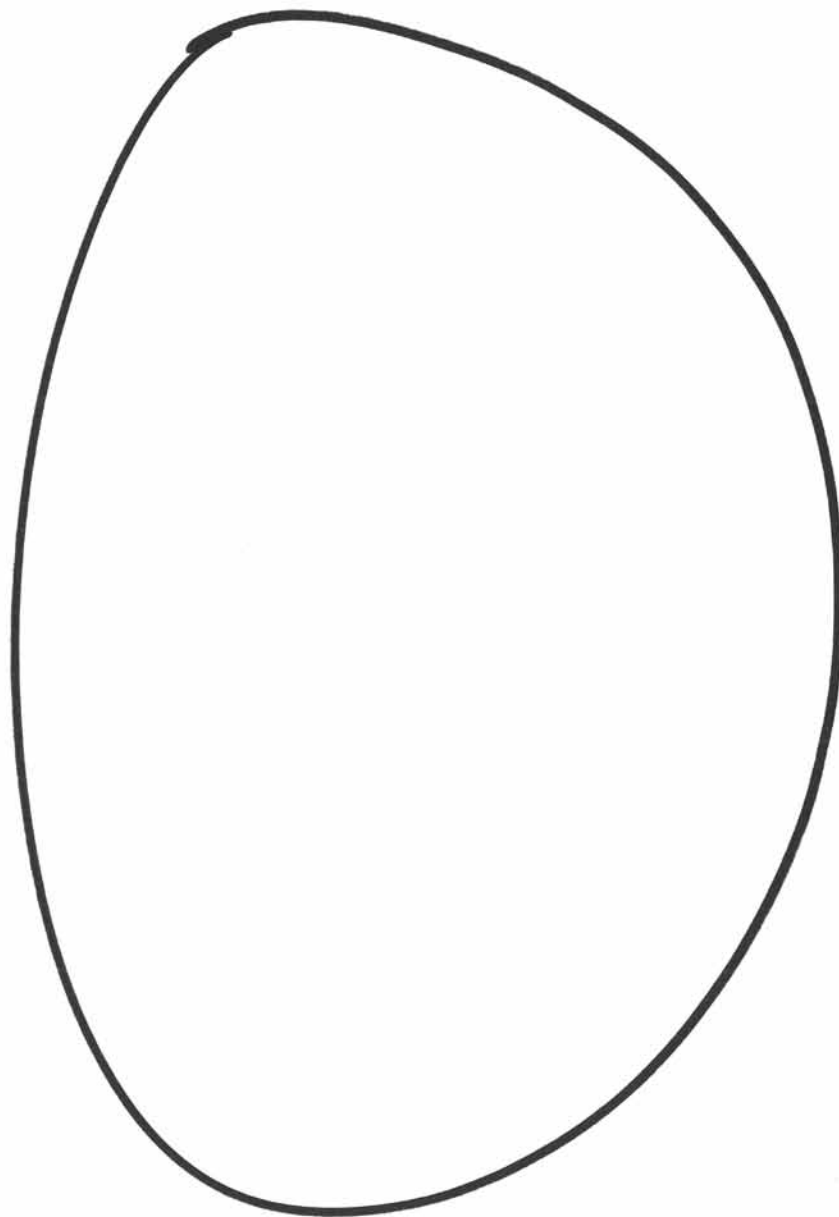
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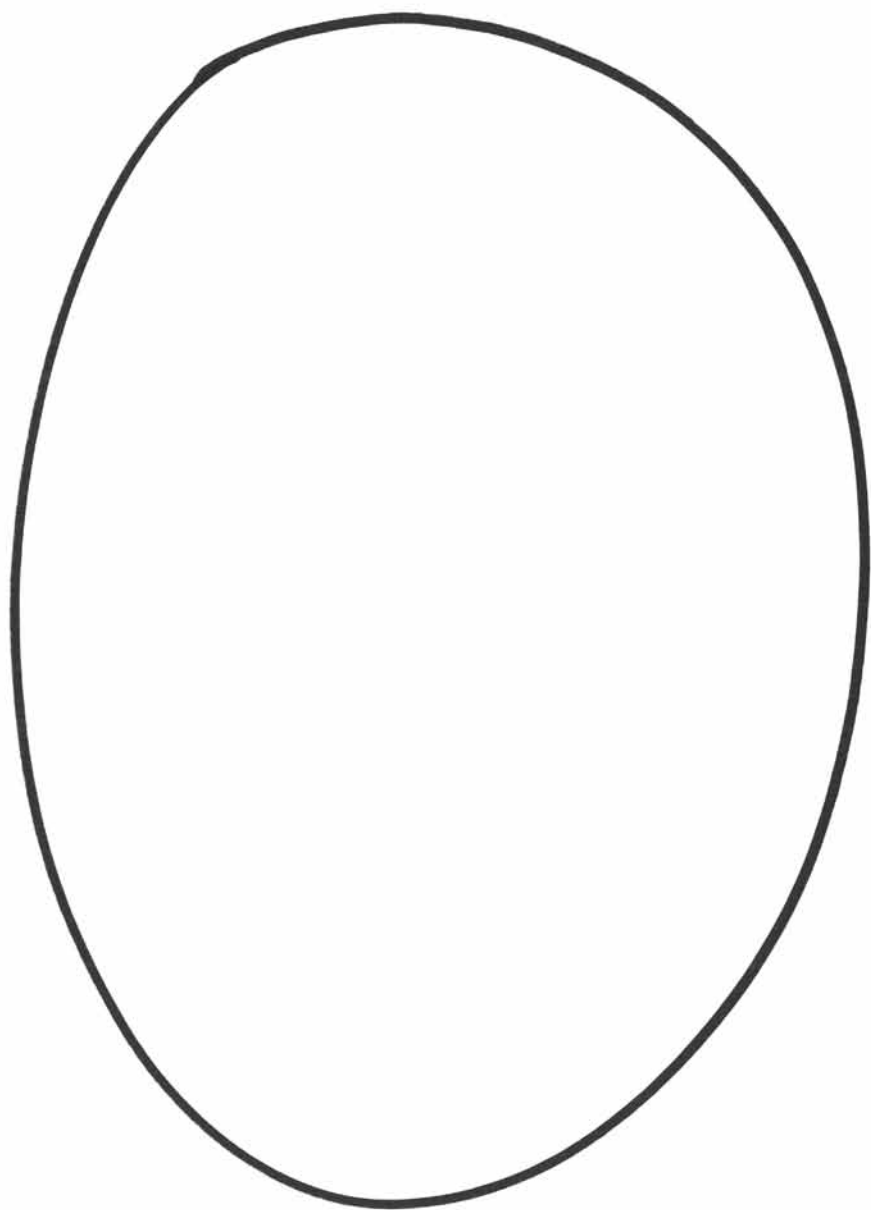
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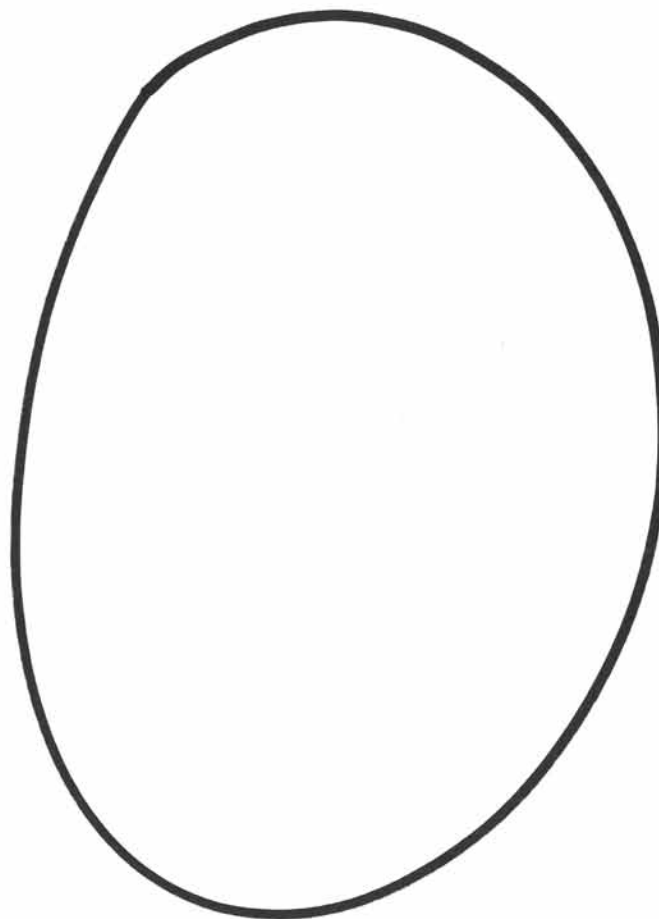
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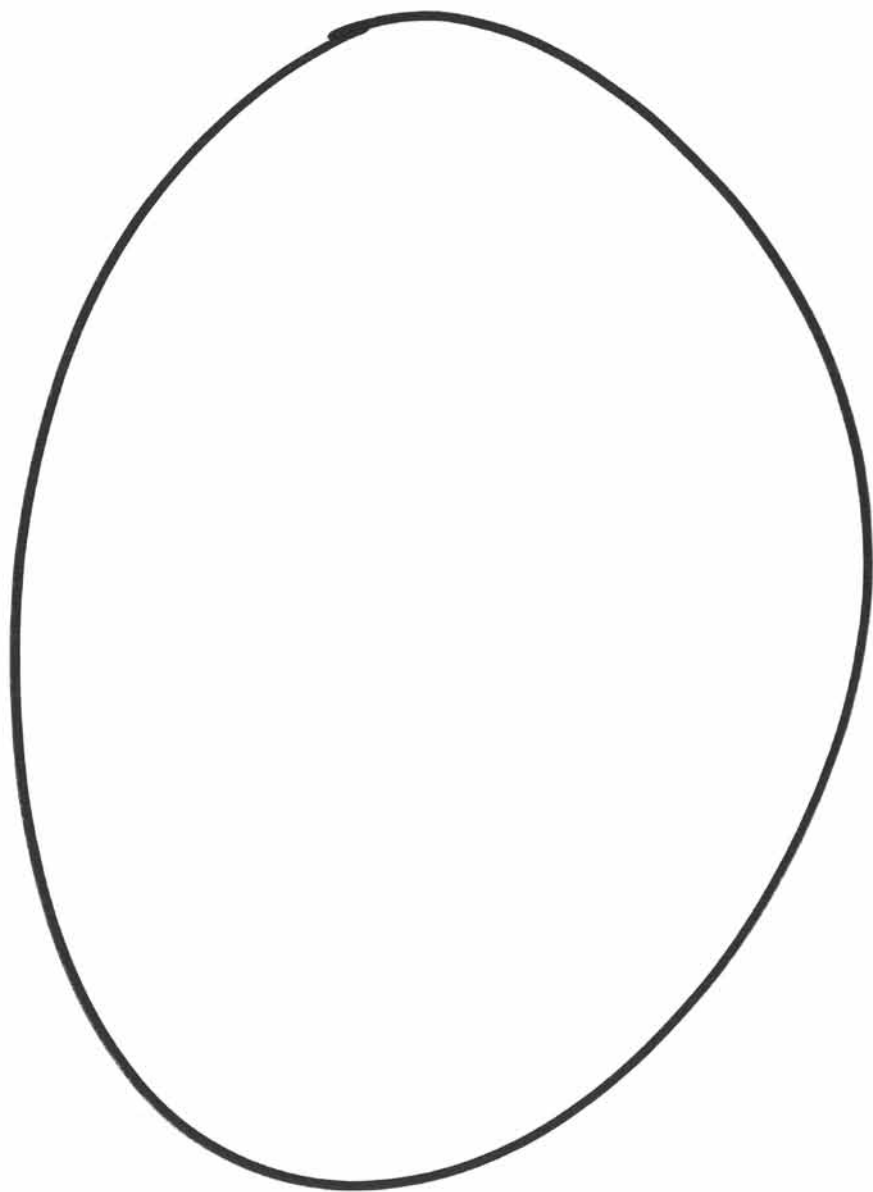
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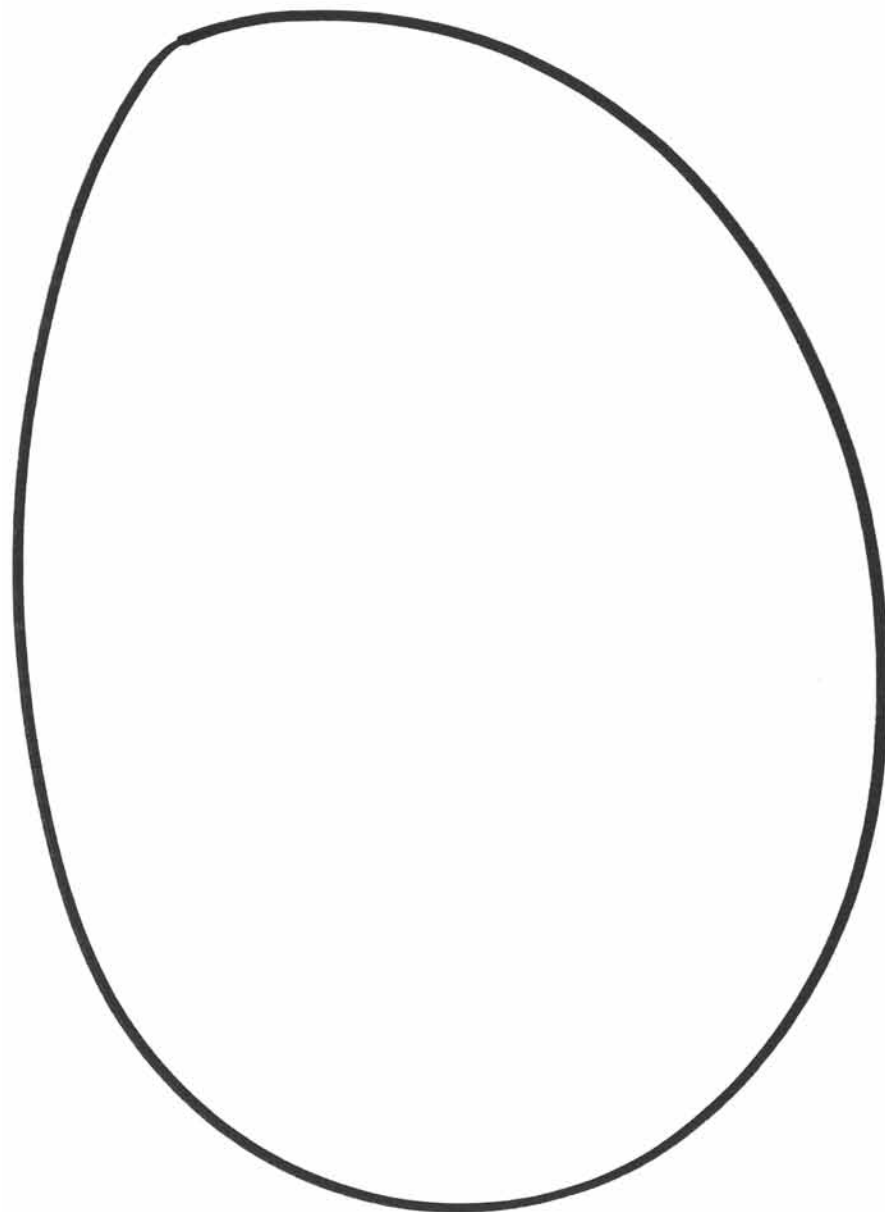
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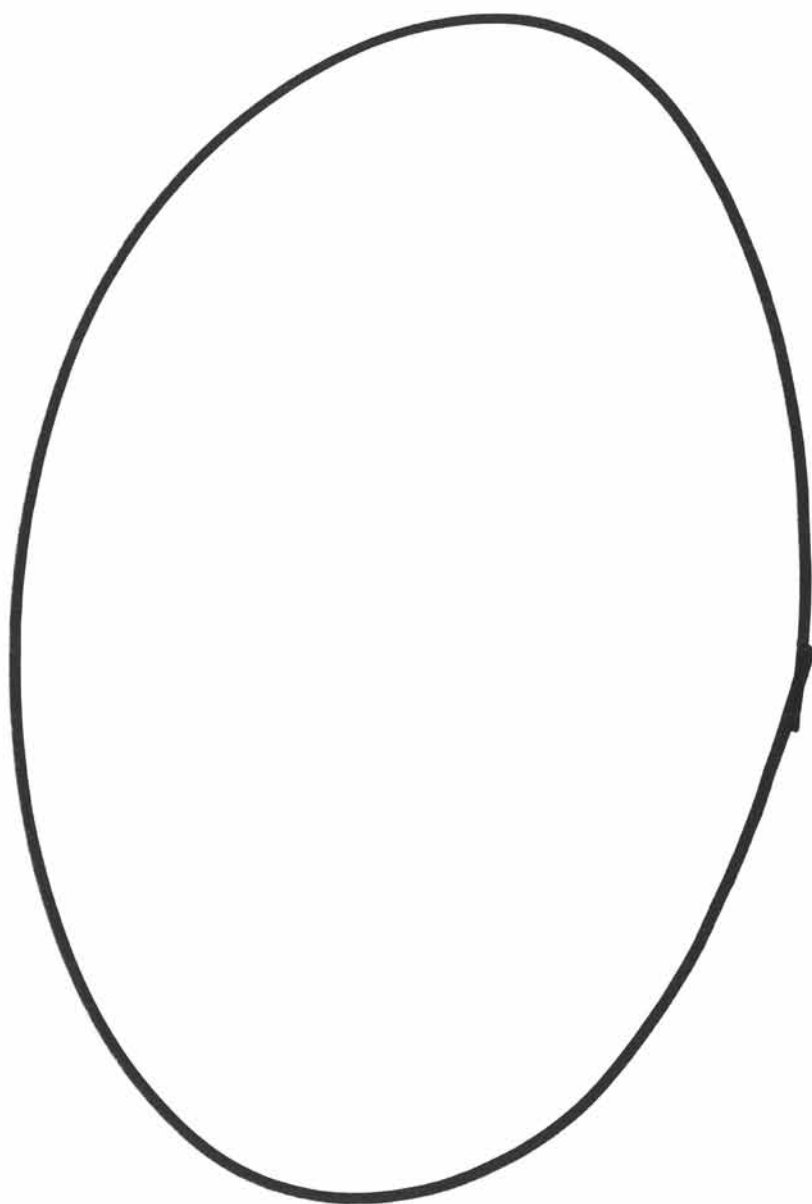
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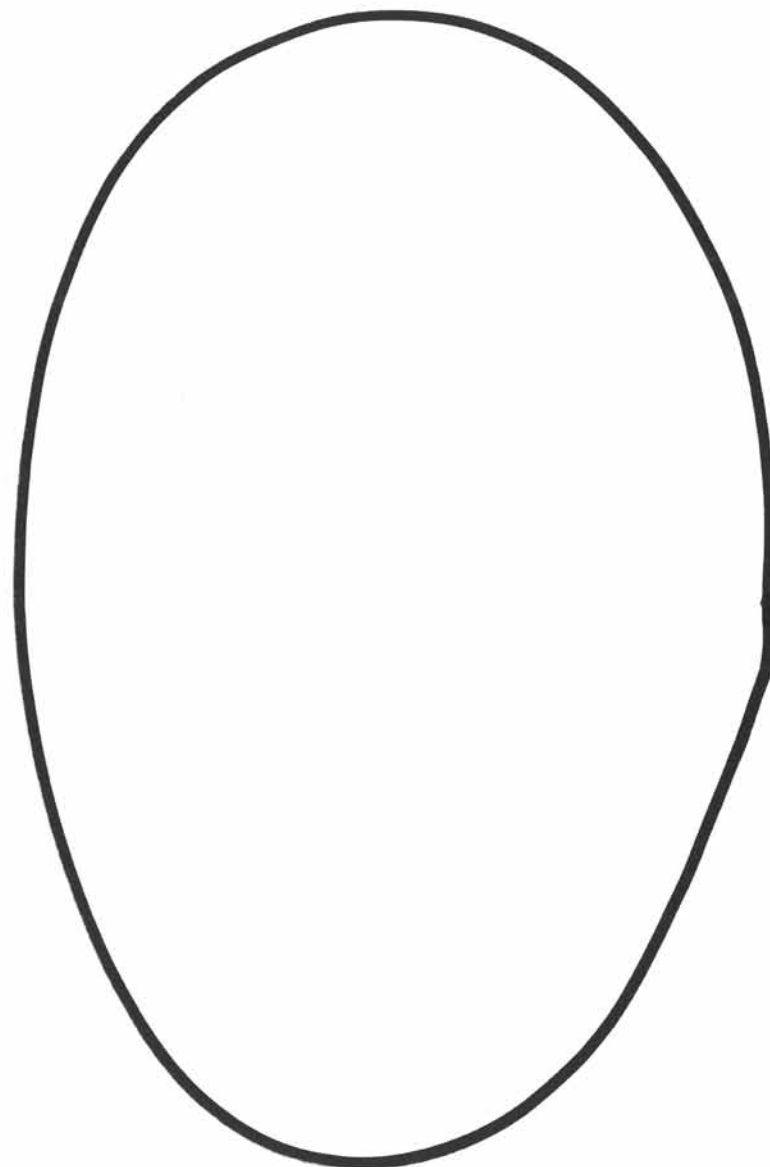
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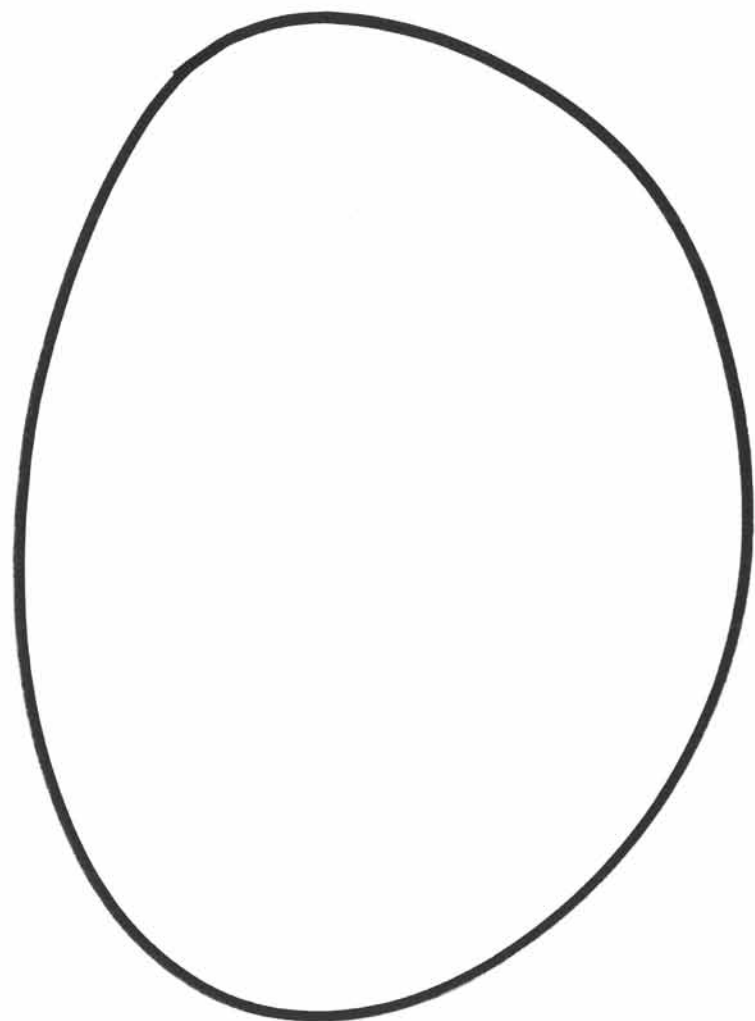
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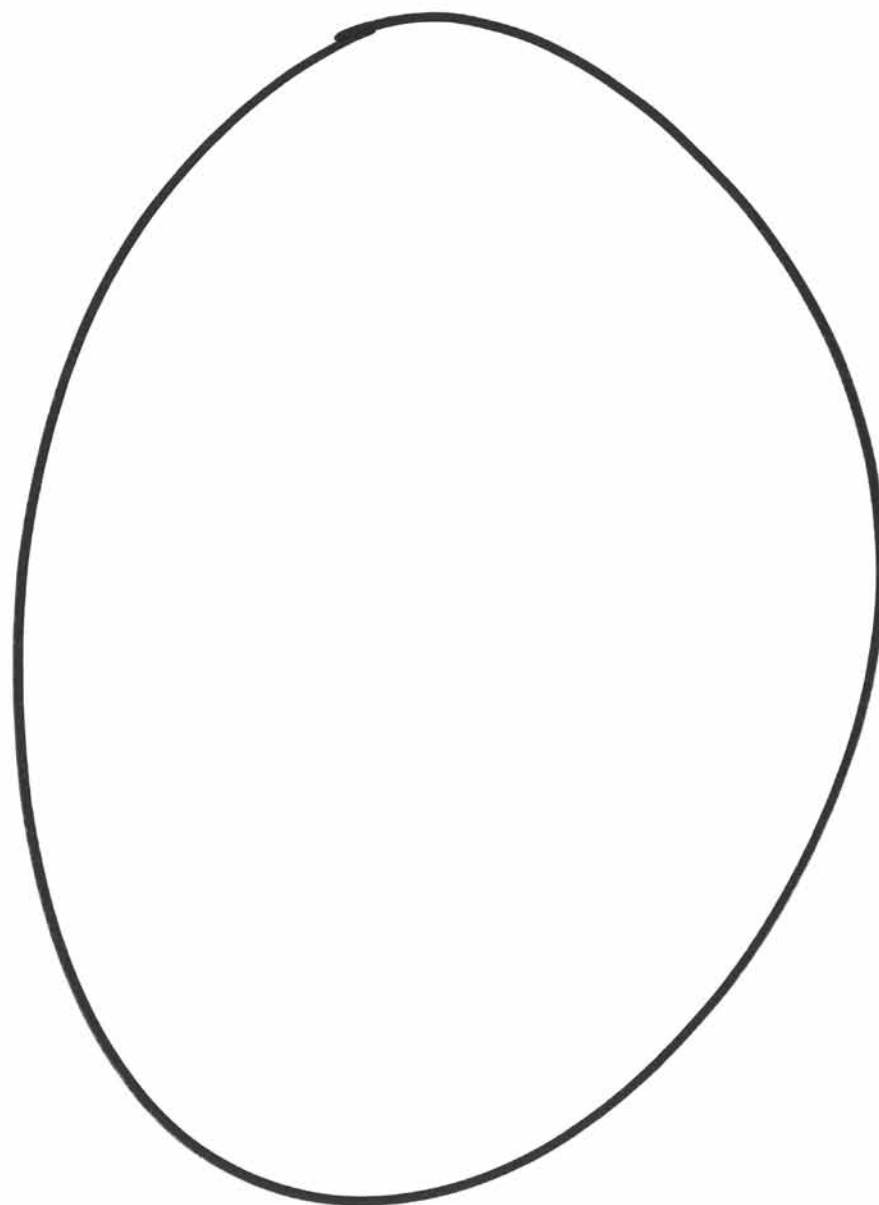
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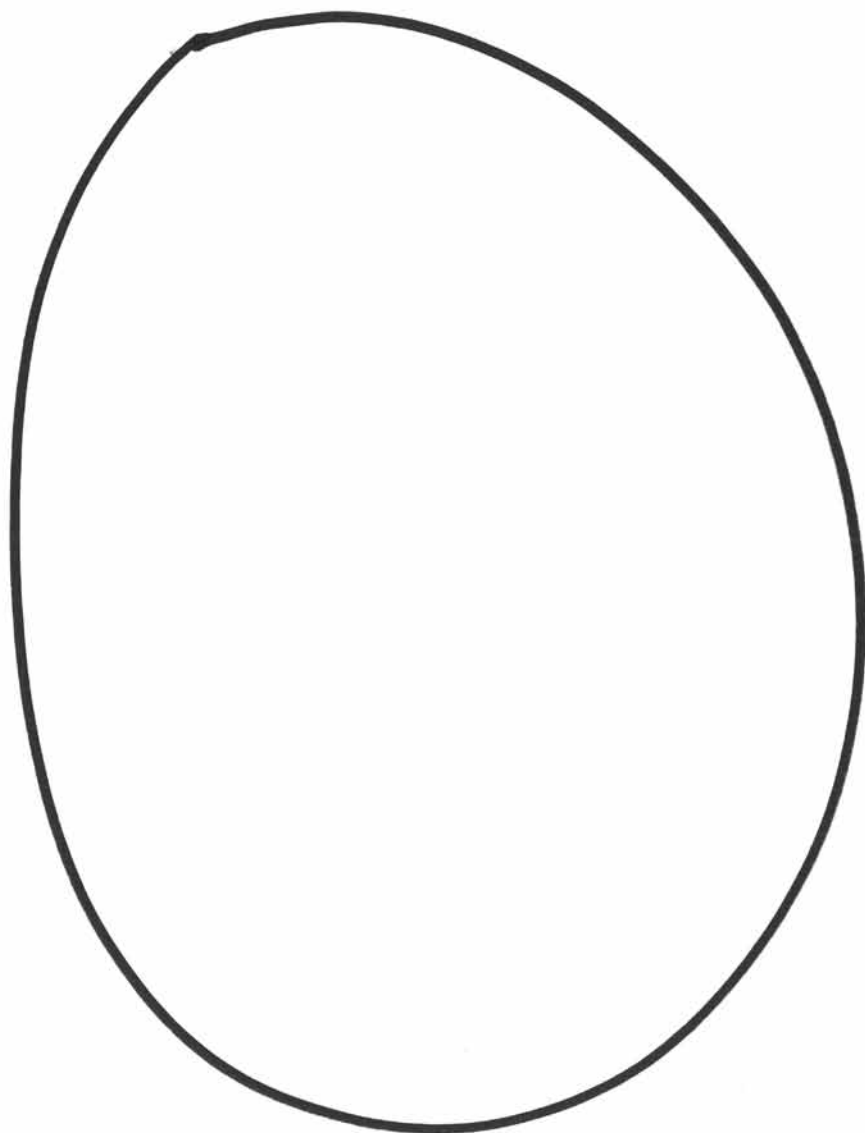
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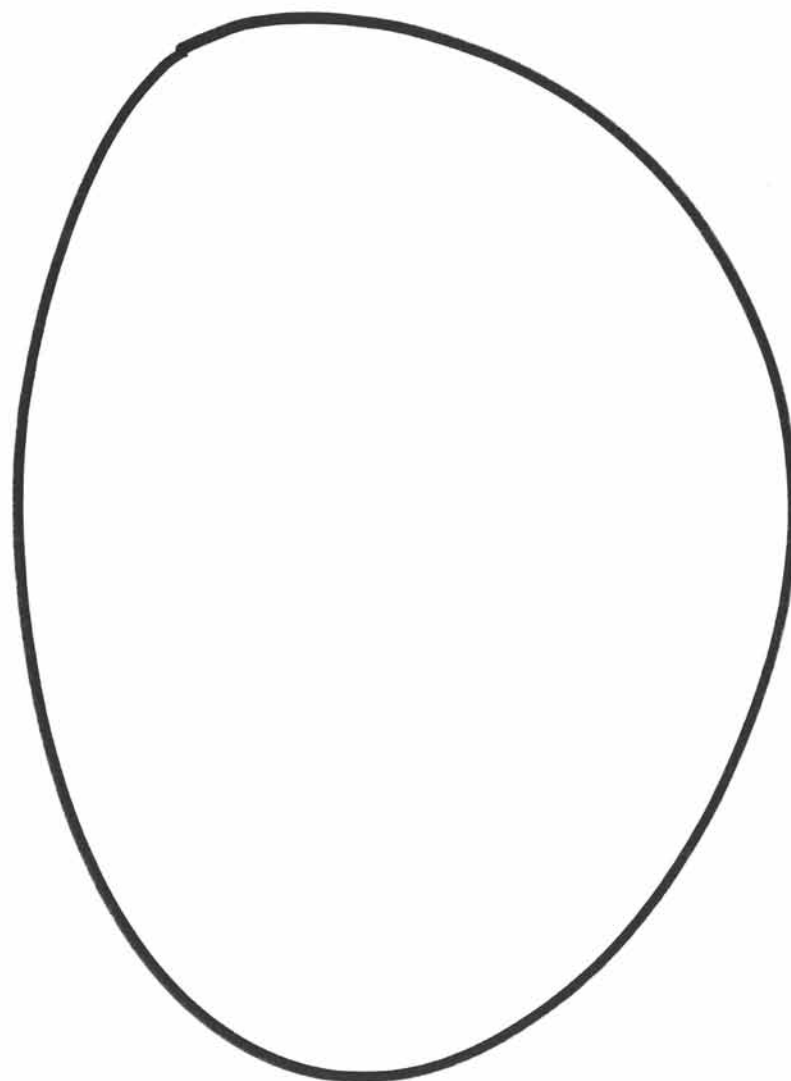
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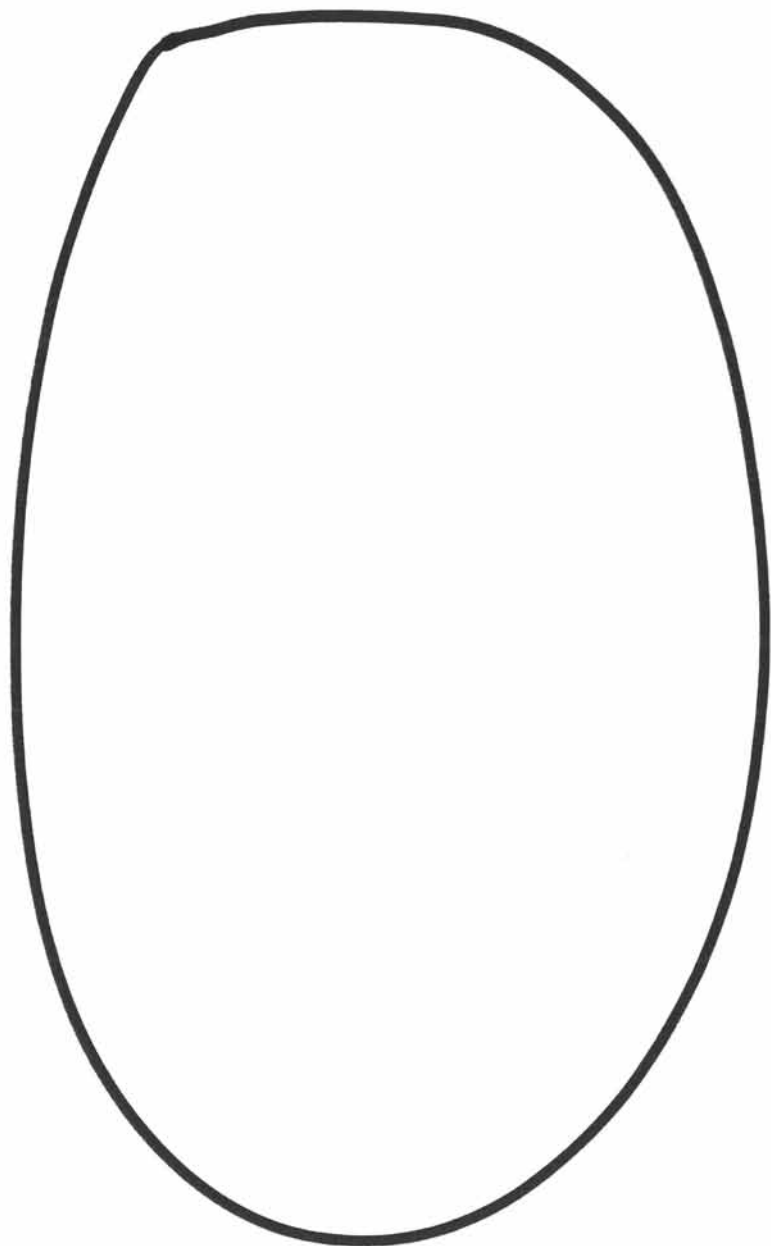
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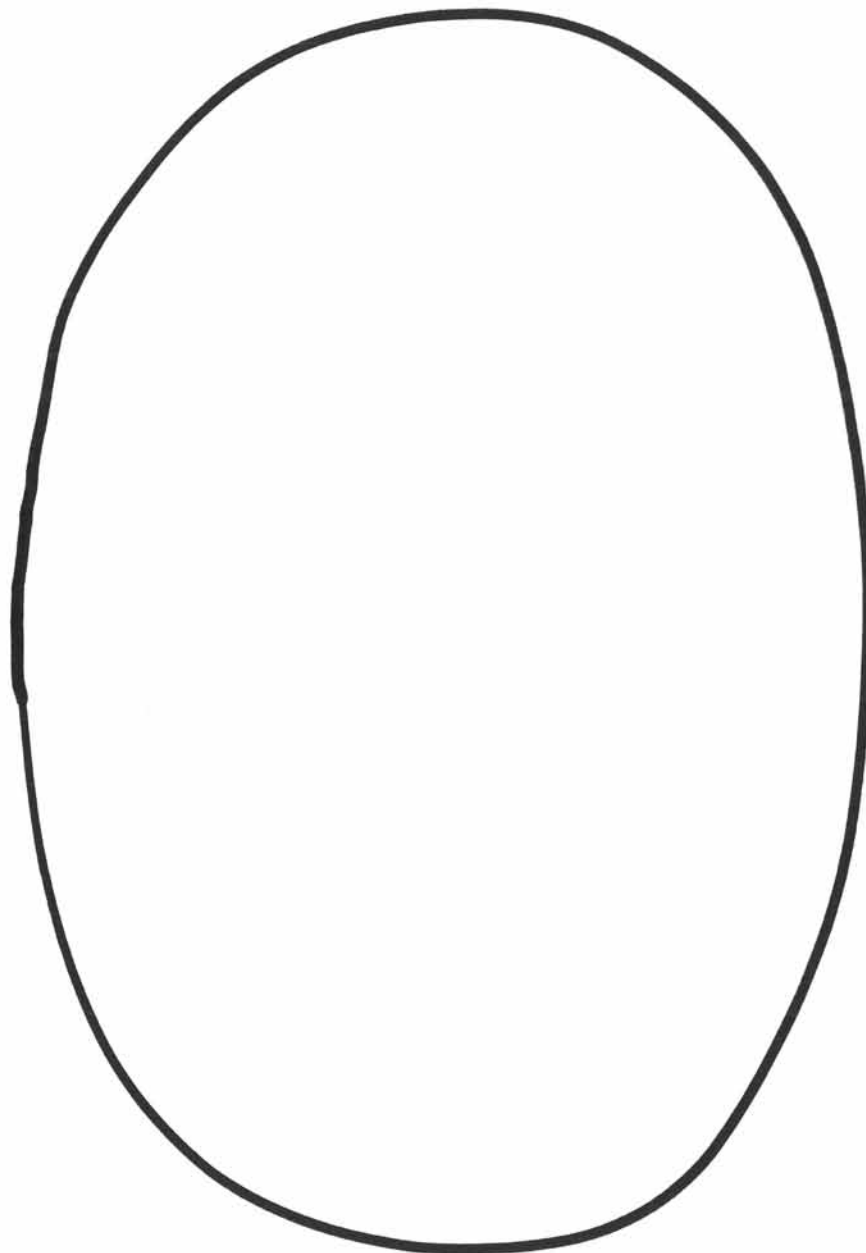
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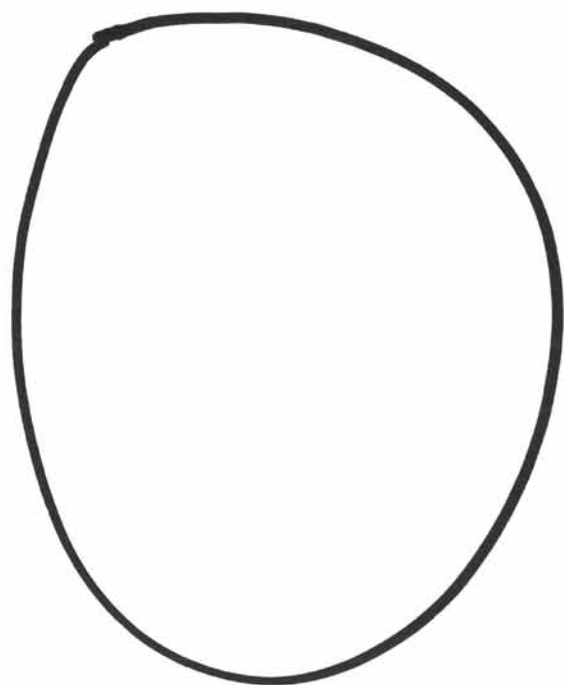
Day 212



Day 213



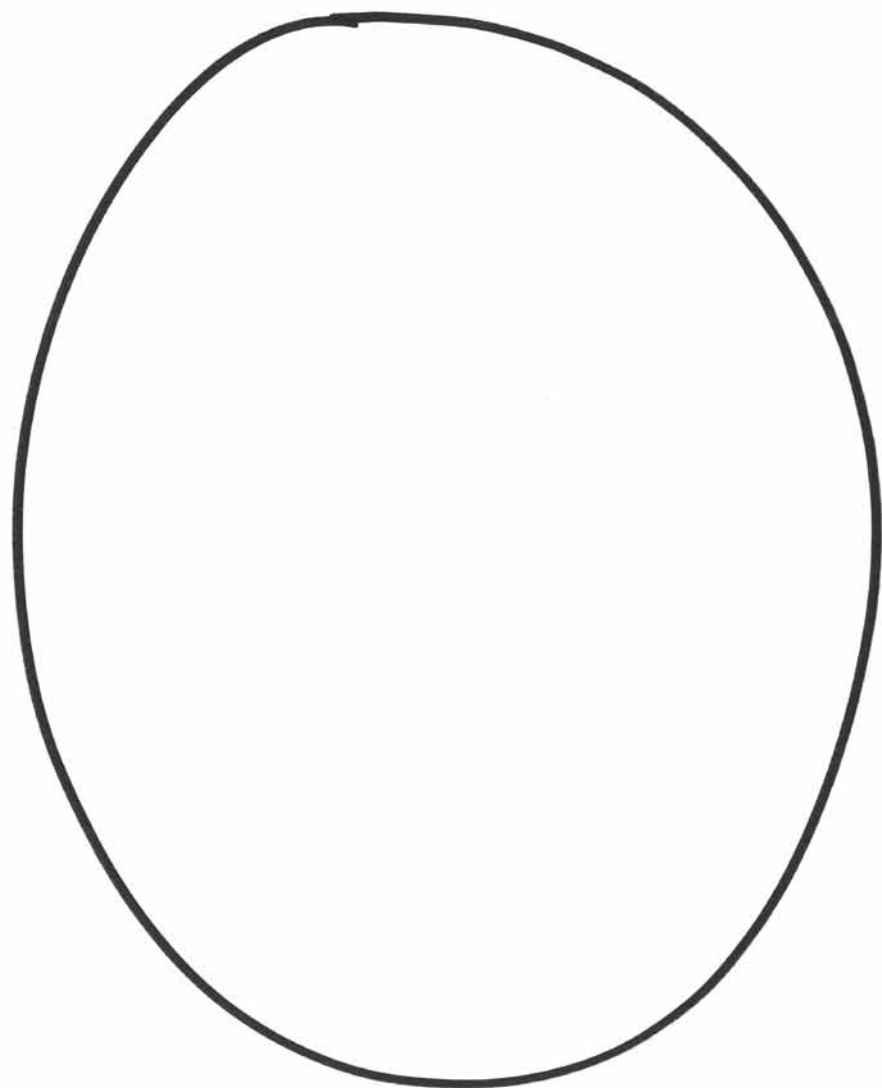
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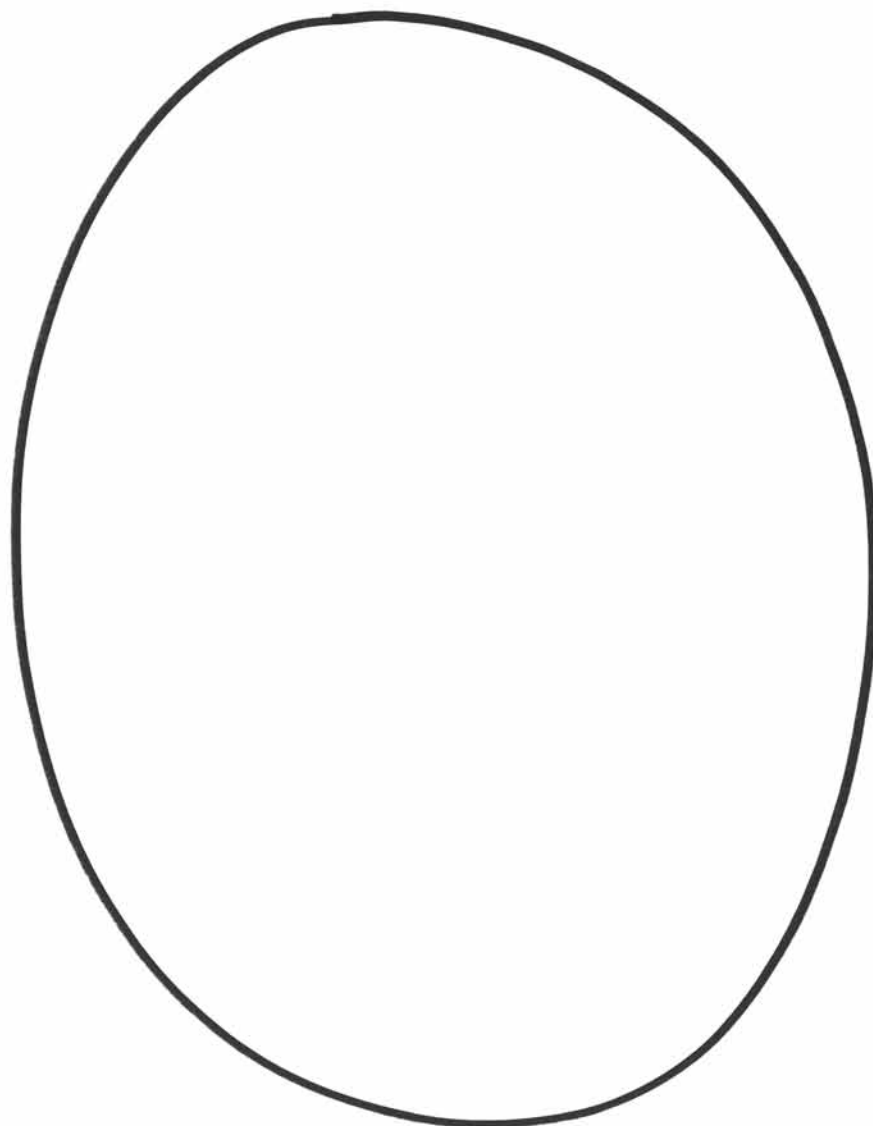
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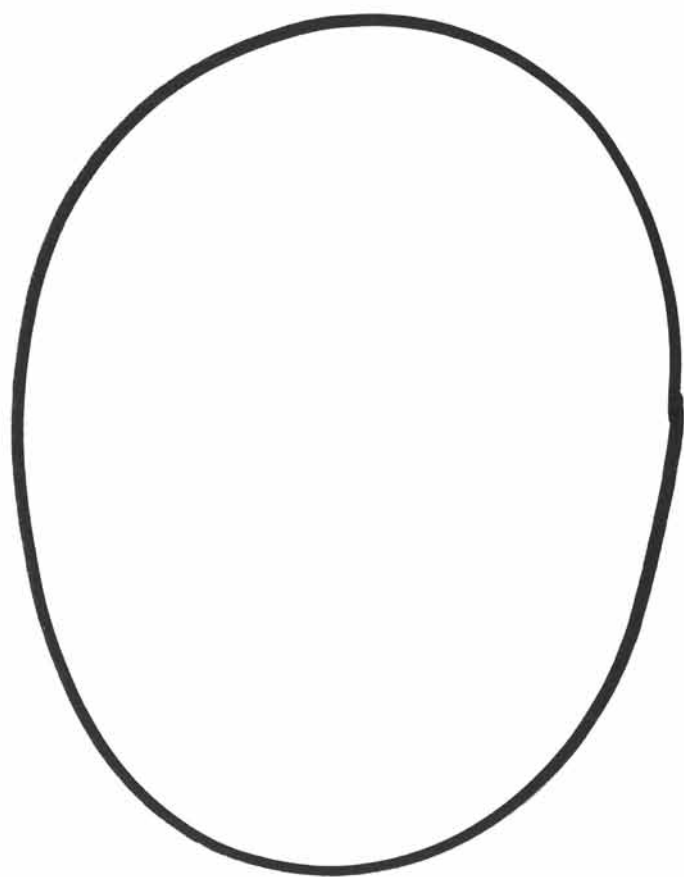
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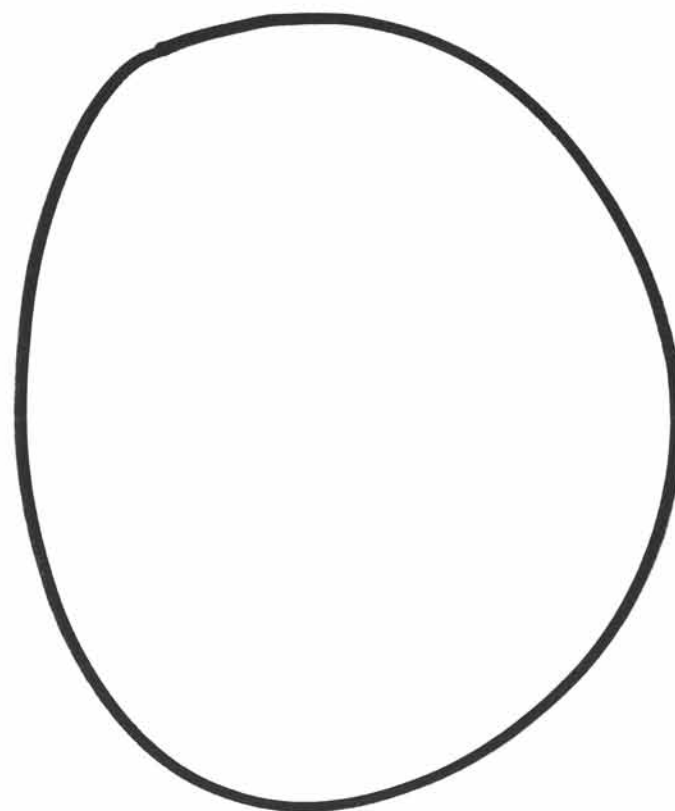
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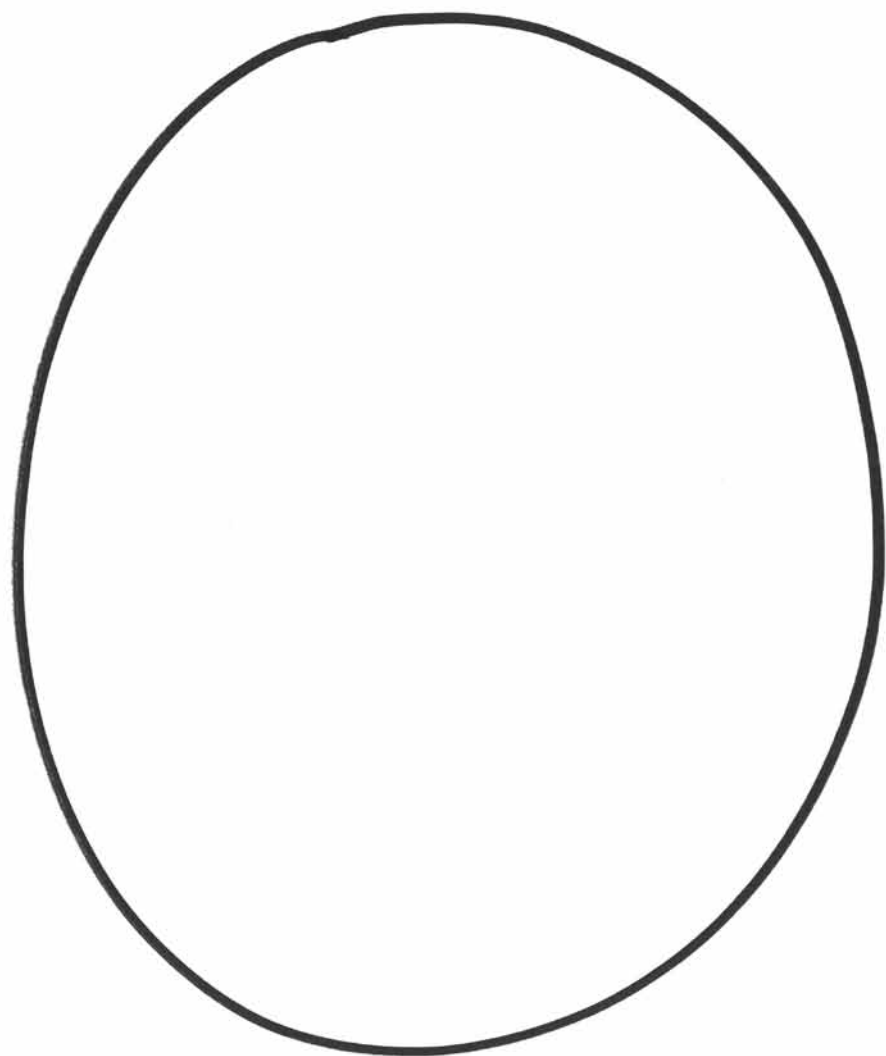
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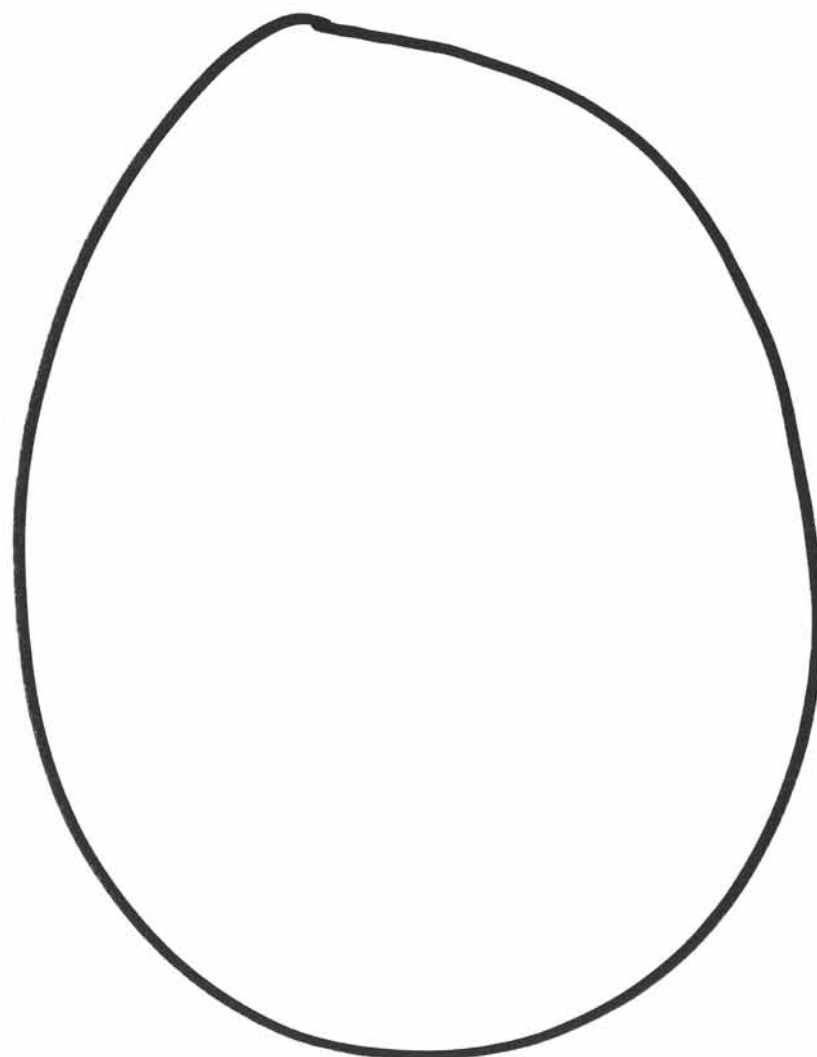
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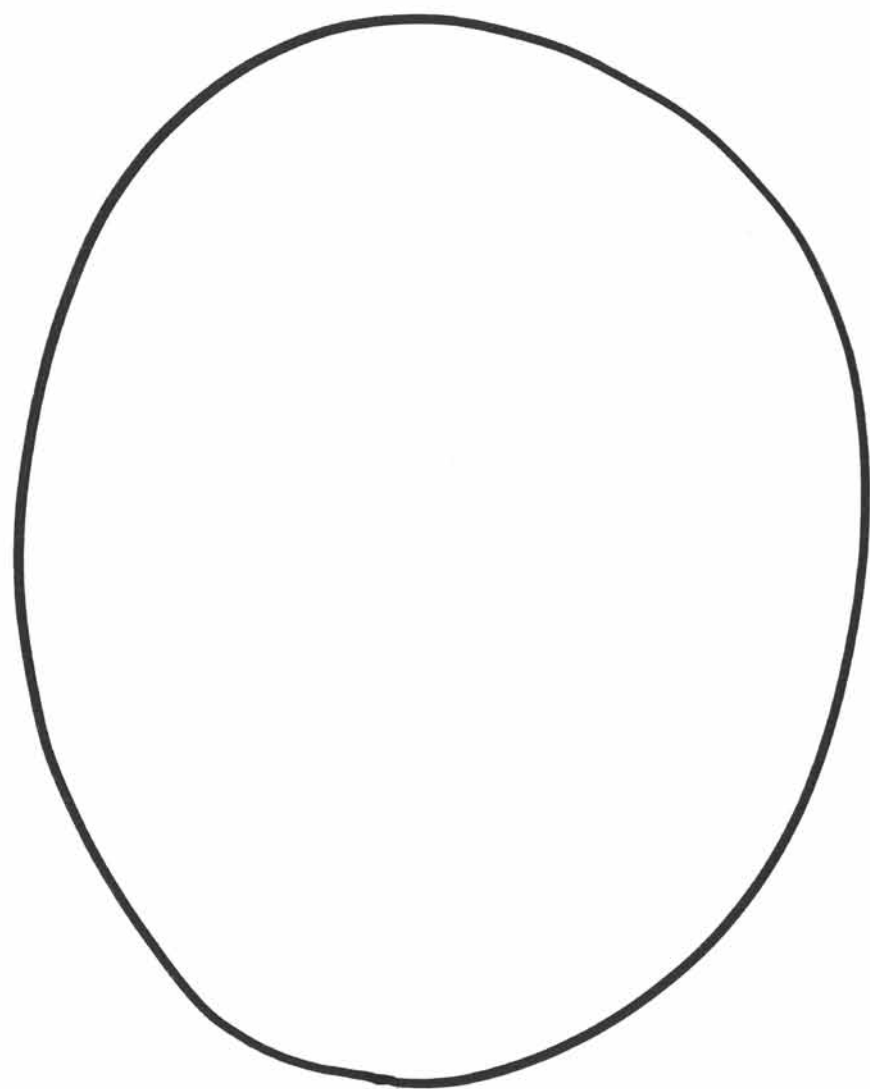
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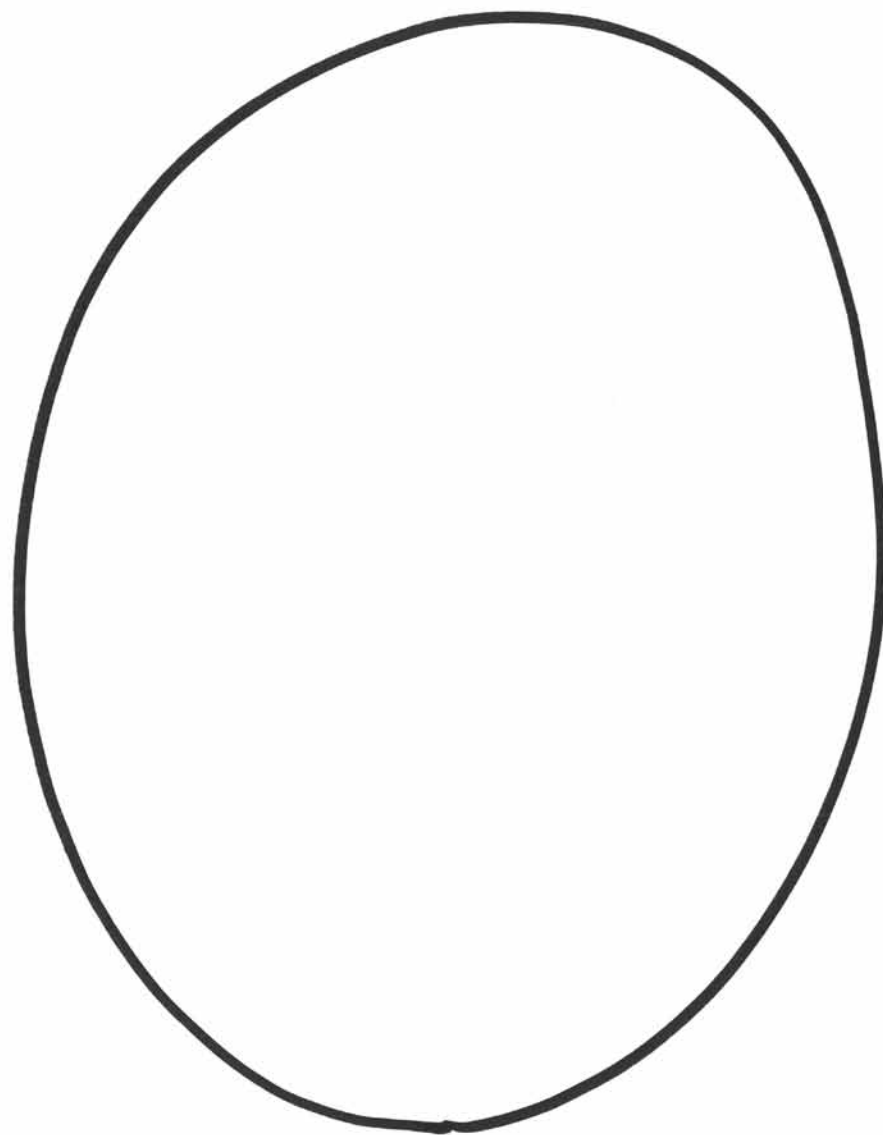
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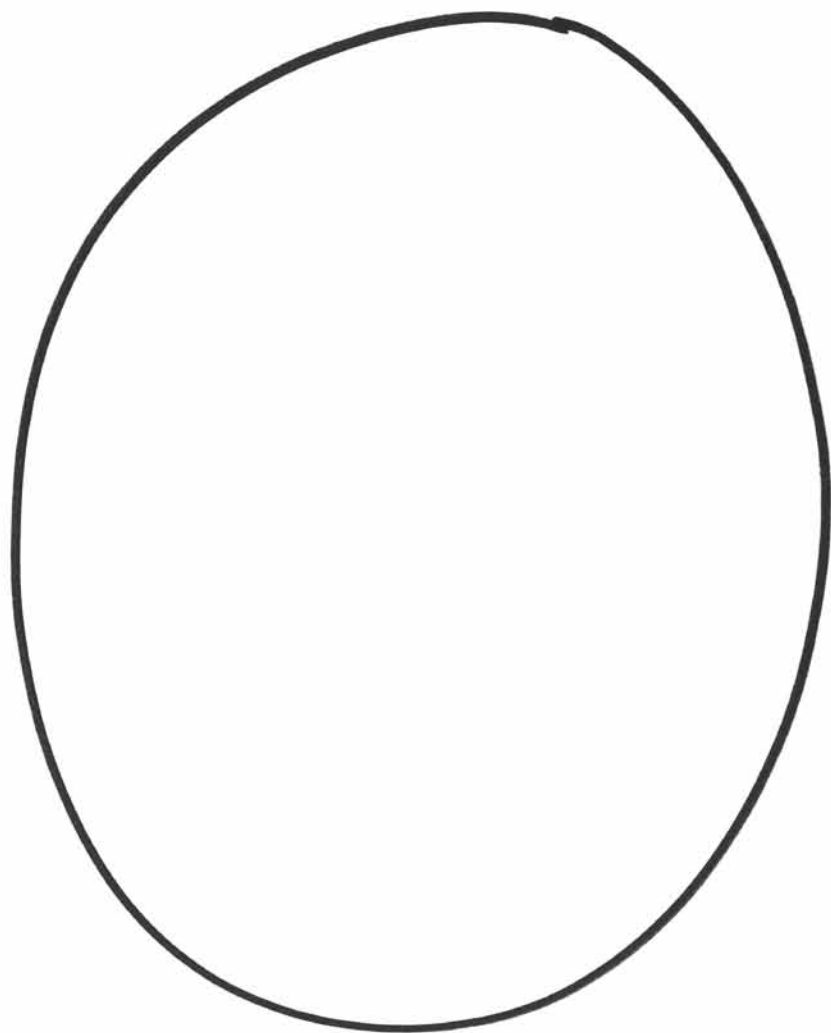
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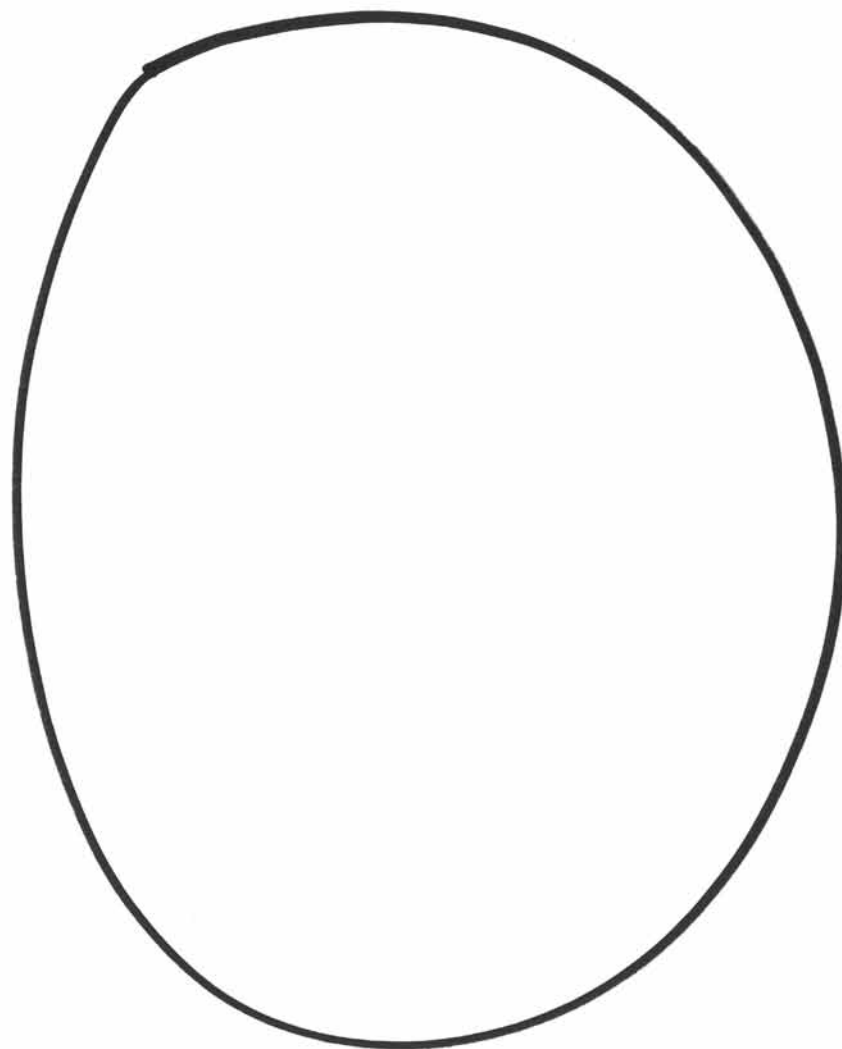
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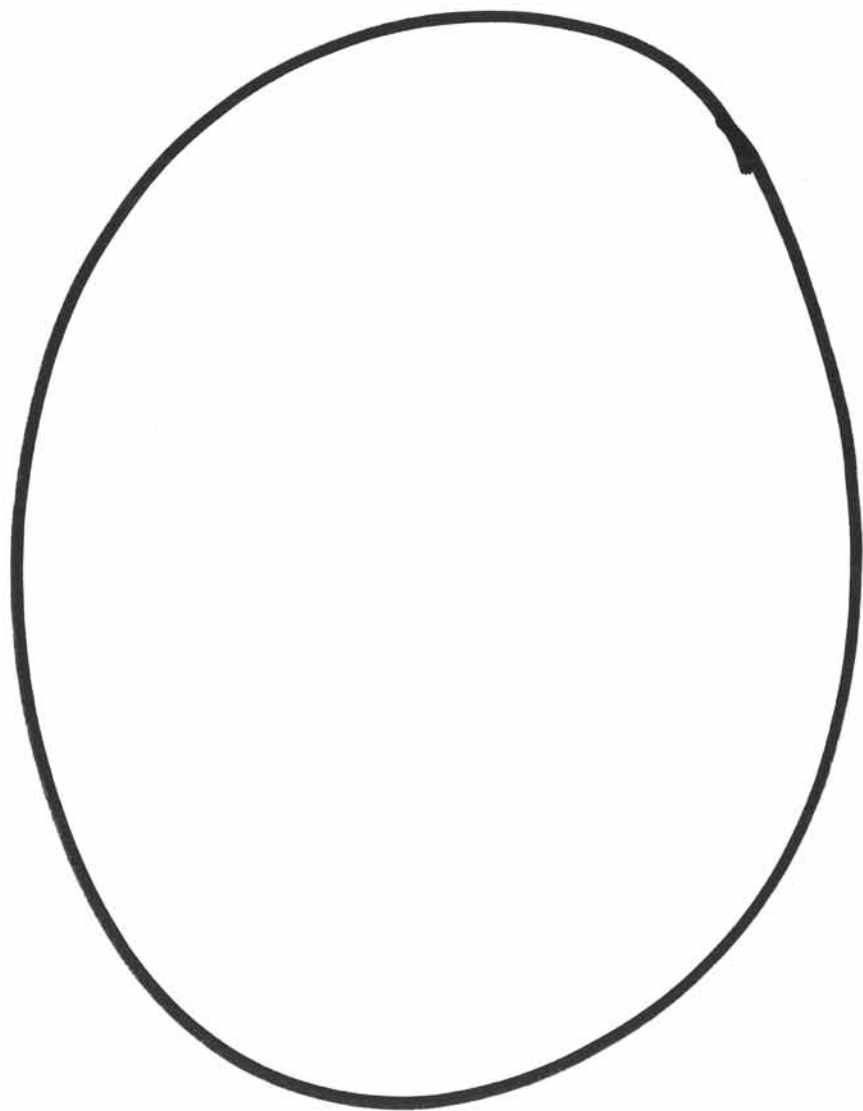
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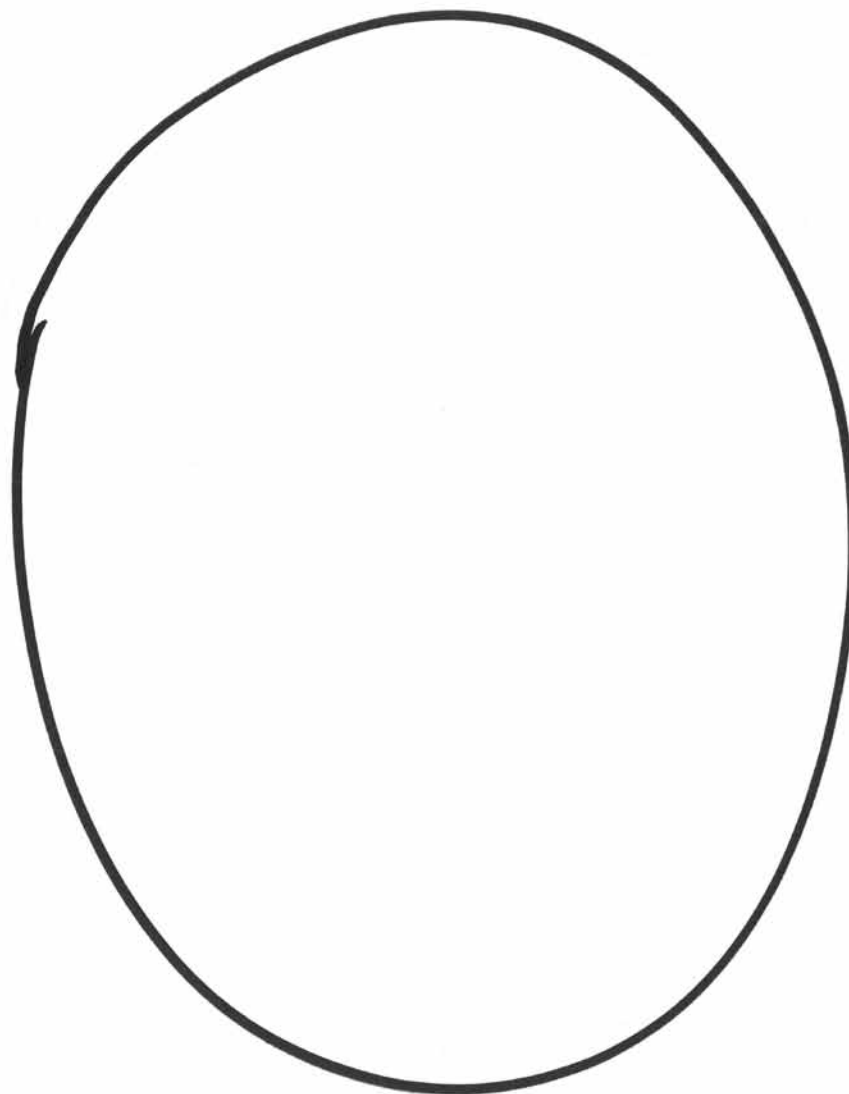
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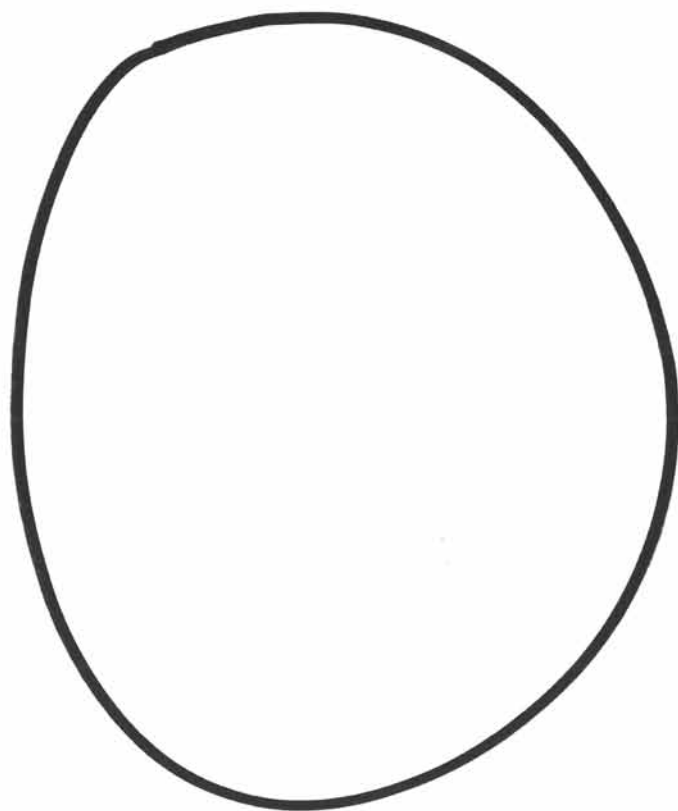
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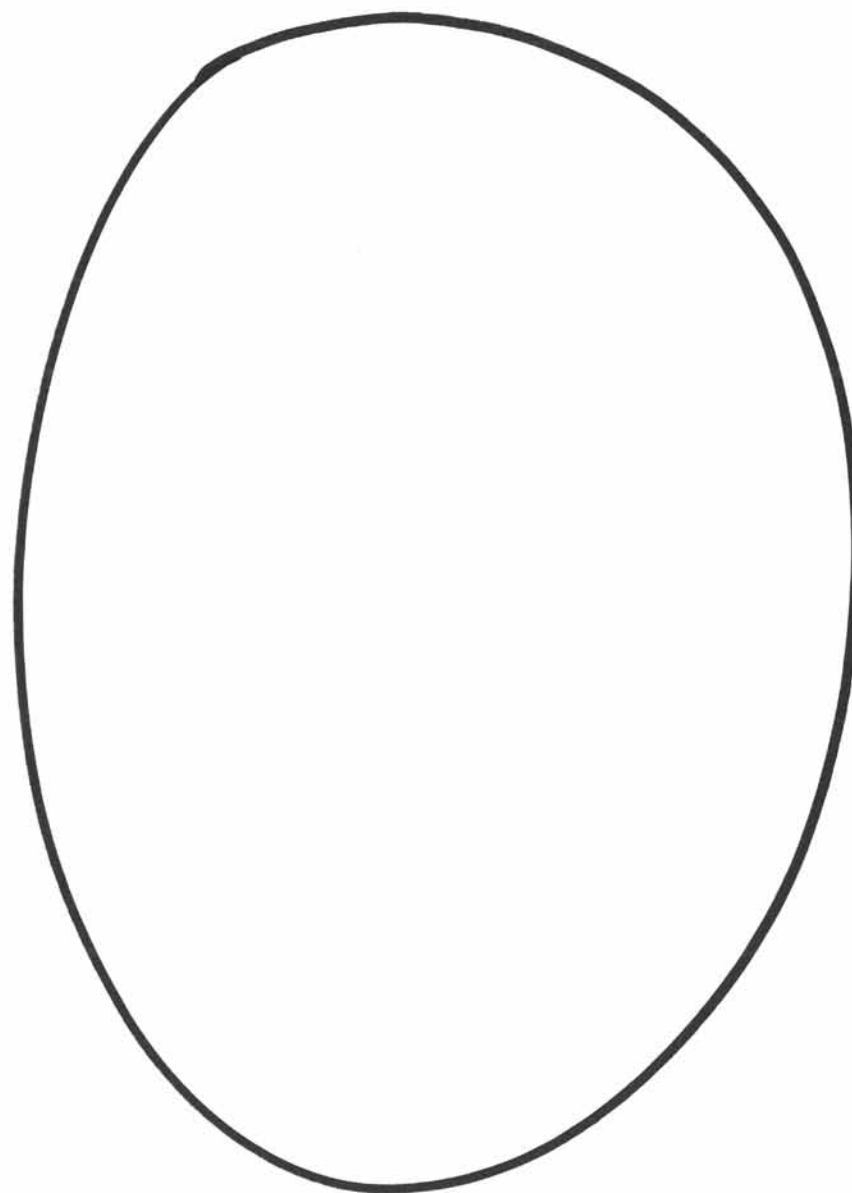
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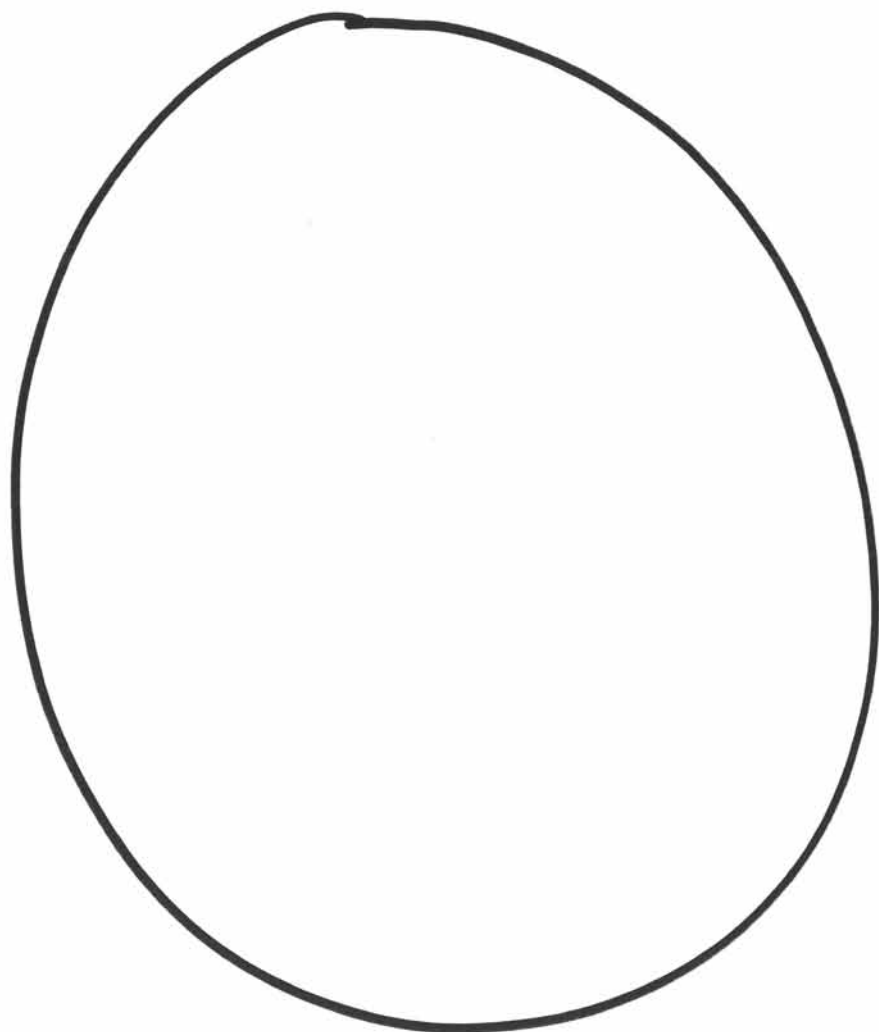
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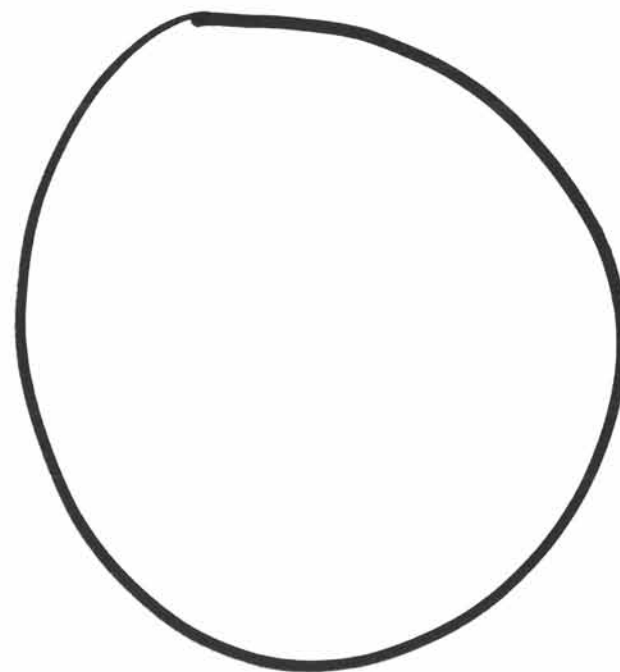
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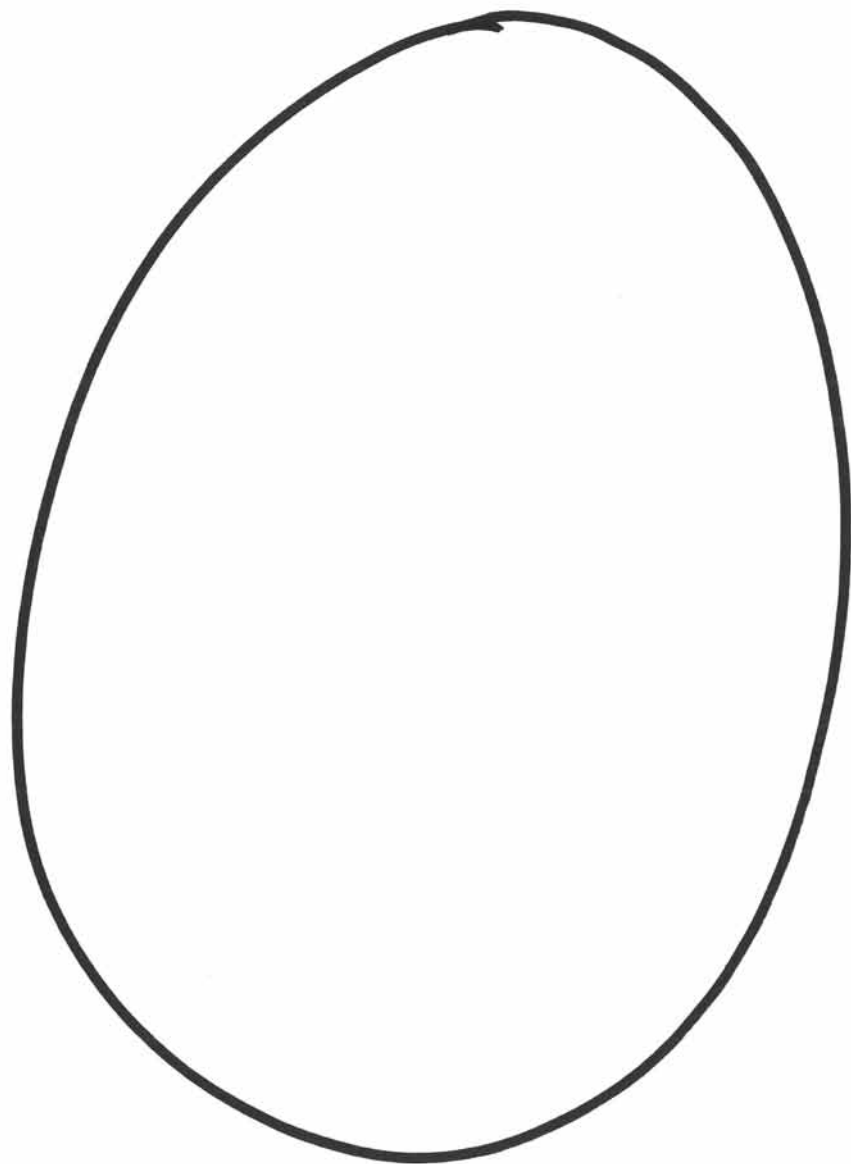
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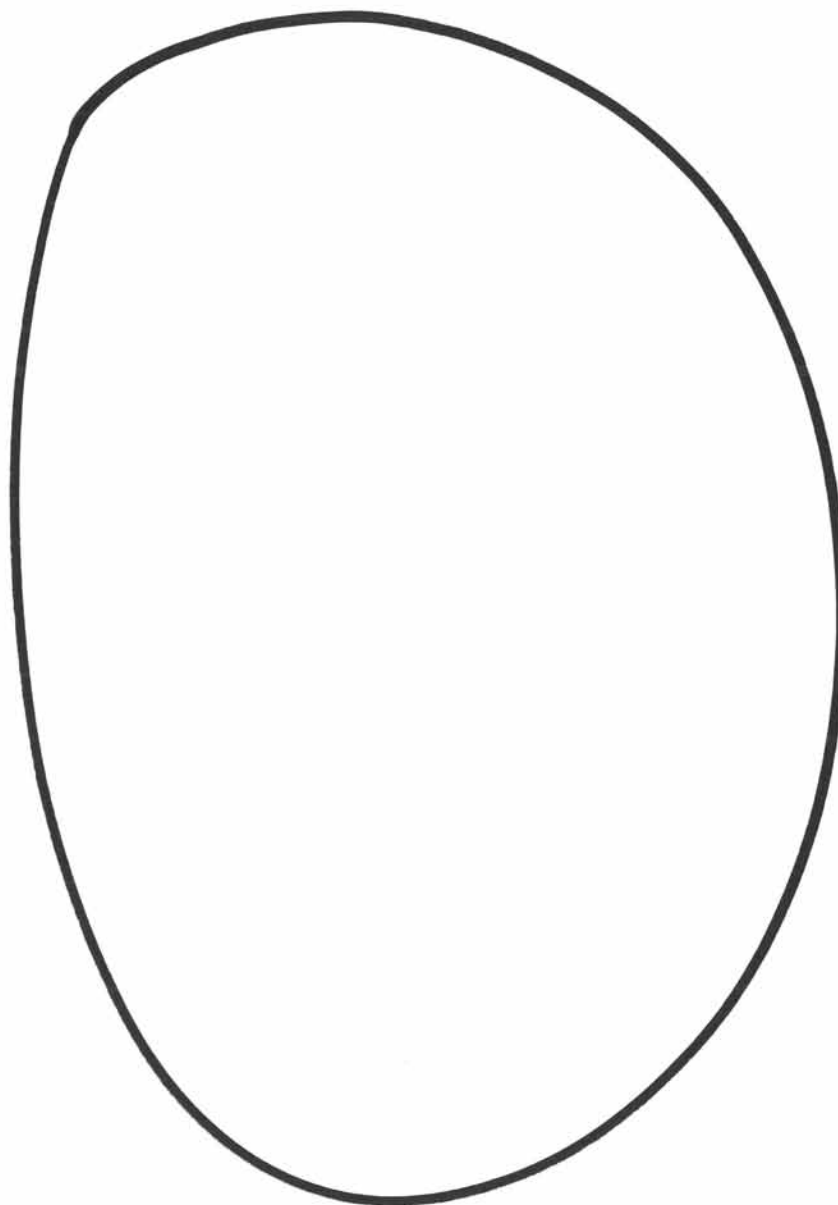
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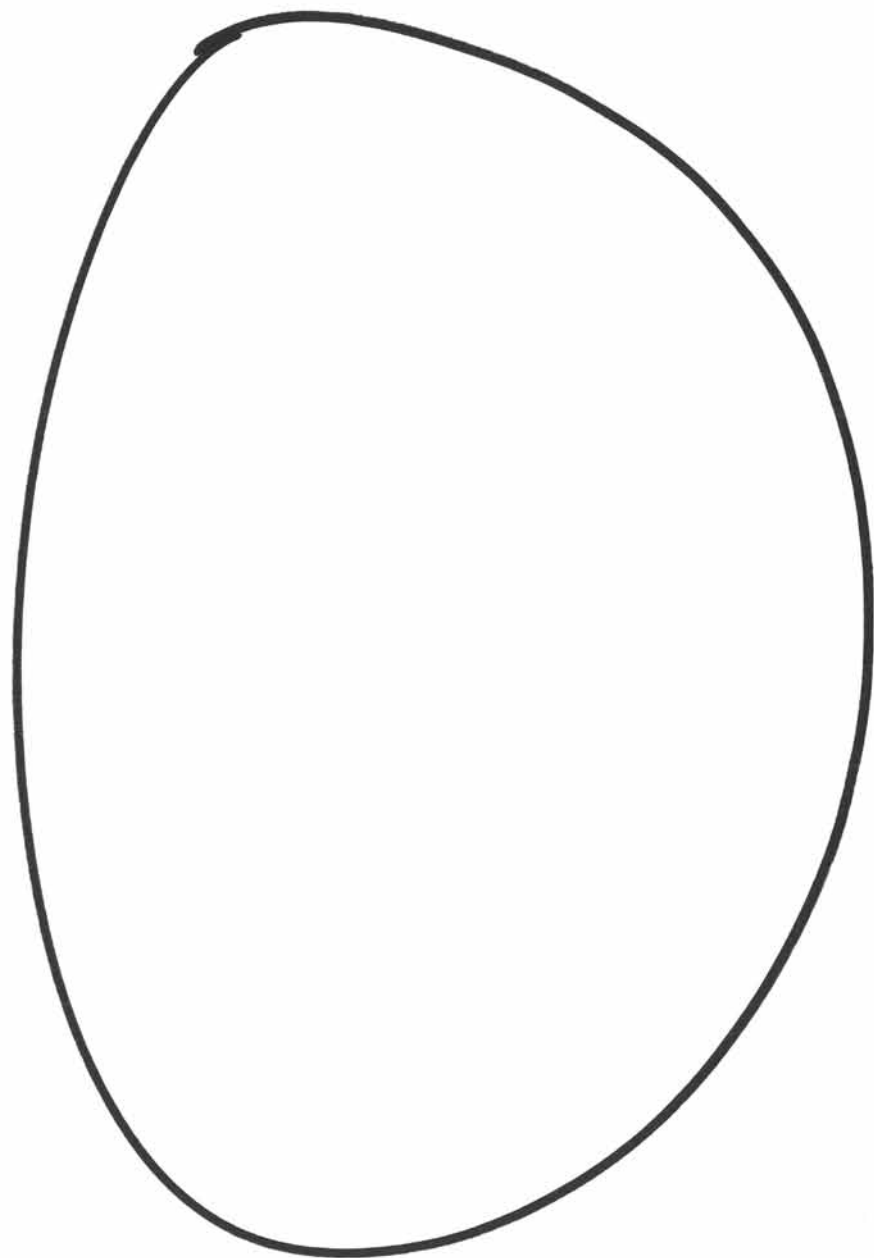
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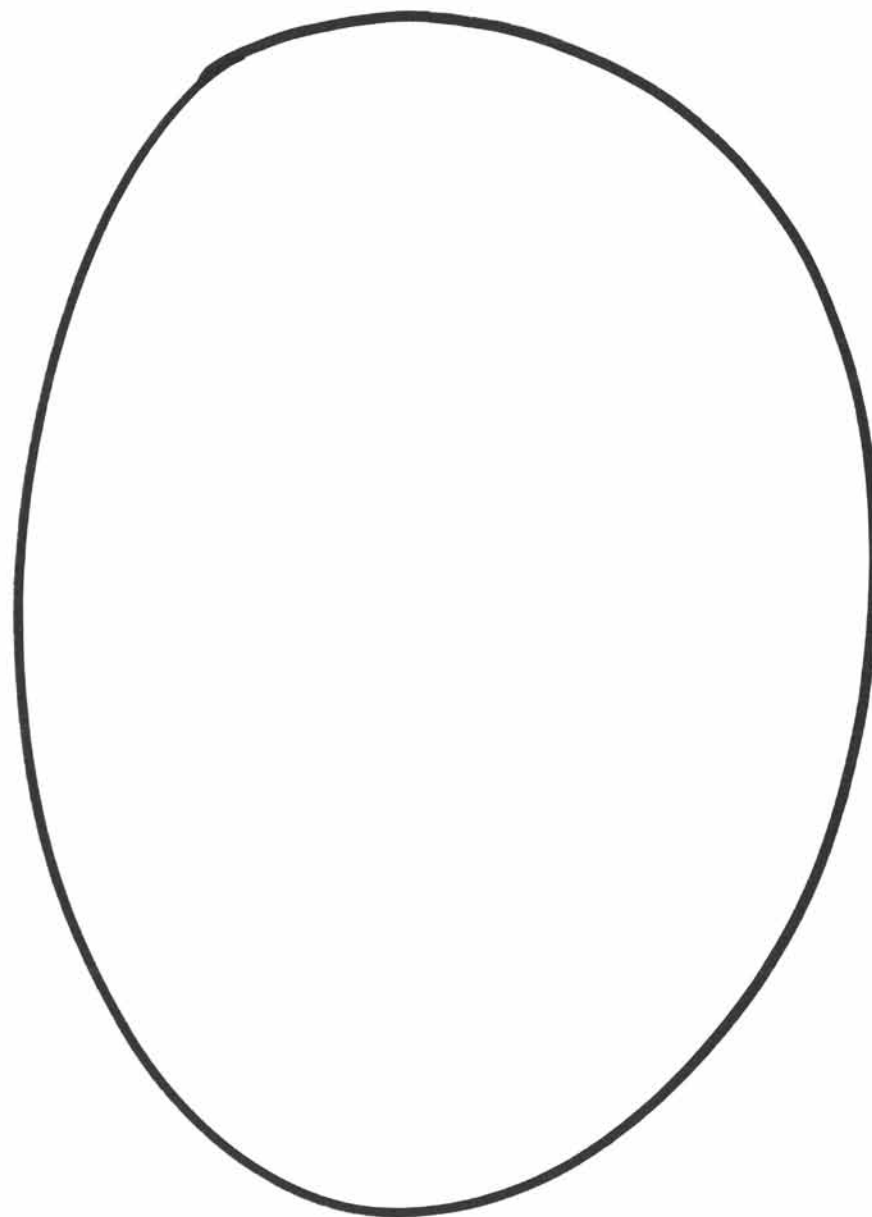
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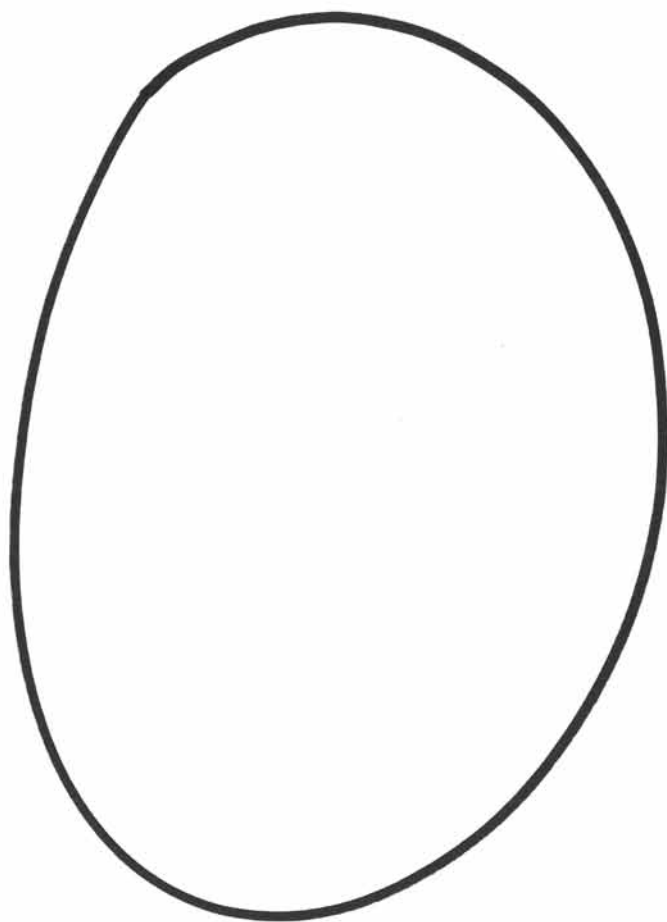
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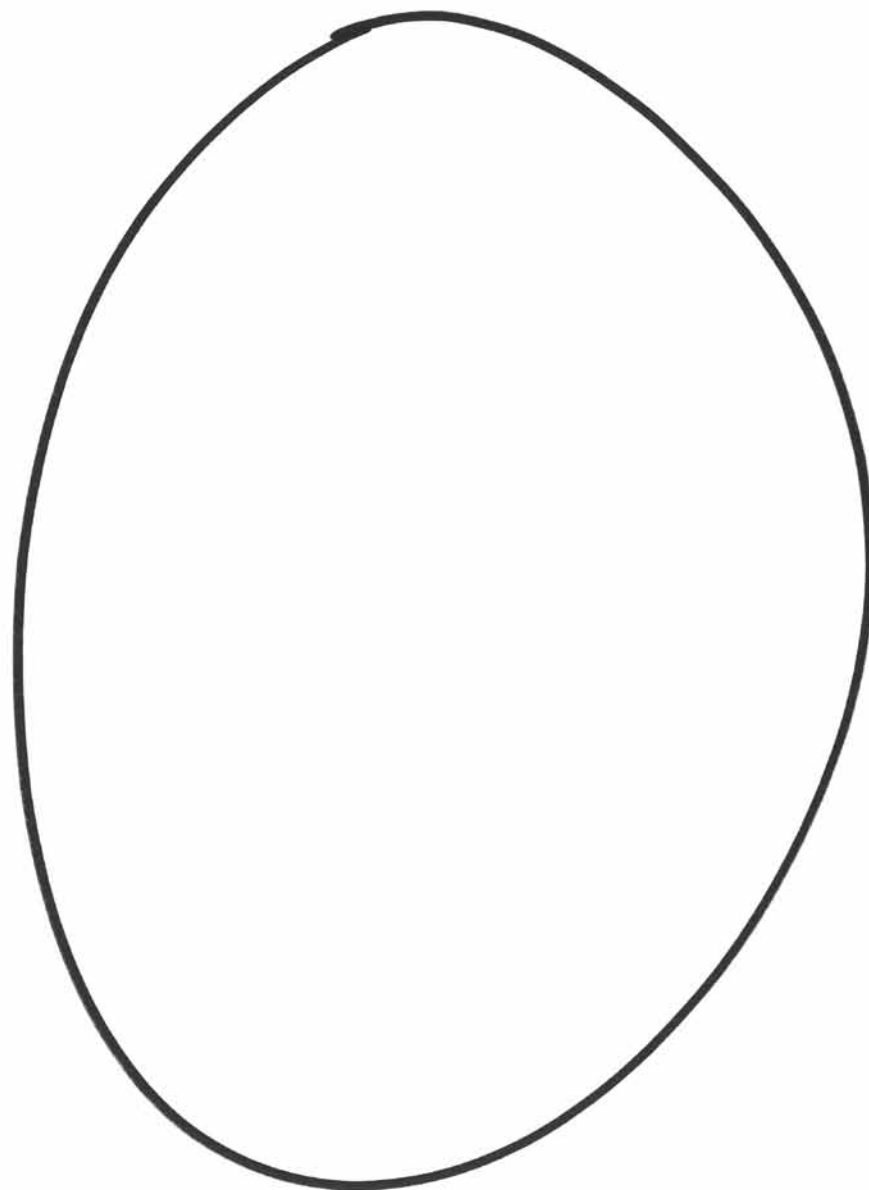
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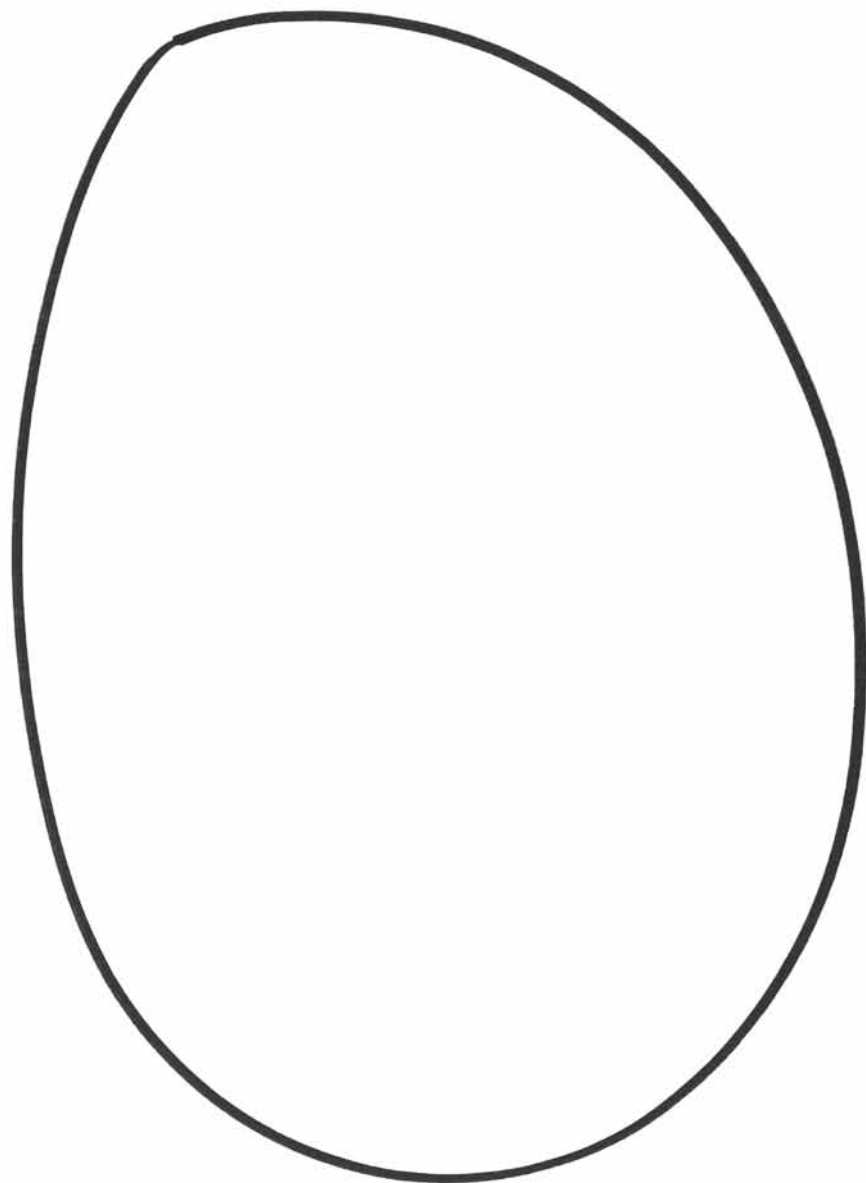
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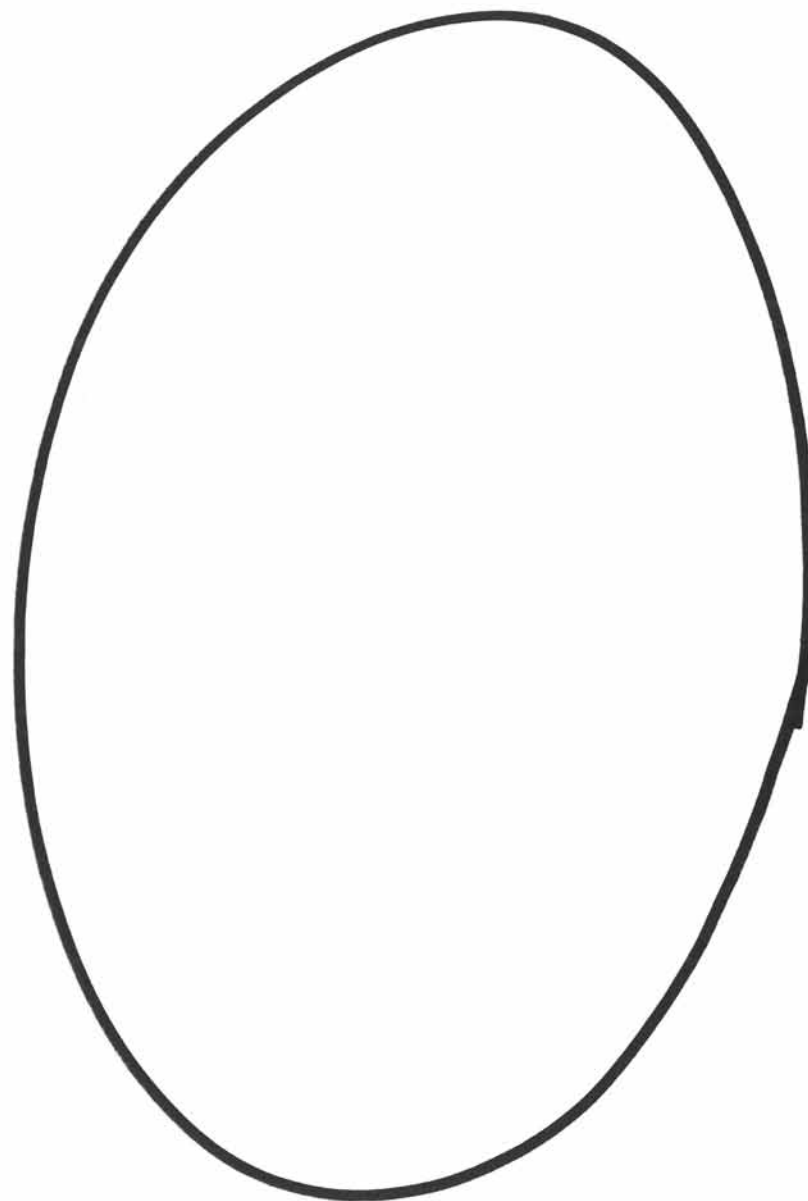
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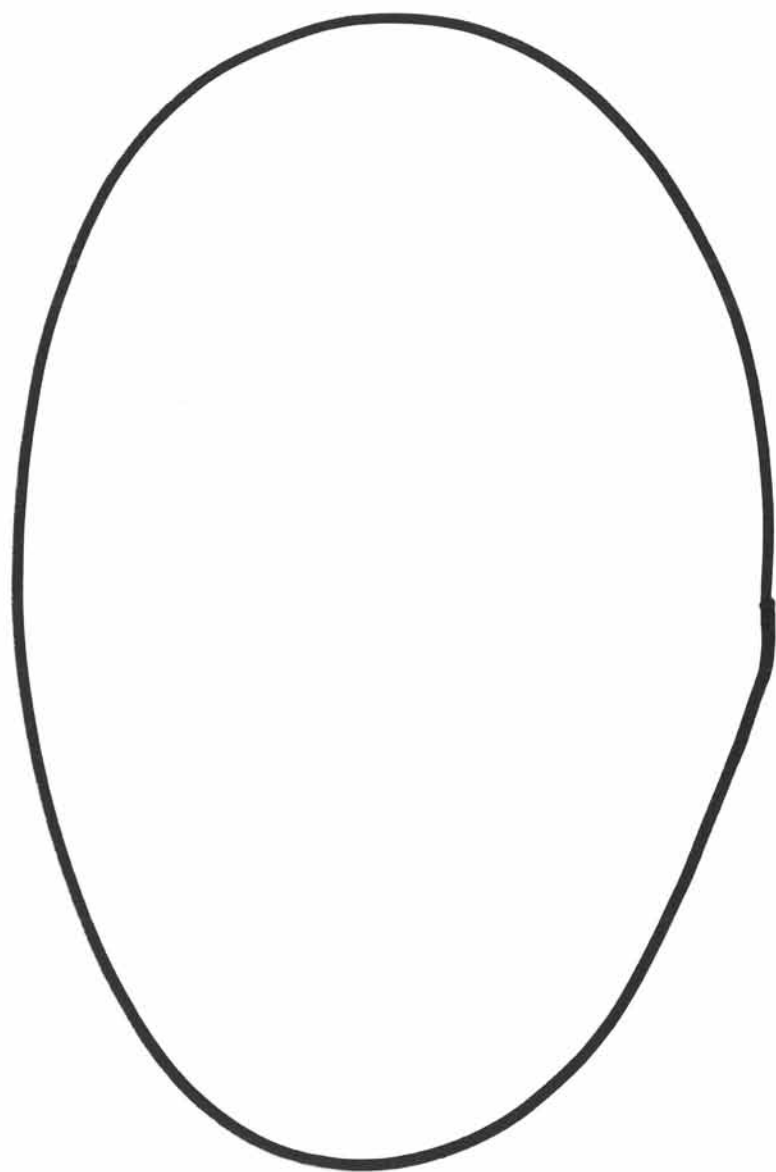
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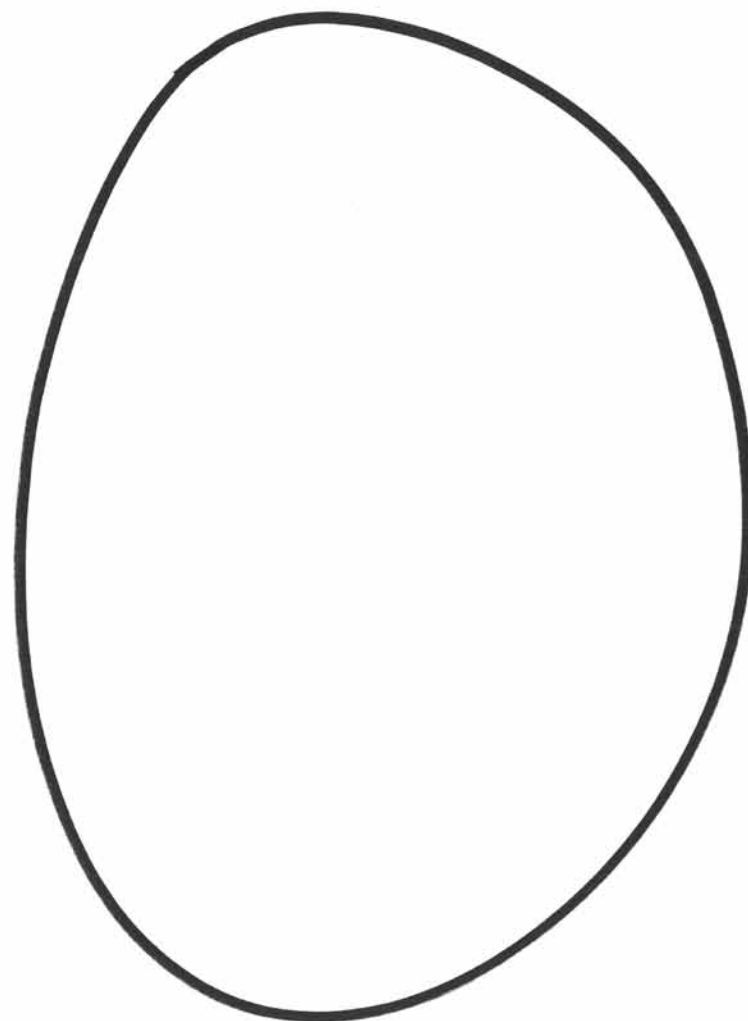
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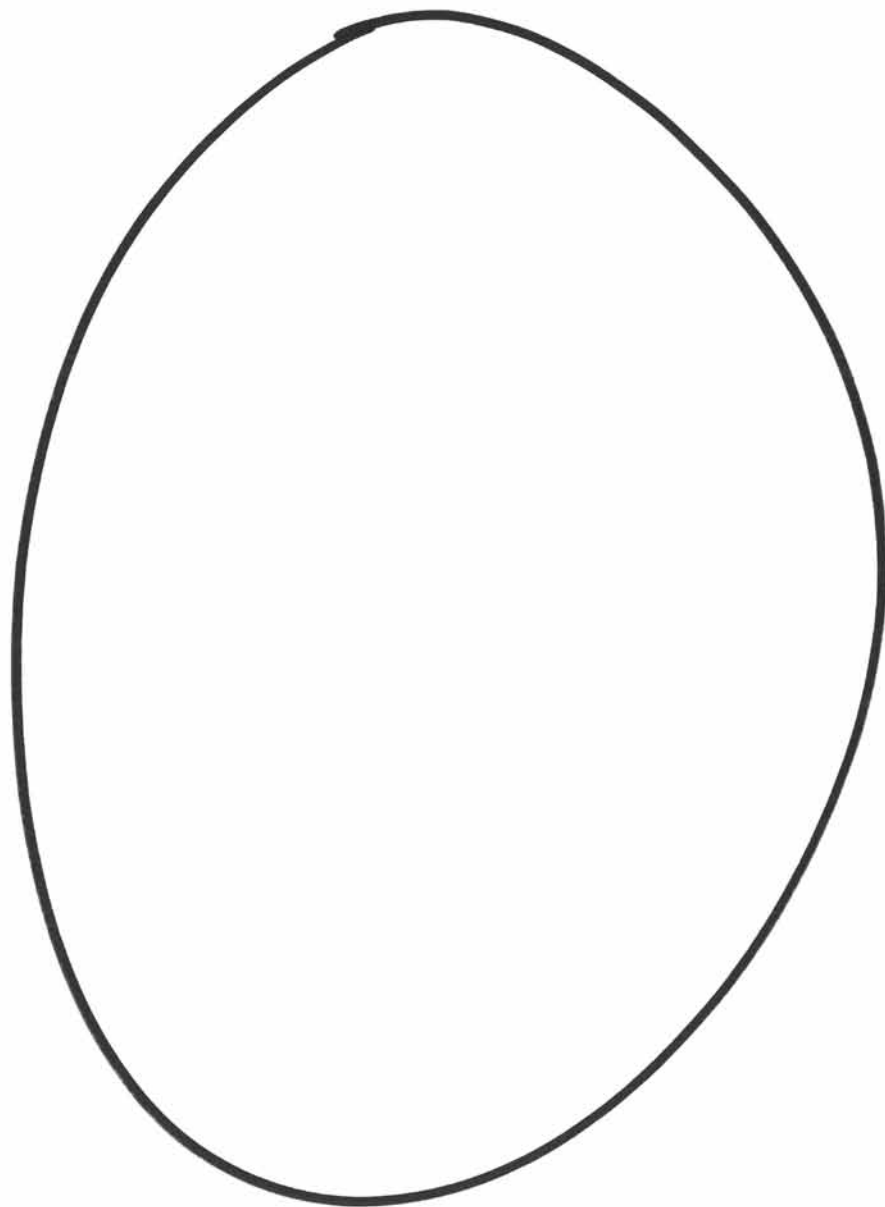
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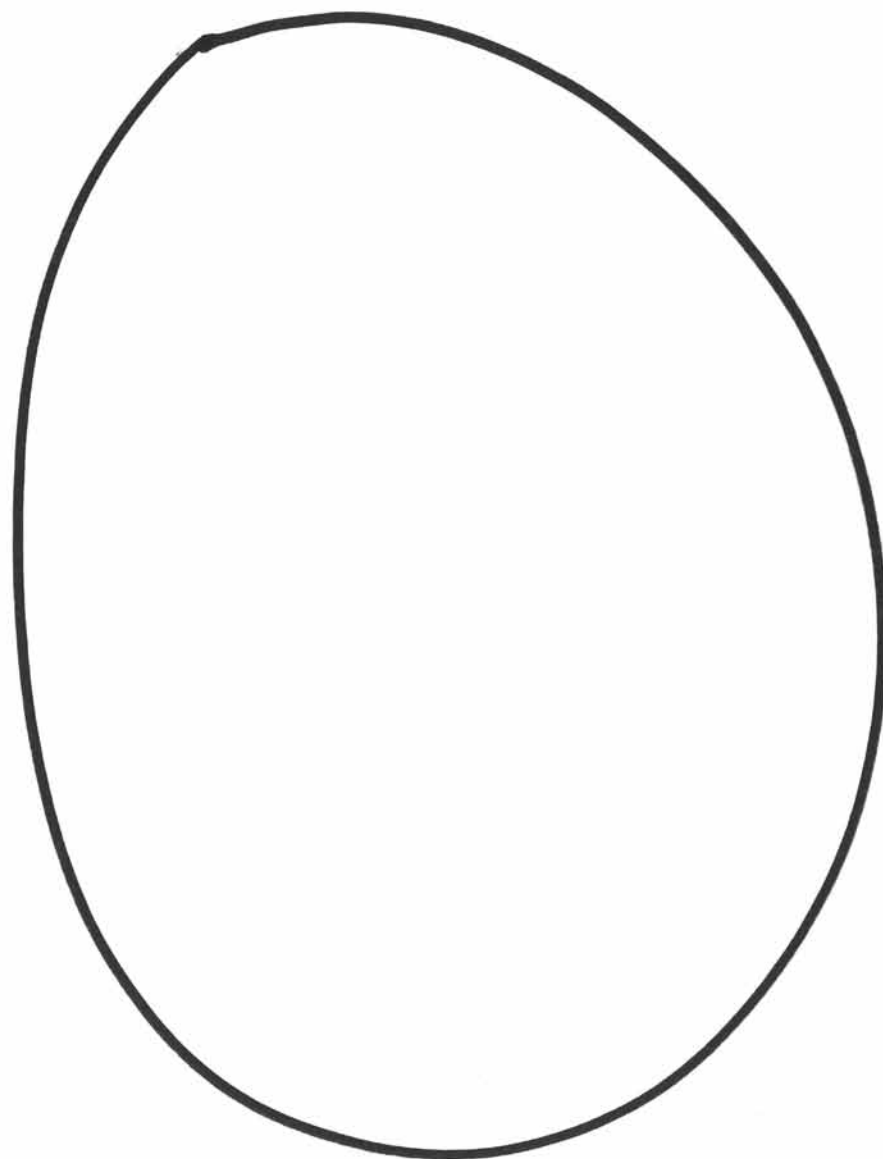
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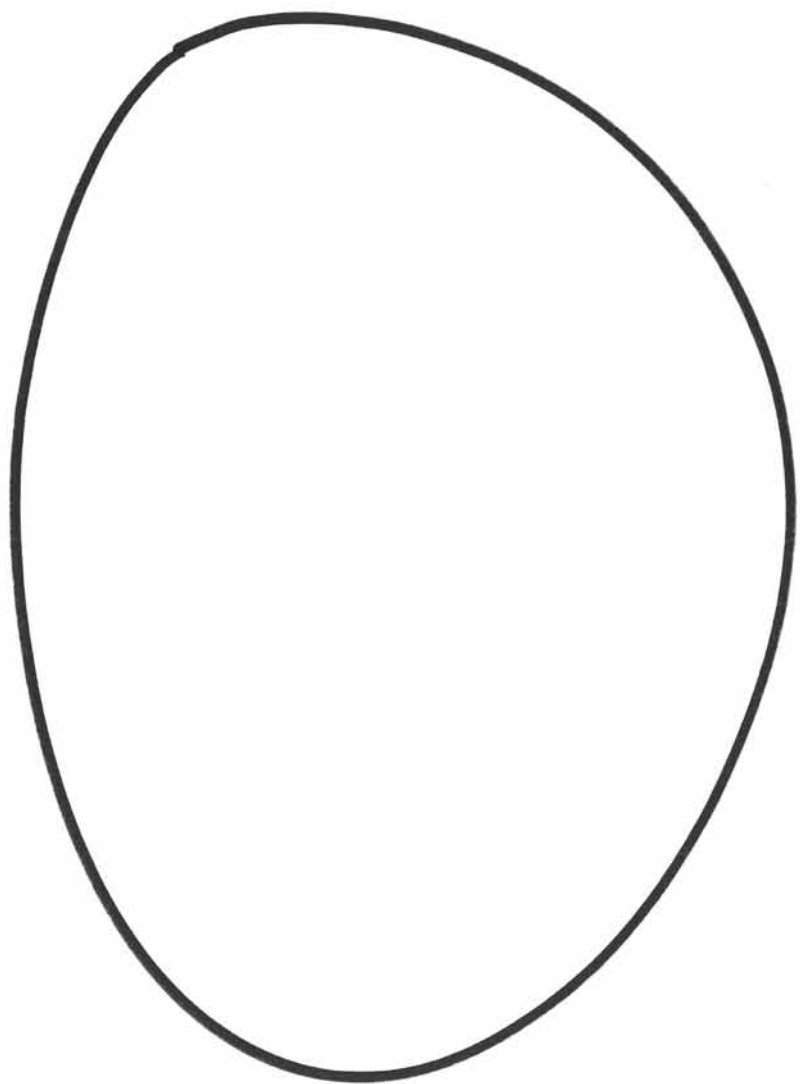
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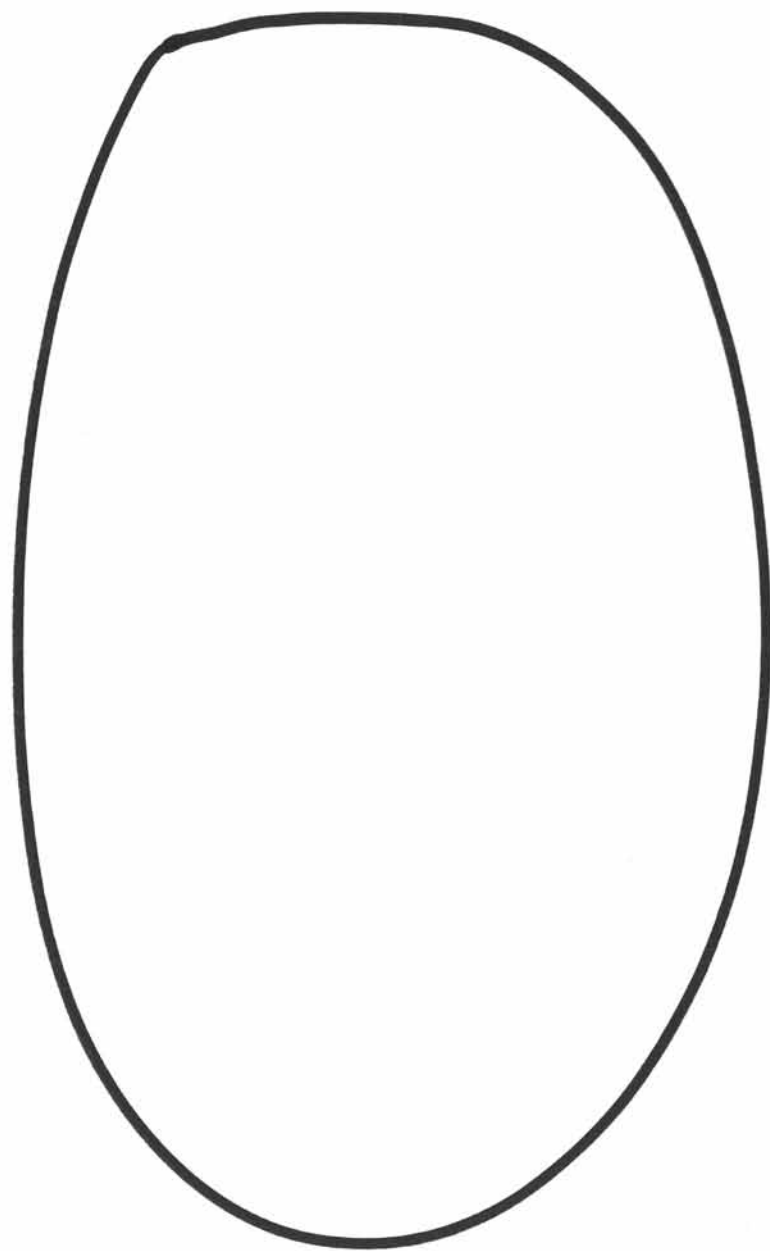
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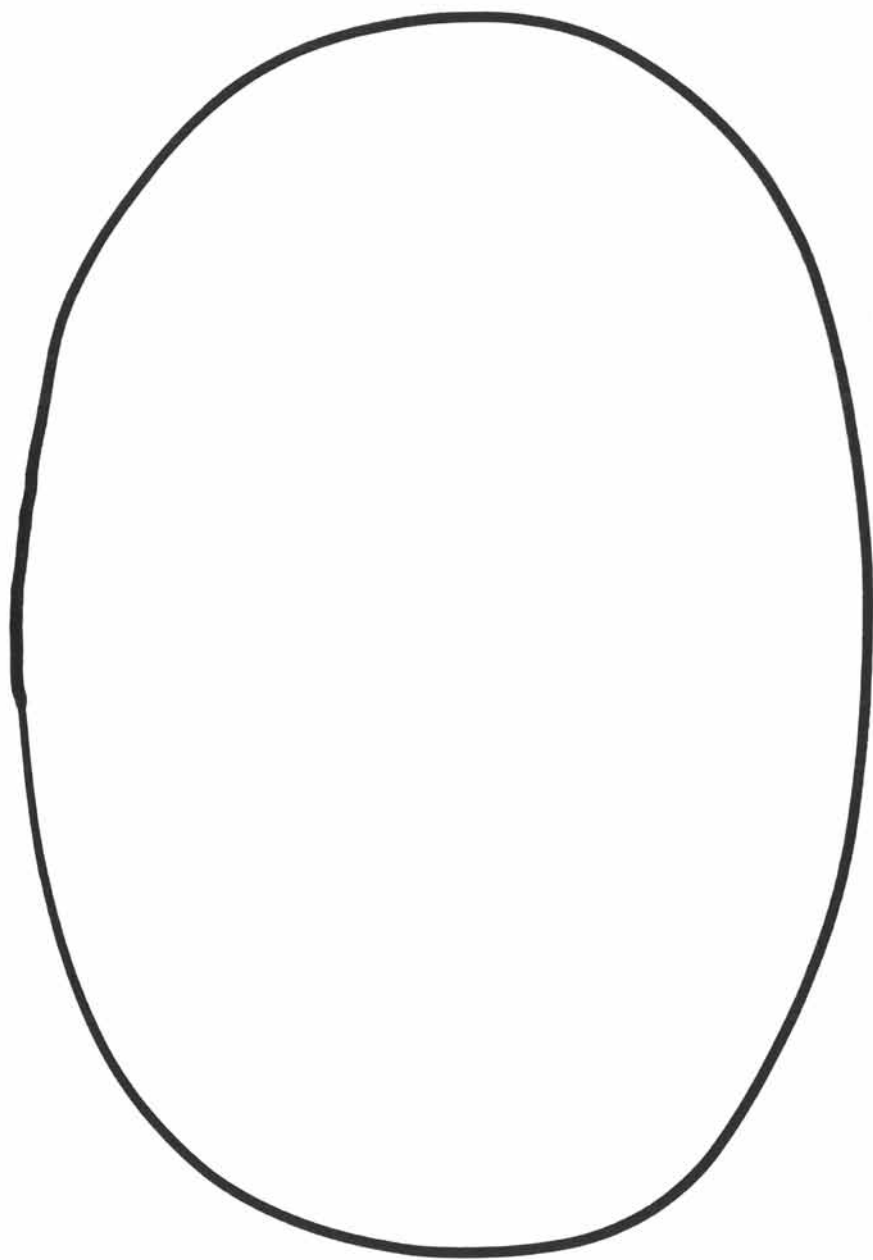
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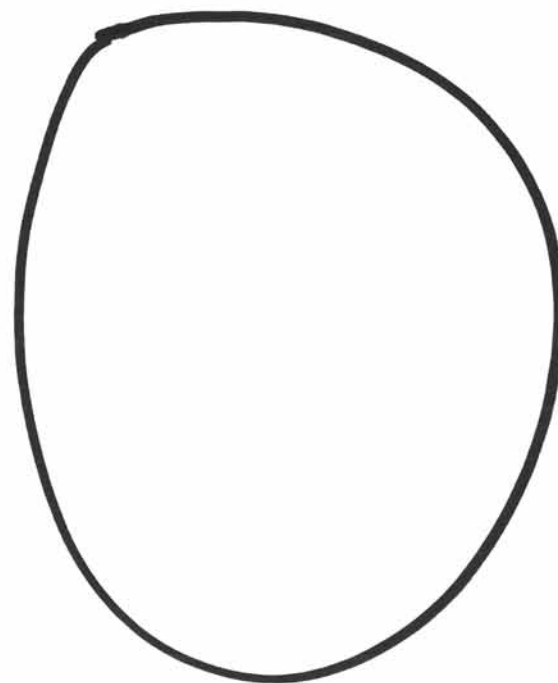
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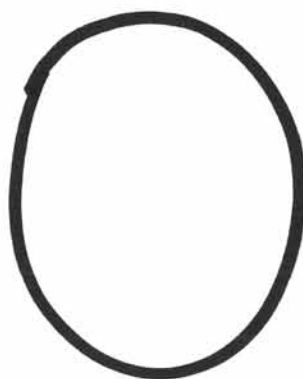
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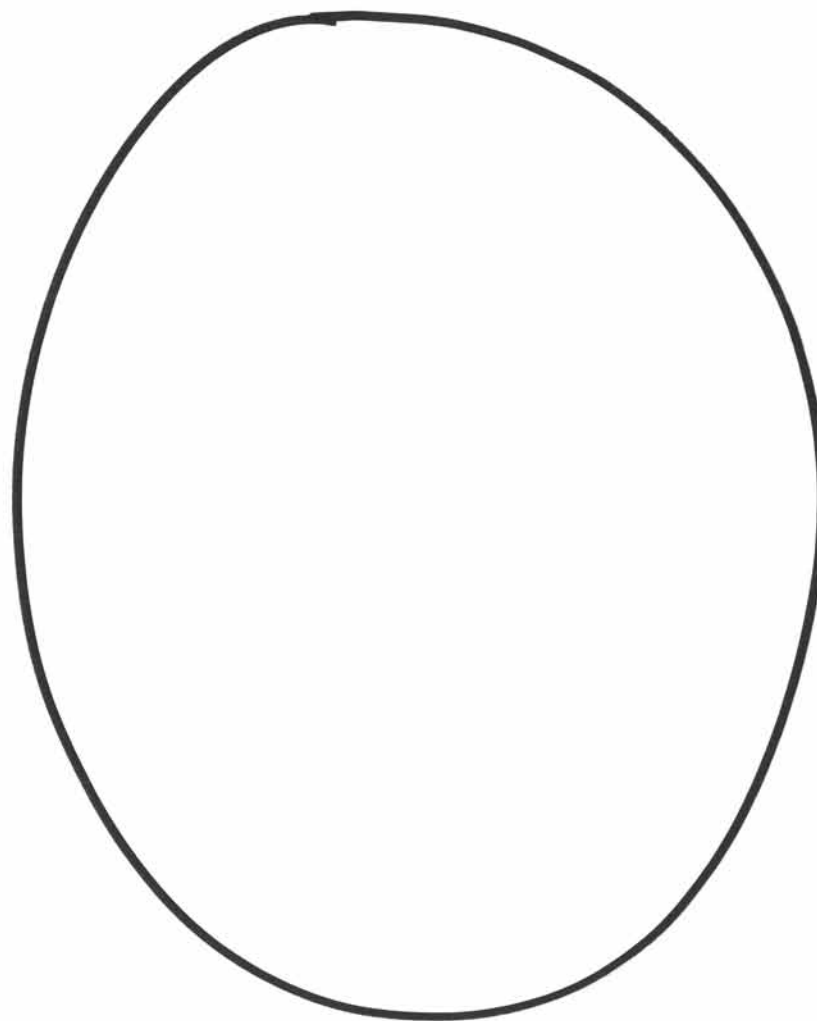
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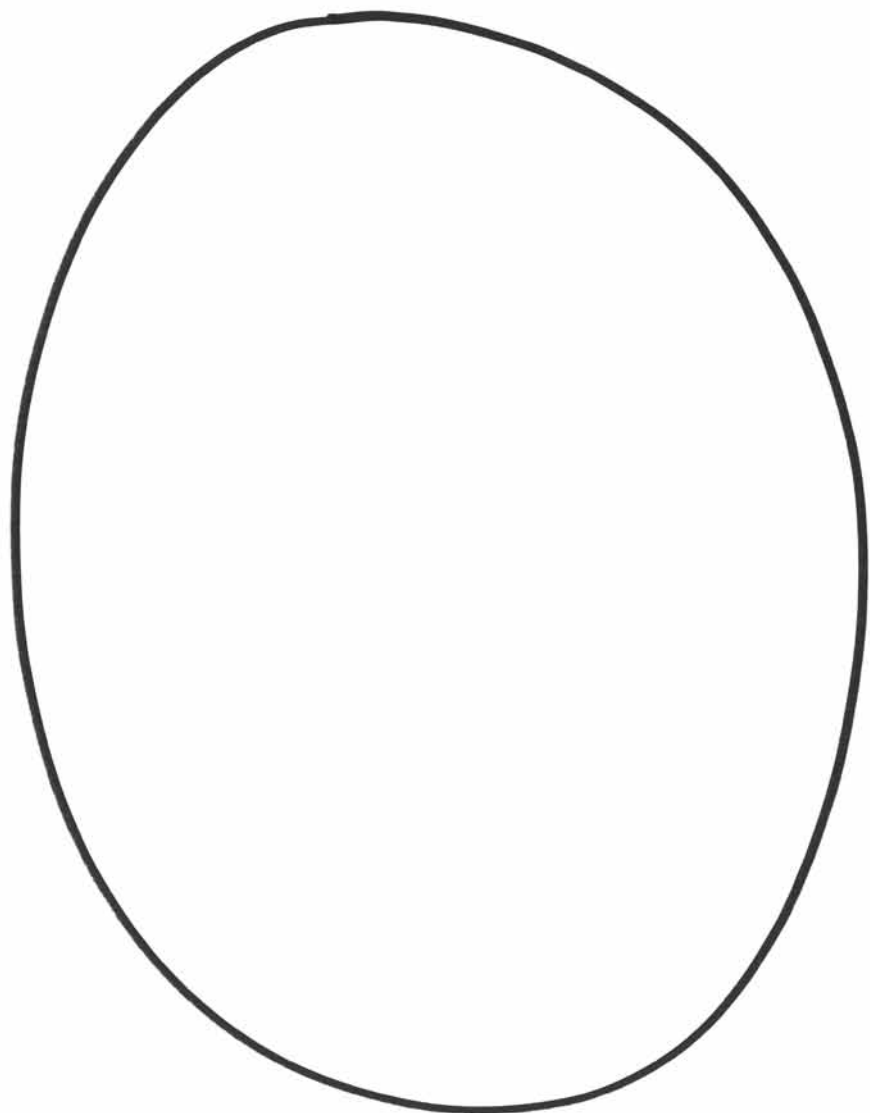
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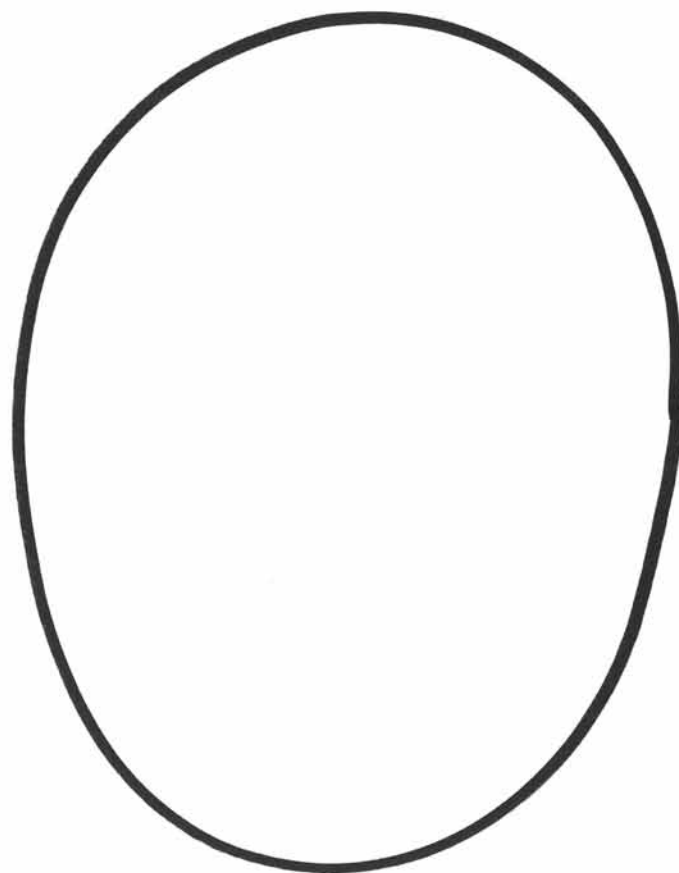
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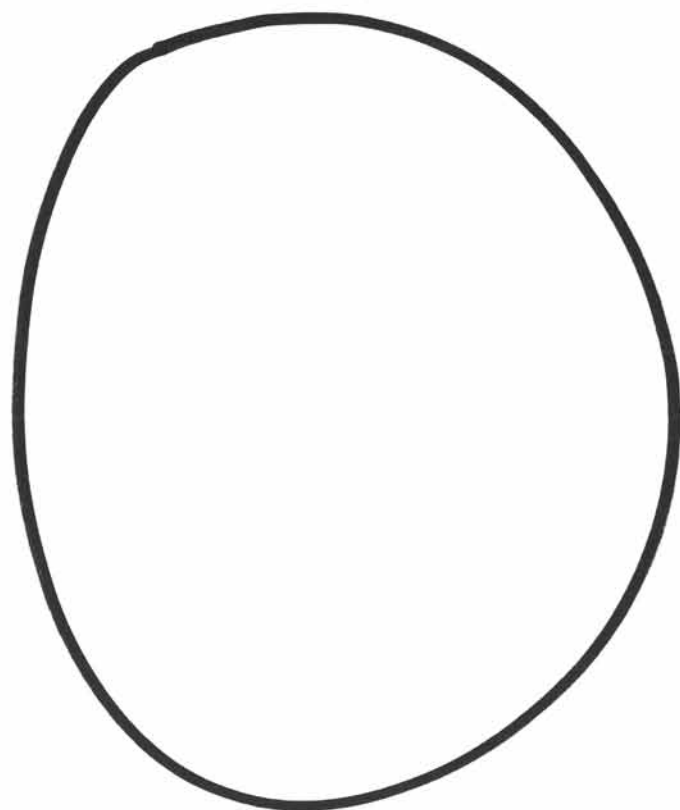
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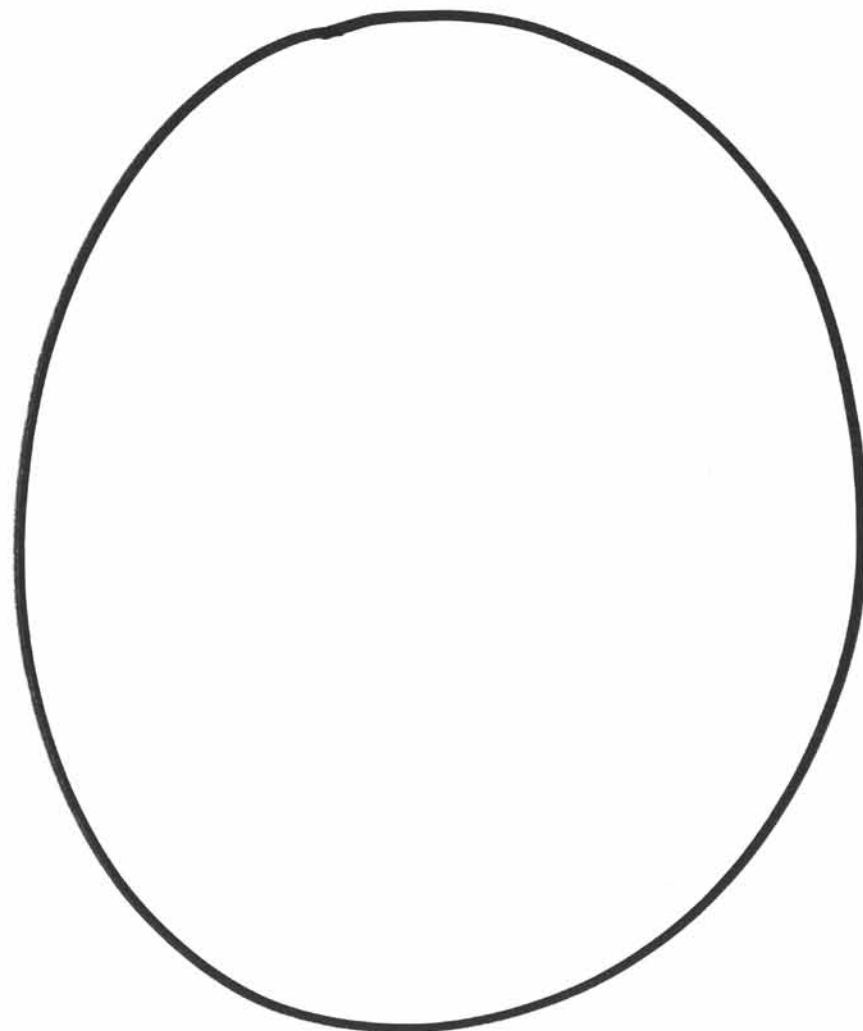
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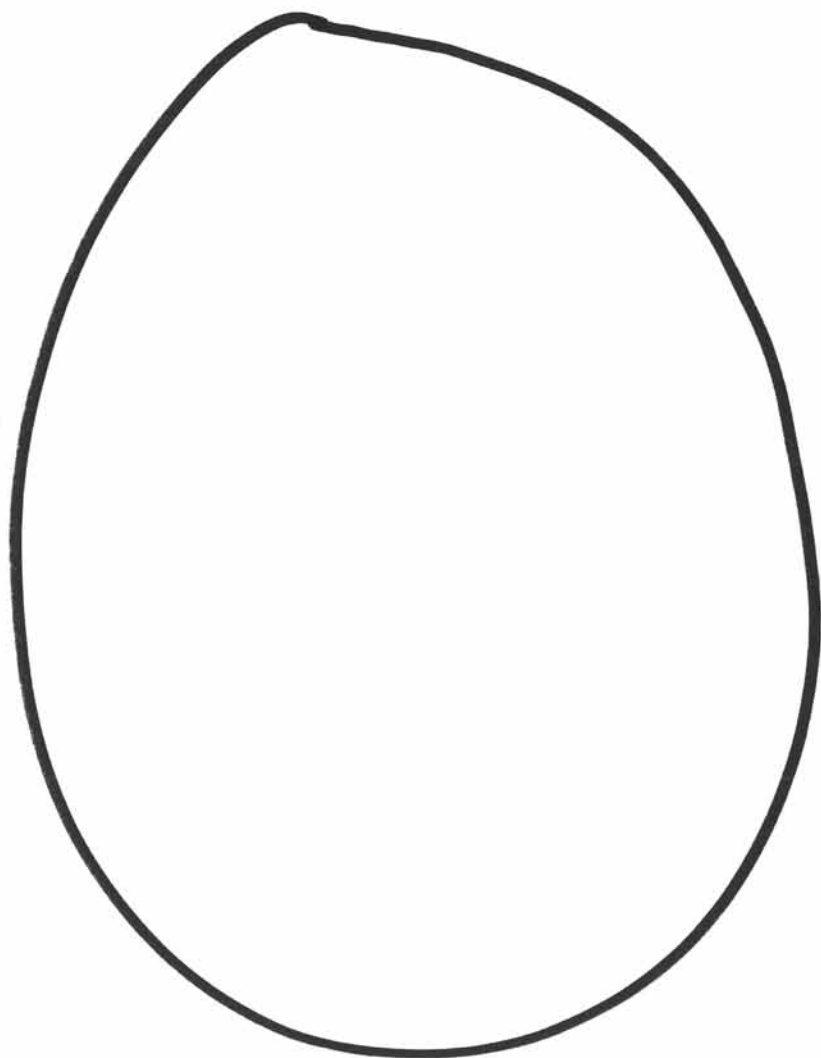
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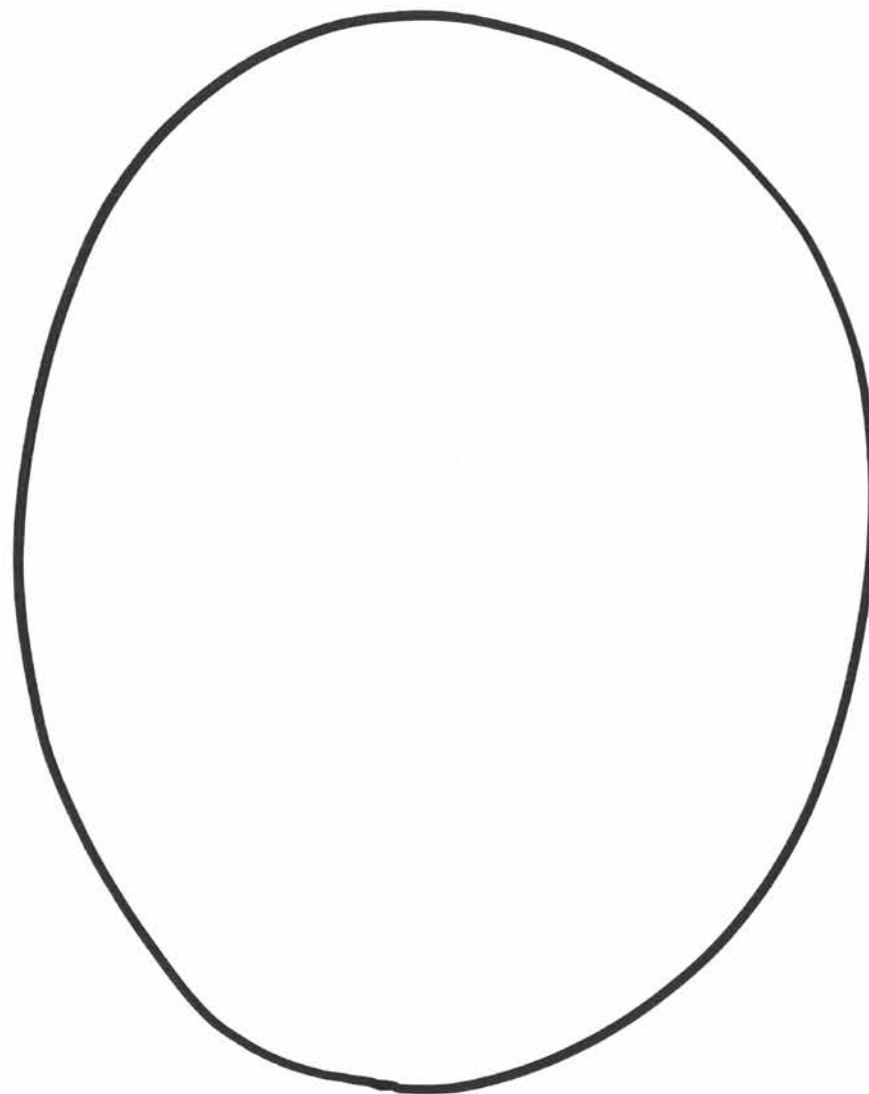
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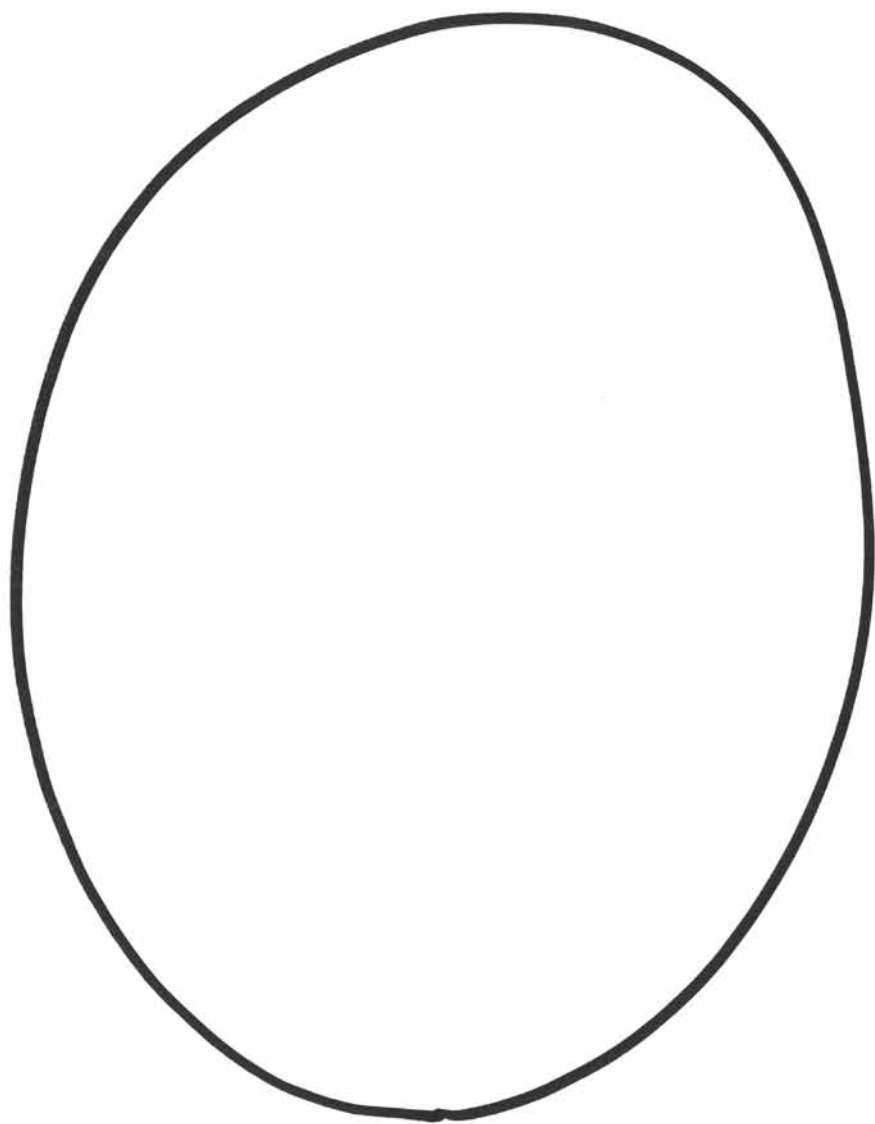
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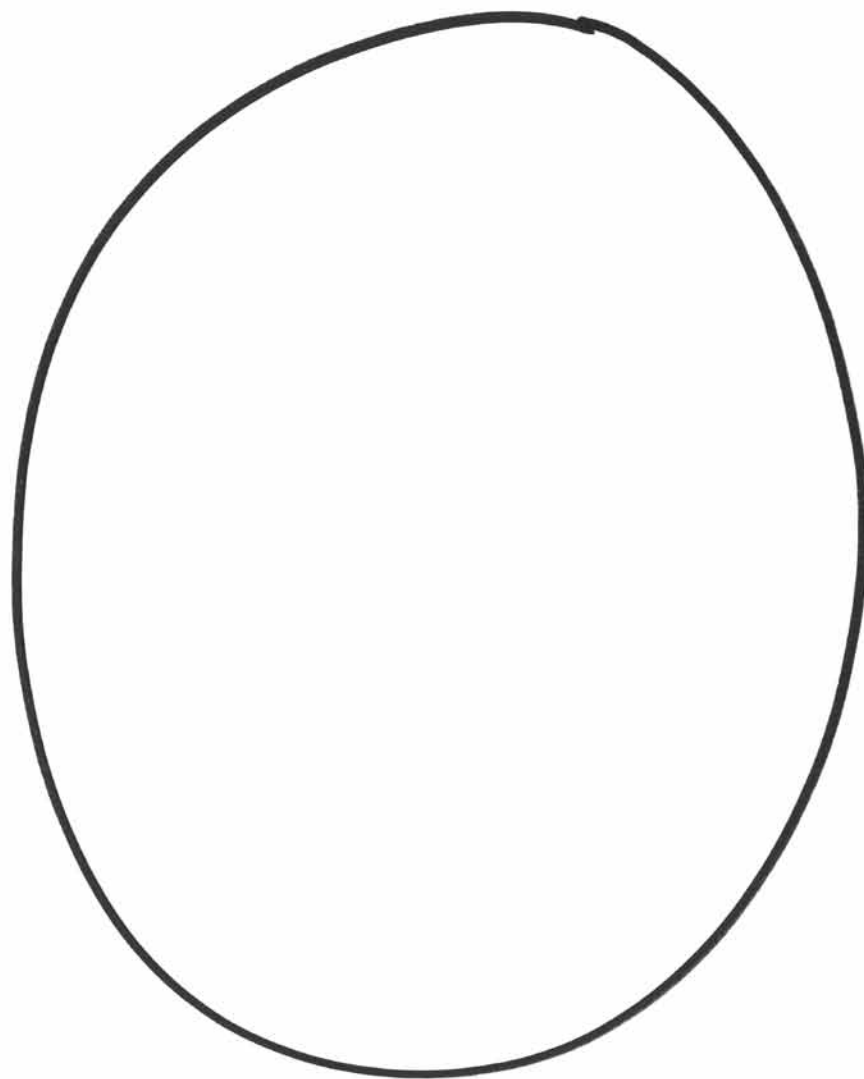
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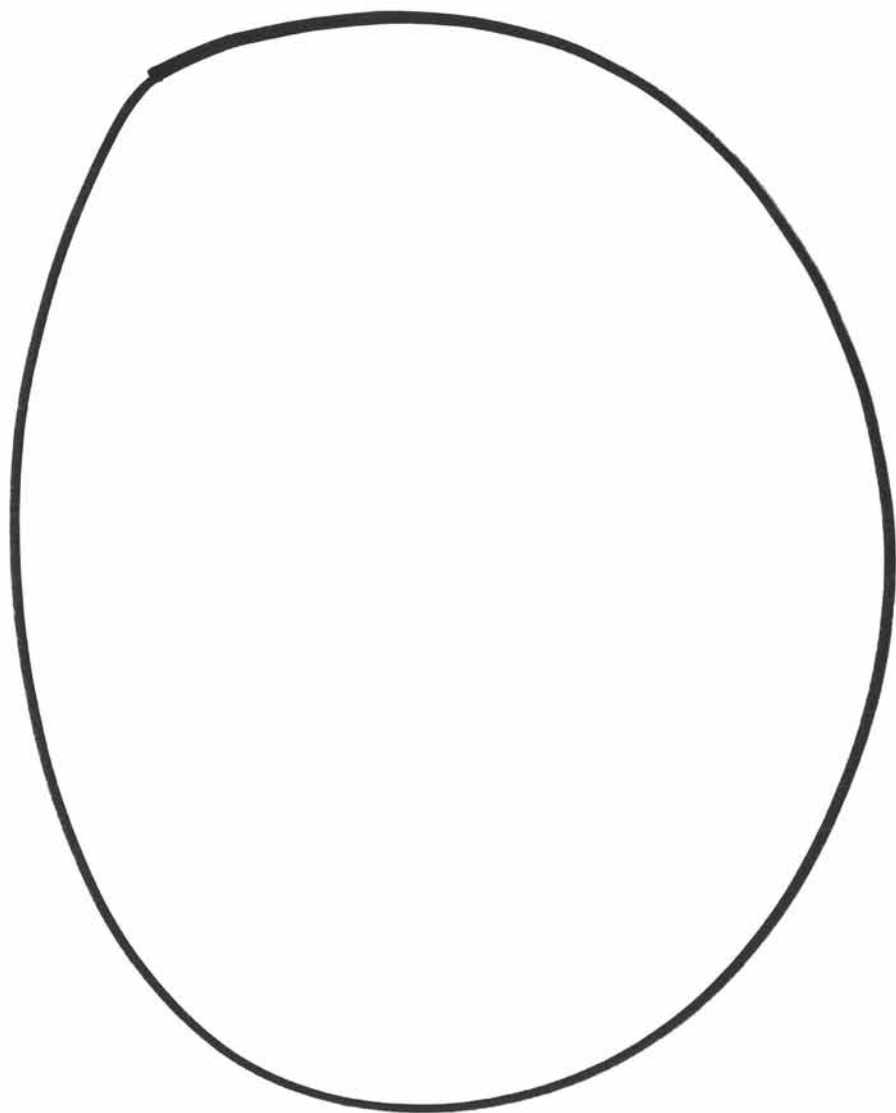
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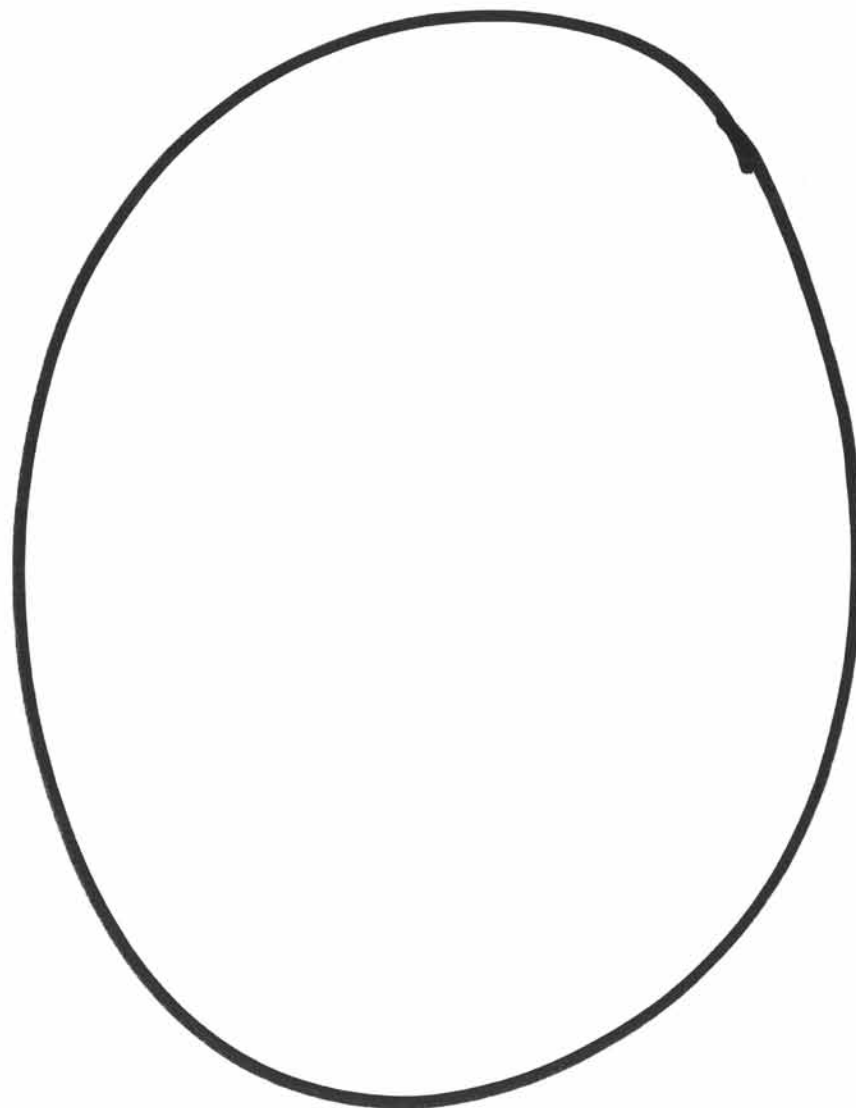
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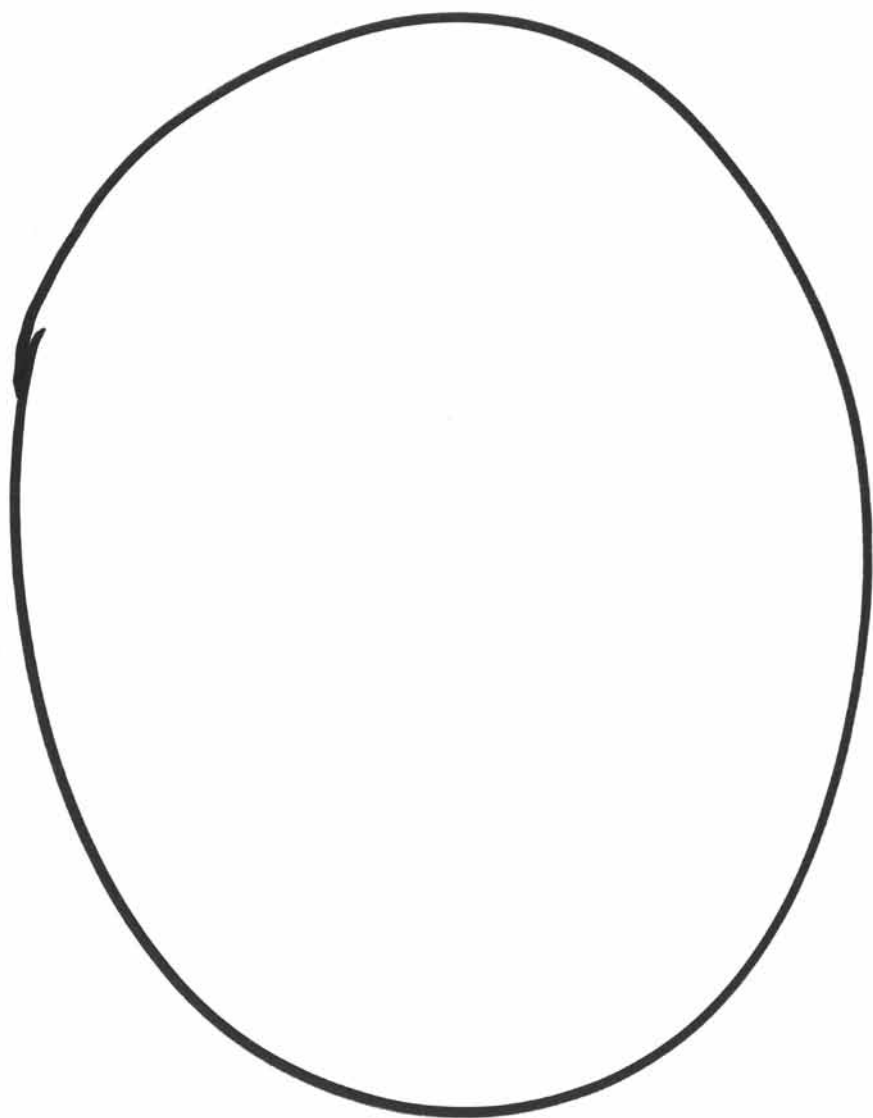
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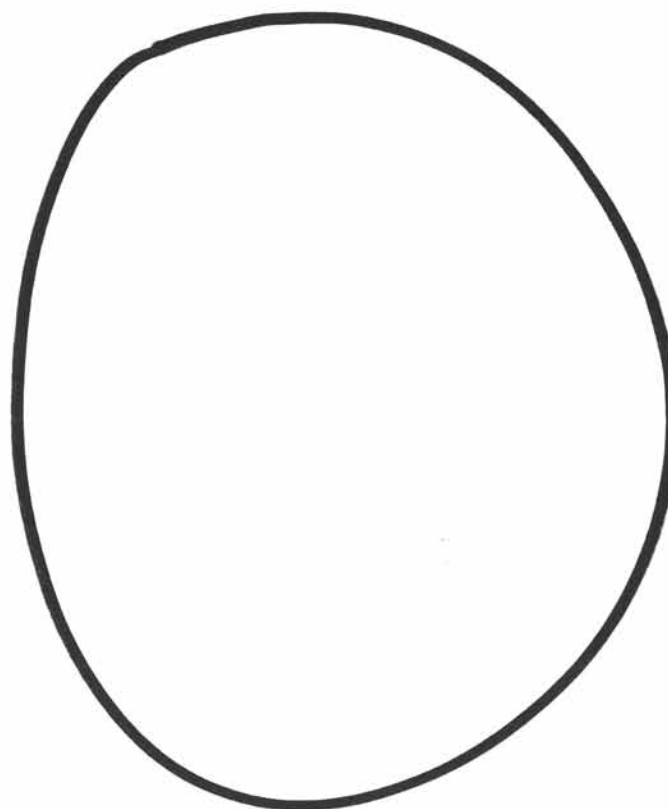
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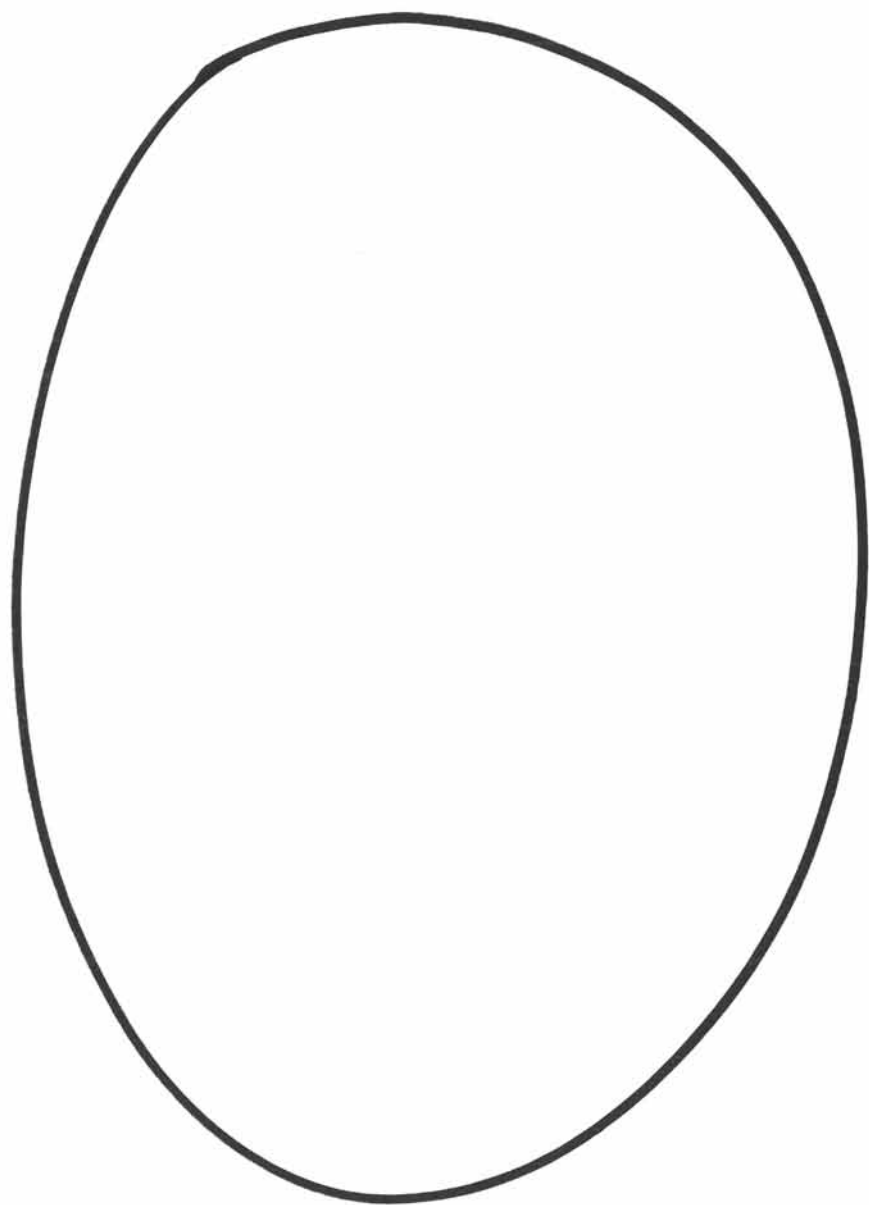
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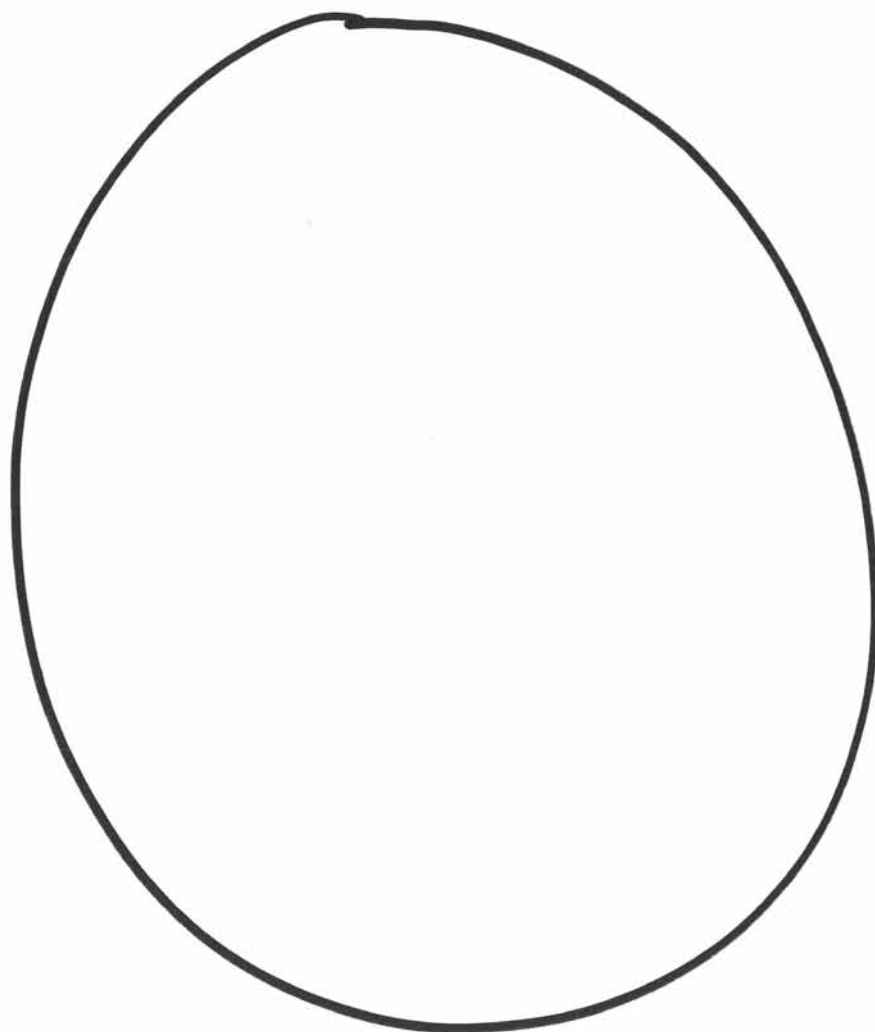
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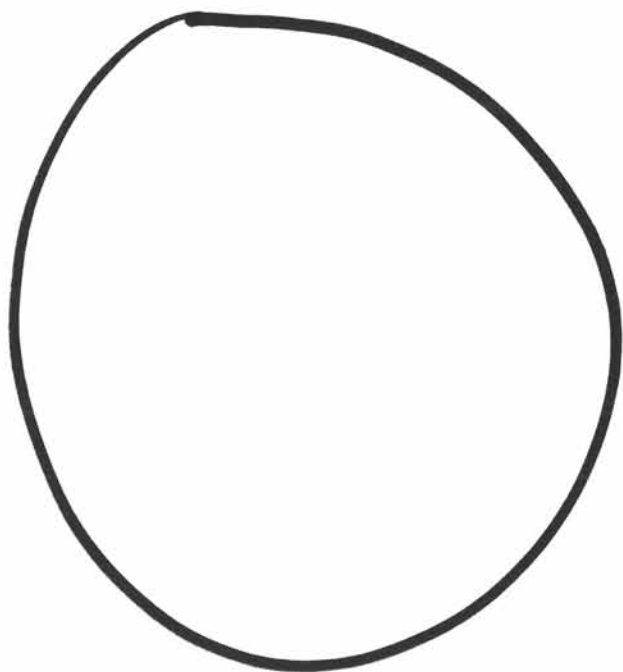
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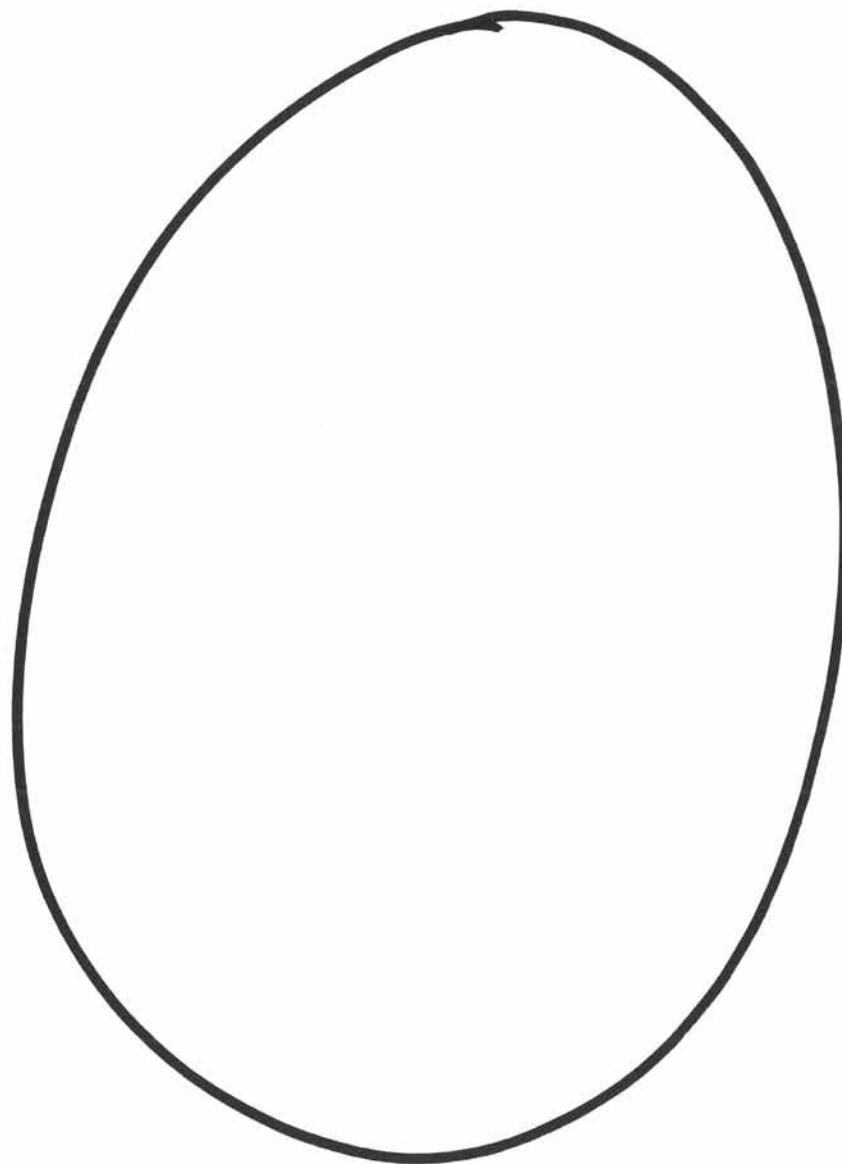
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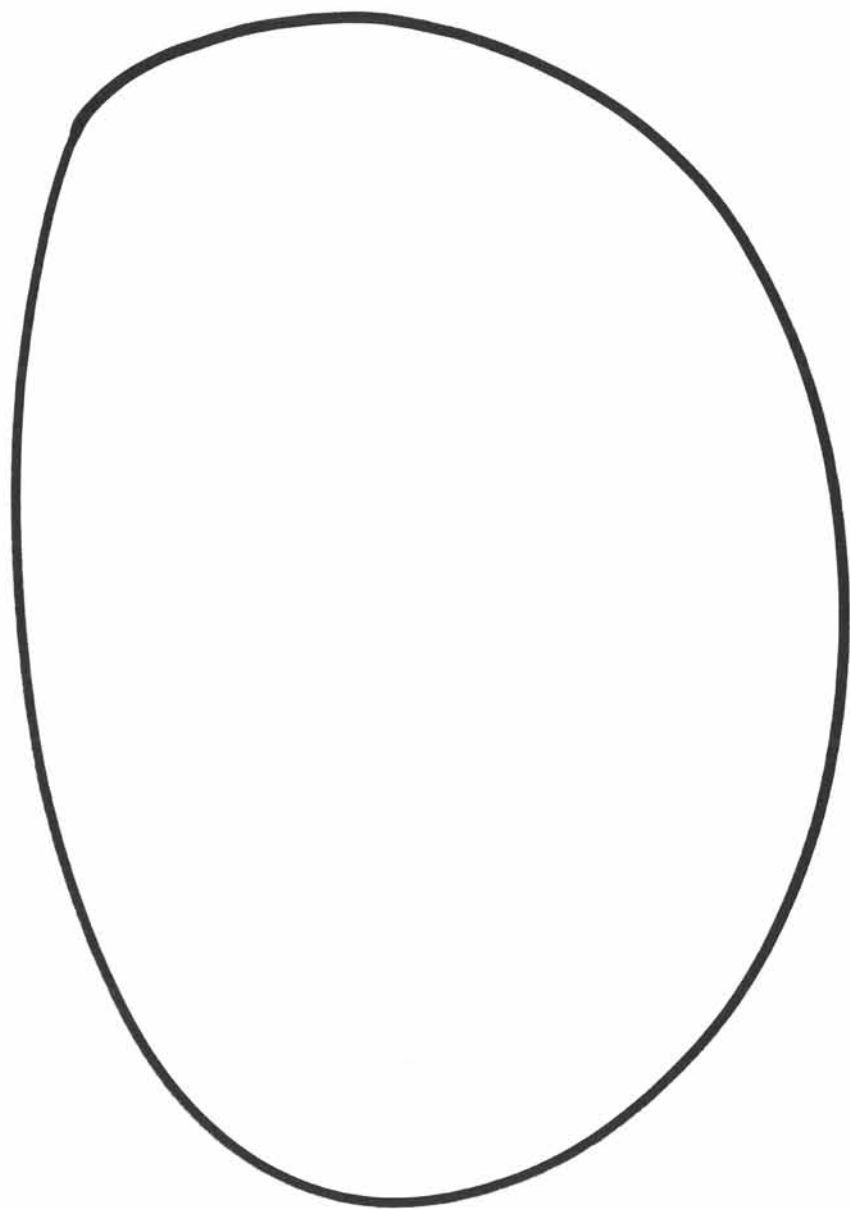
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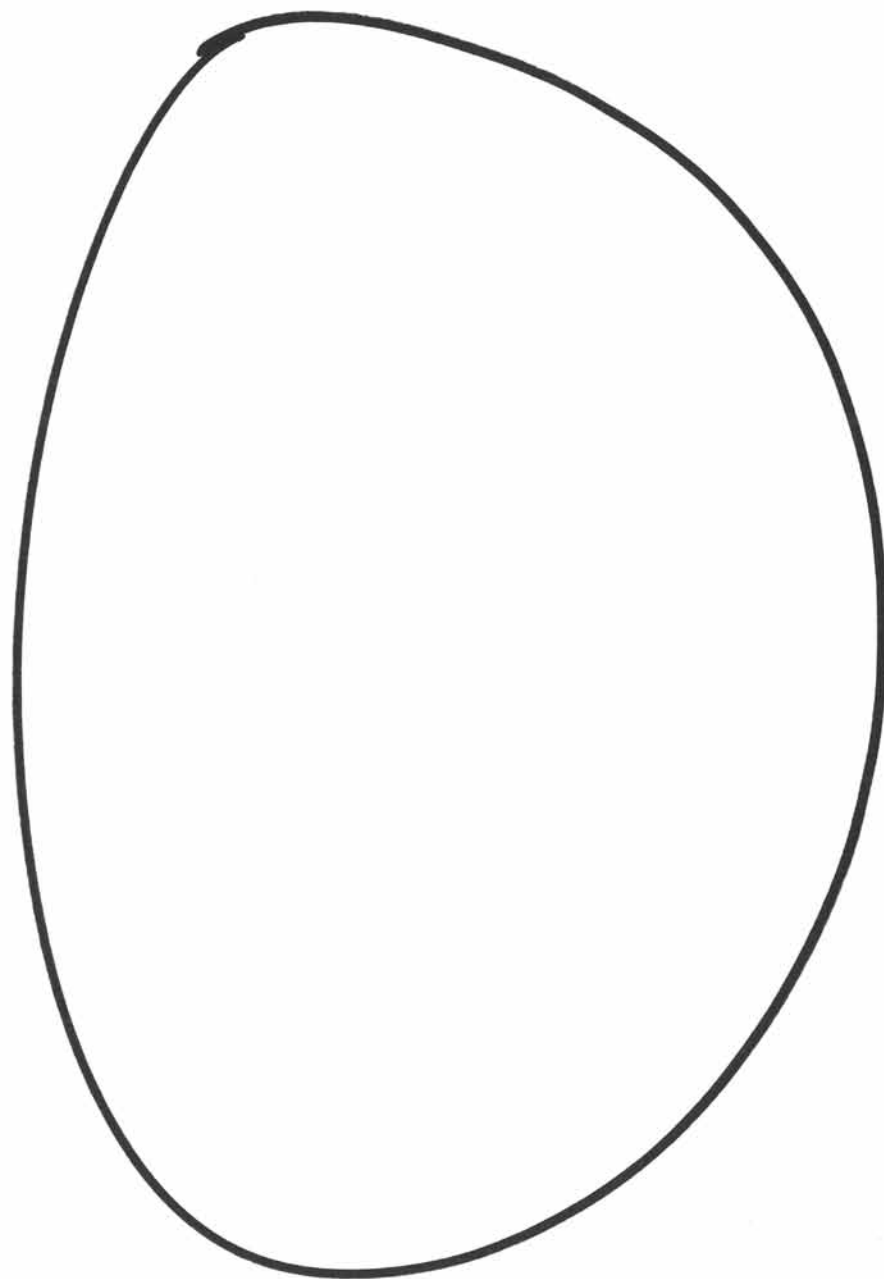
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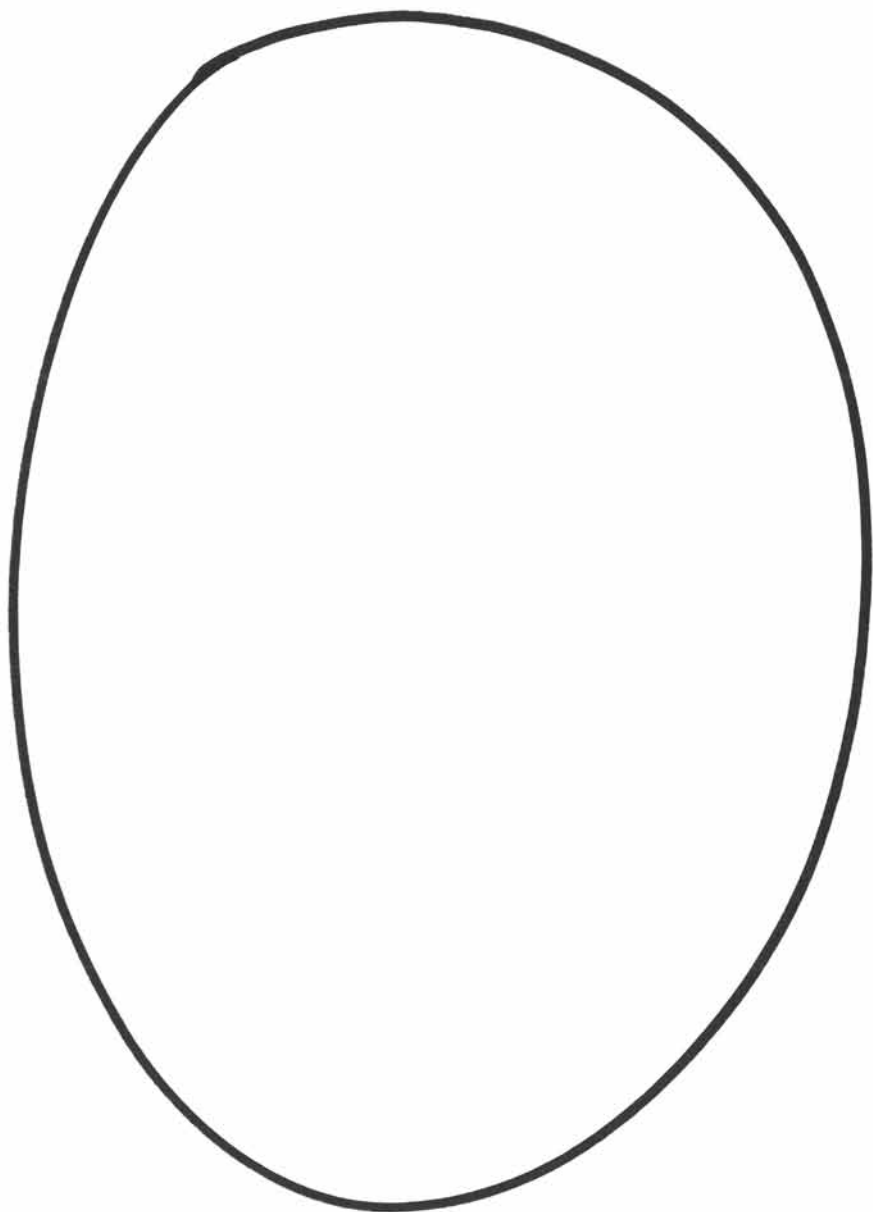
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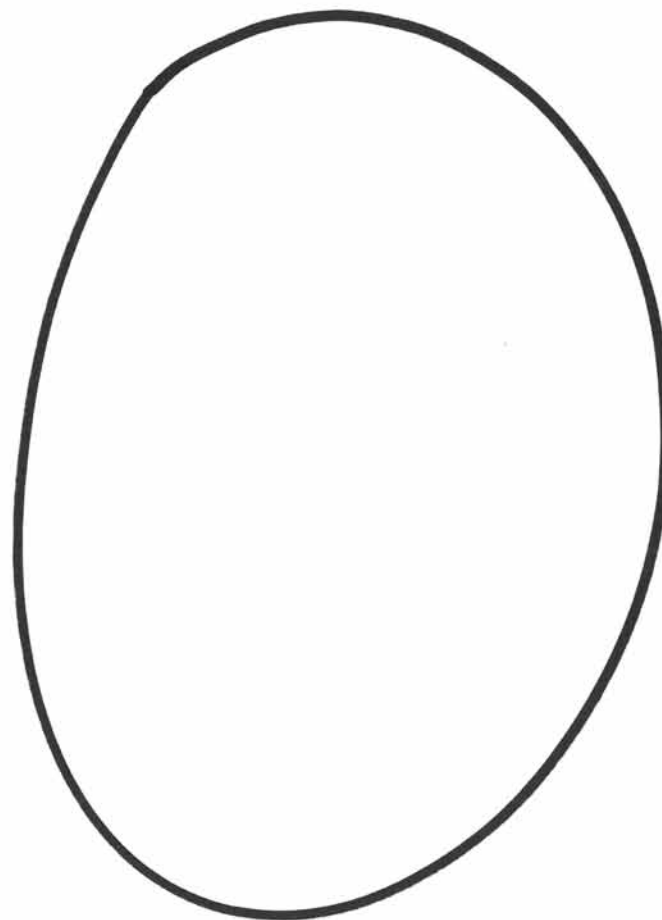
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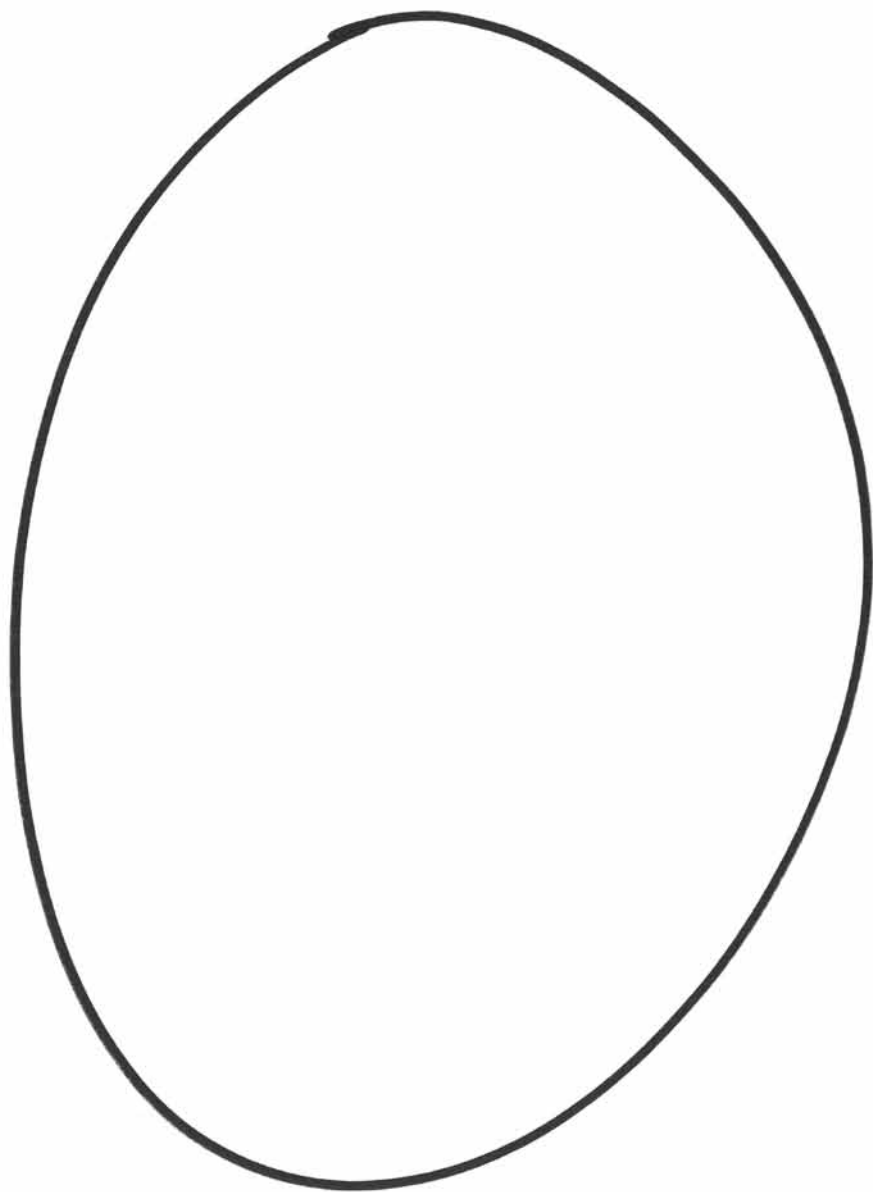
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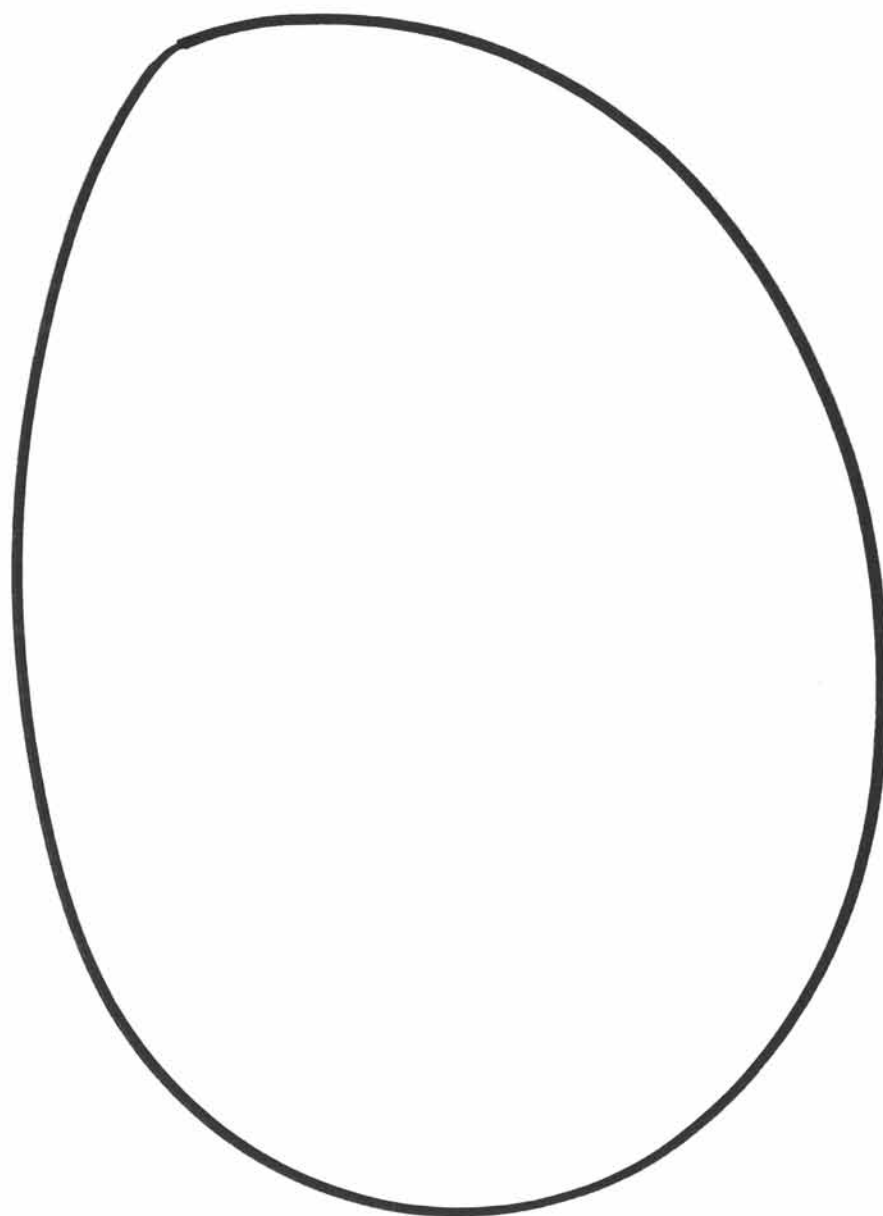
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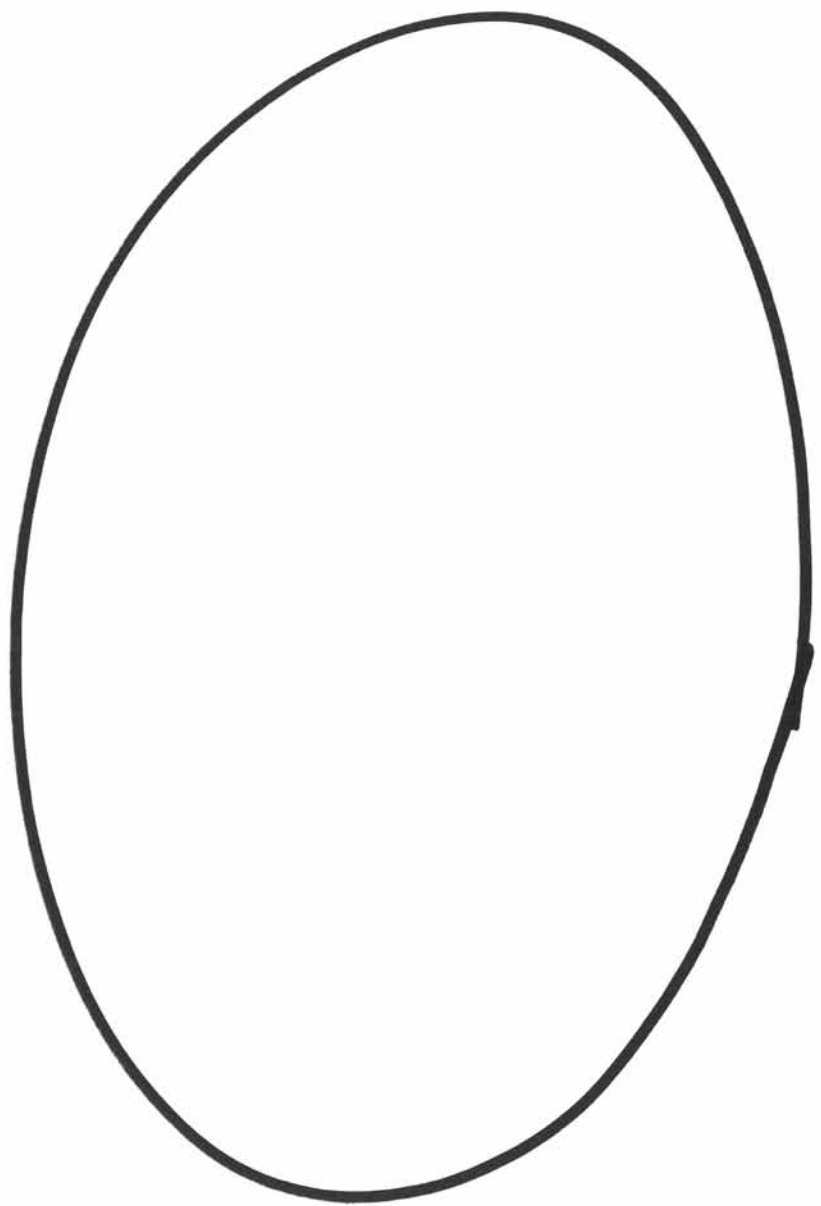
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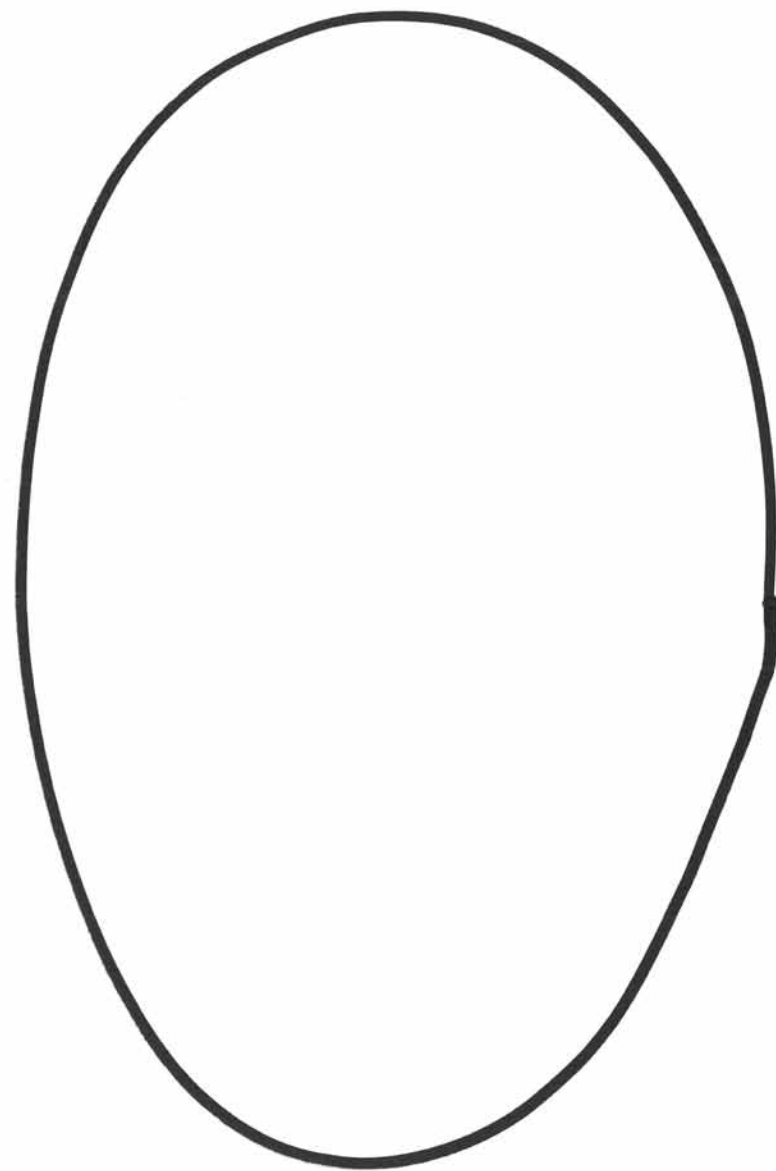
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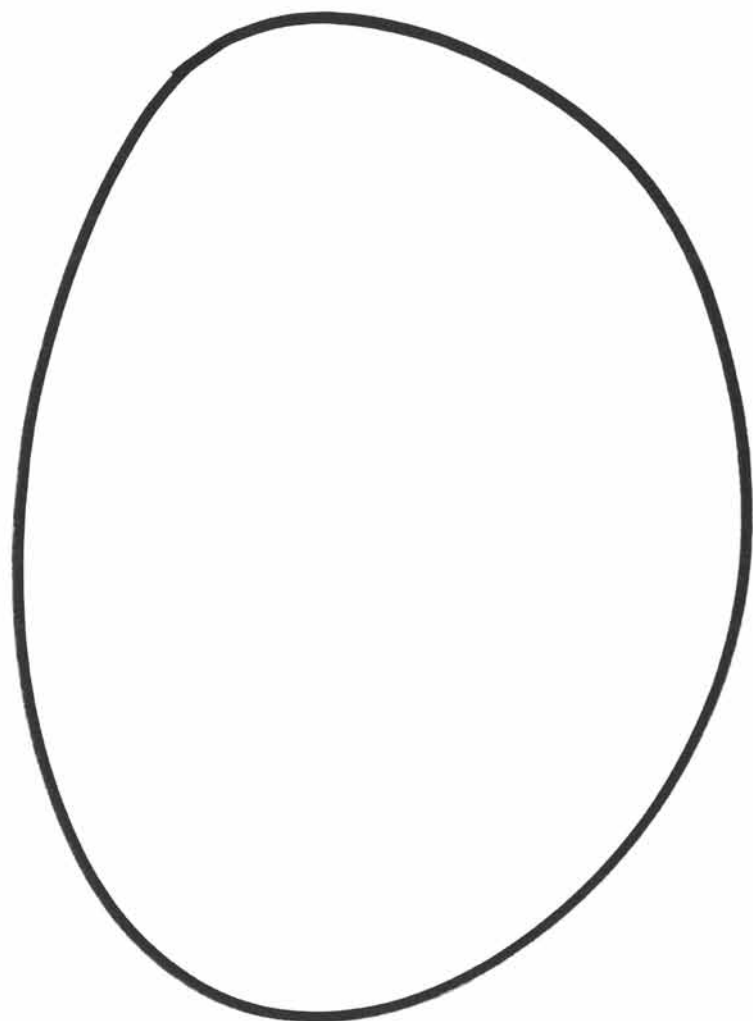
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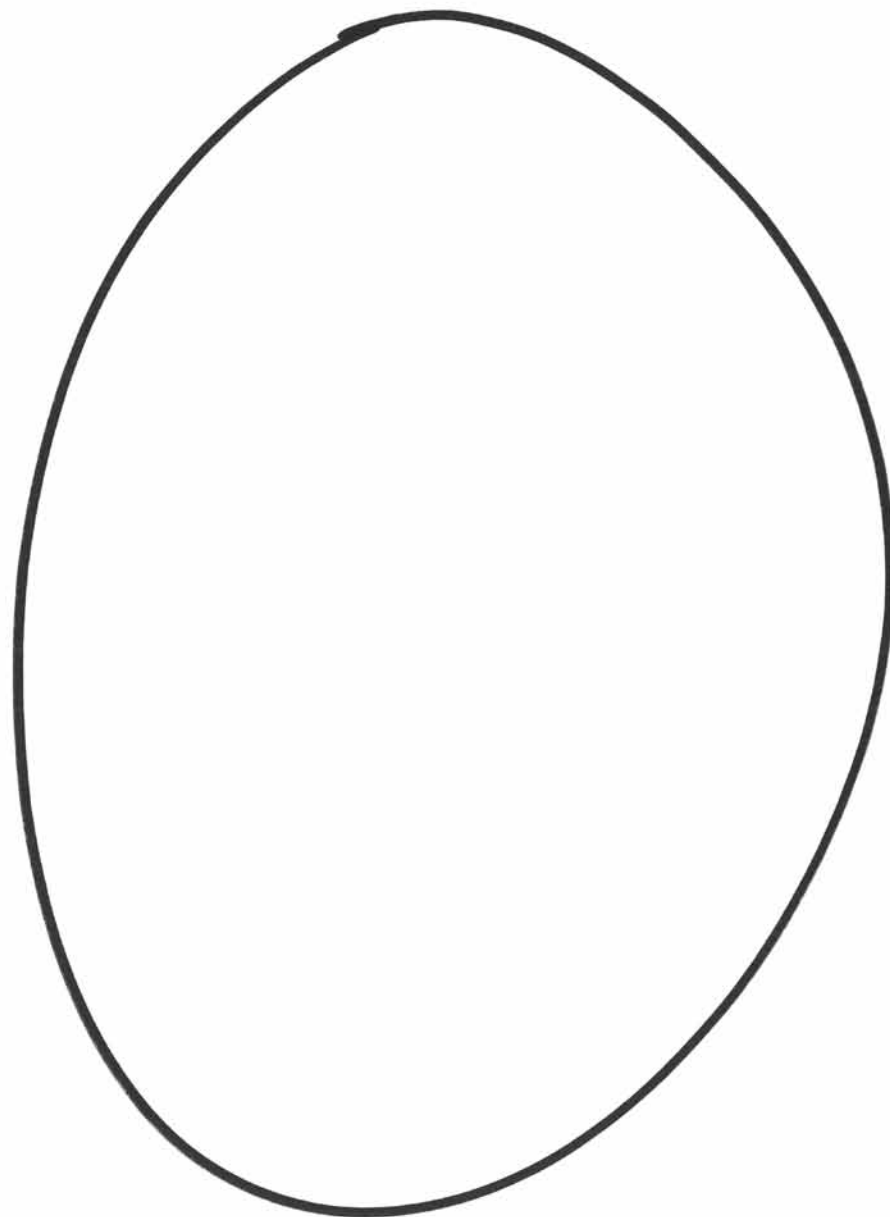
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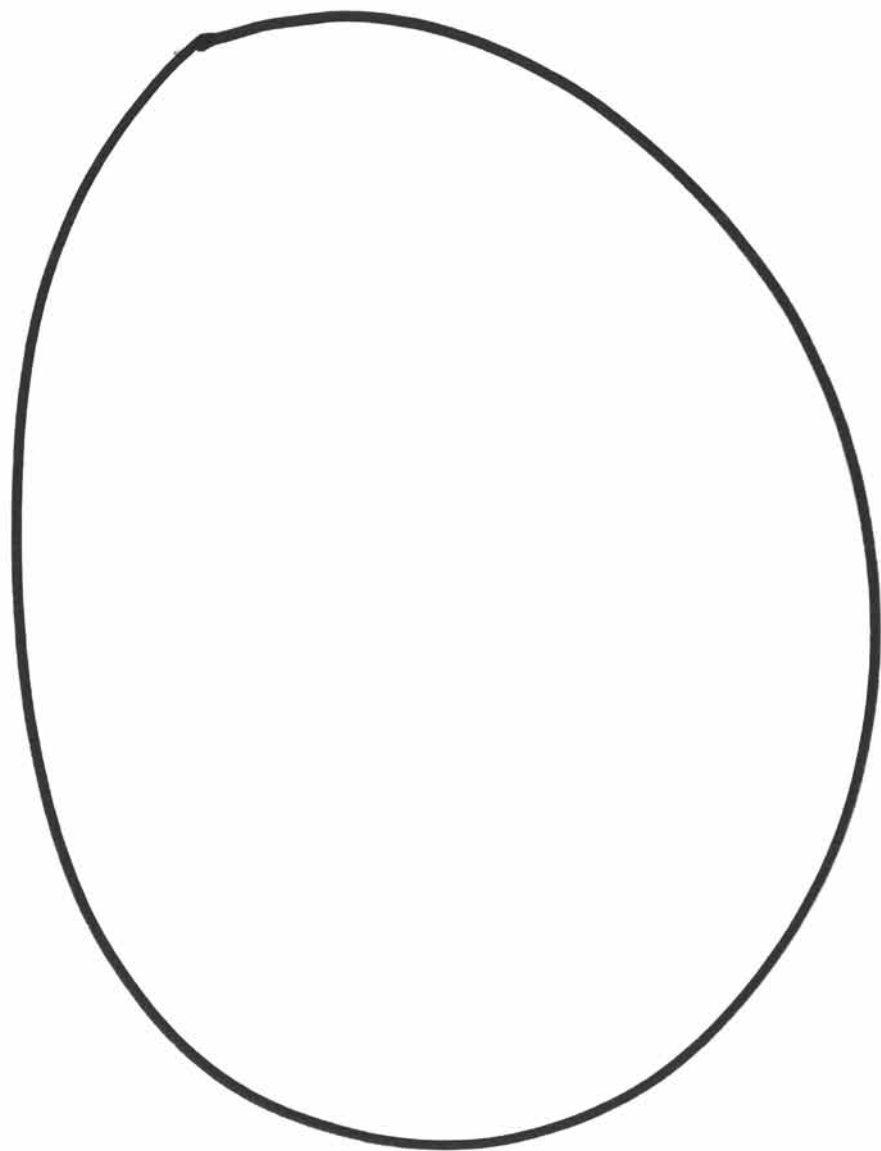
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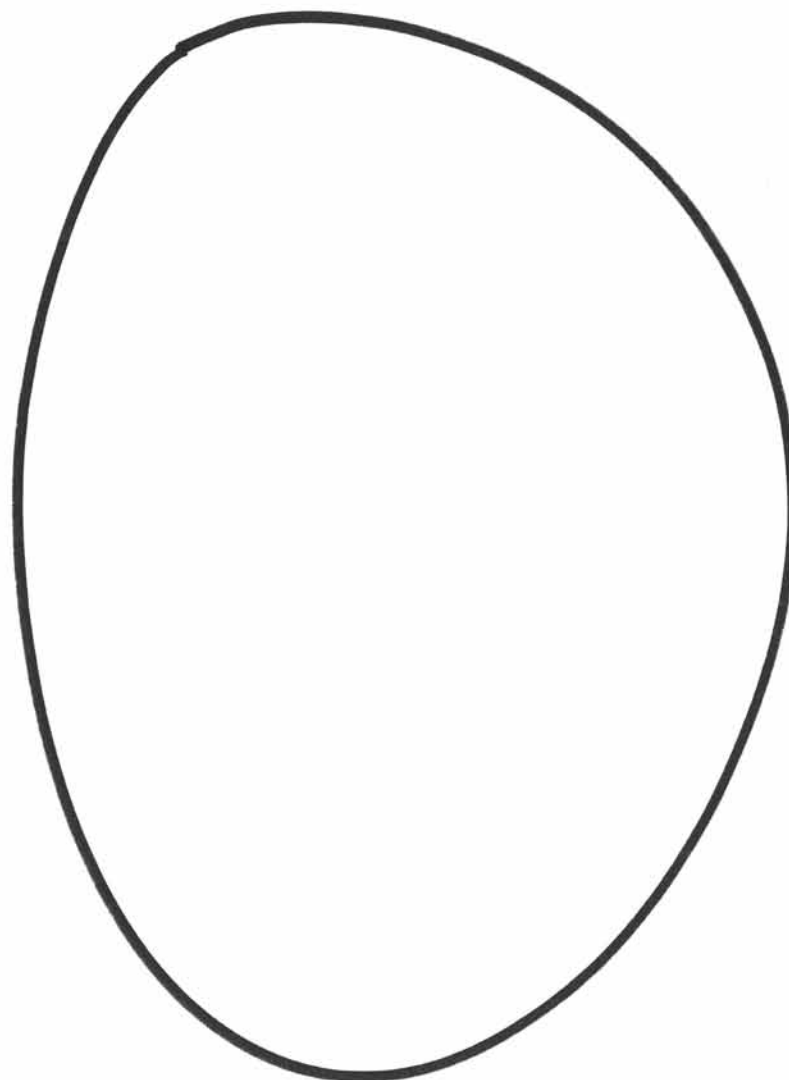
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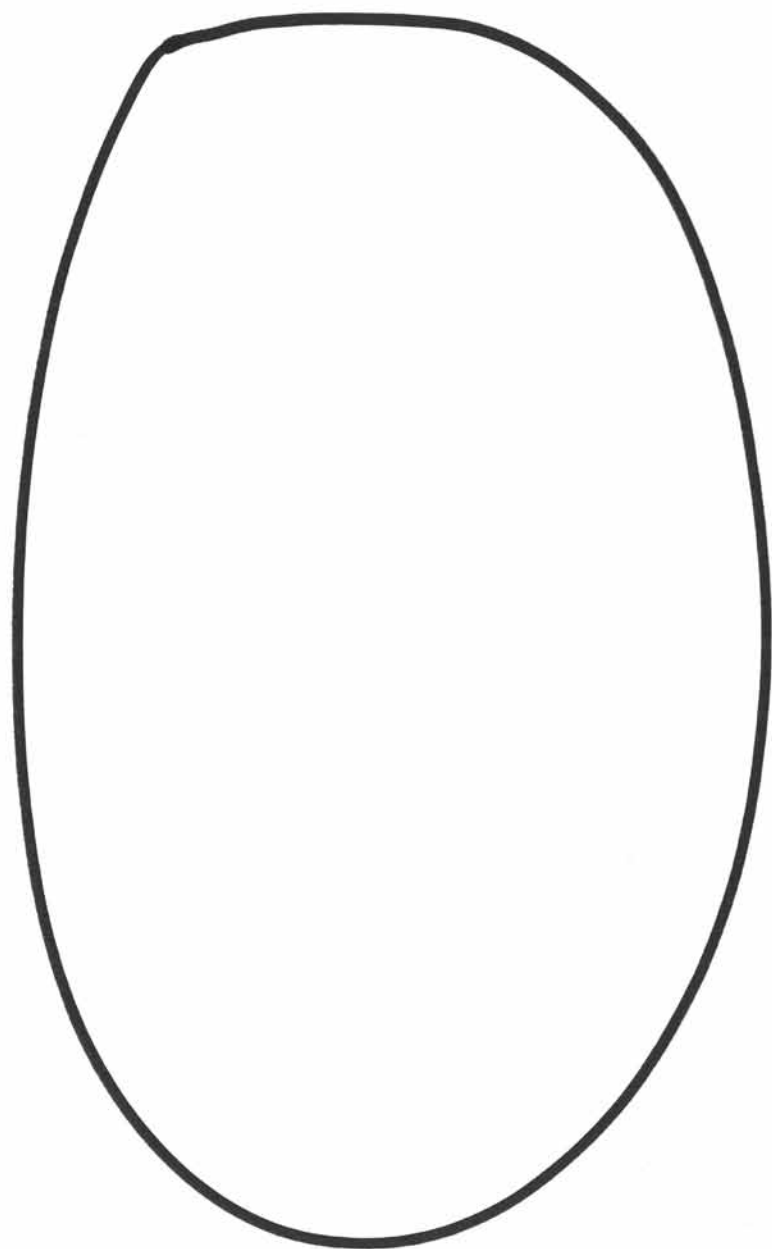
Day 276



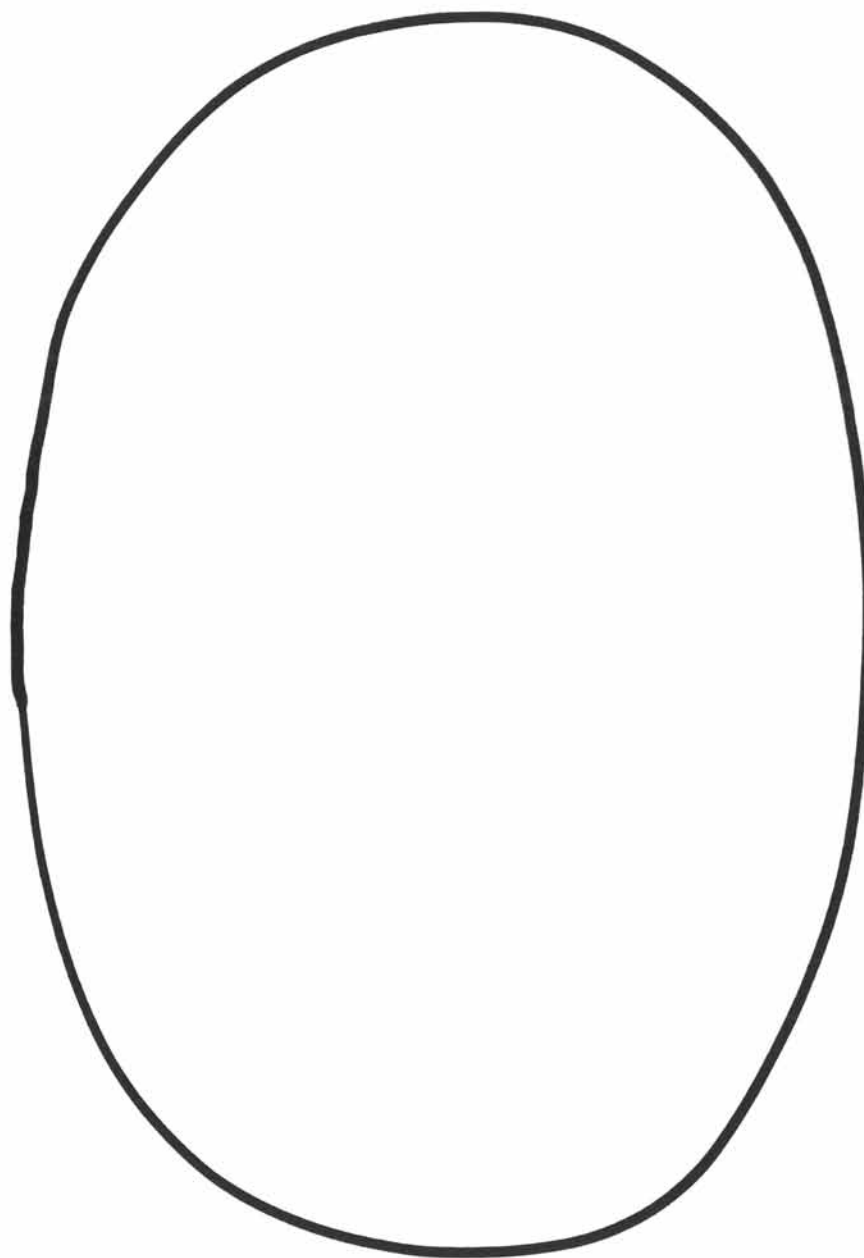
Day 277



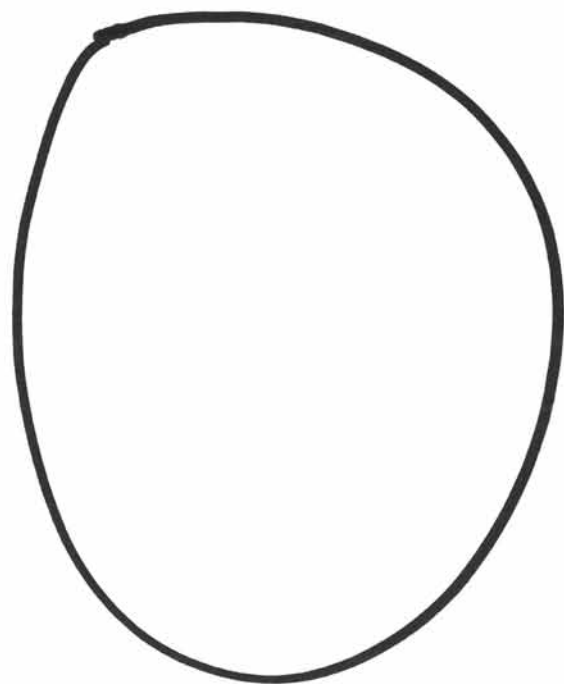
Day 278



Day 279



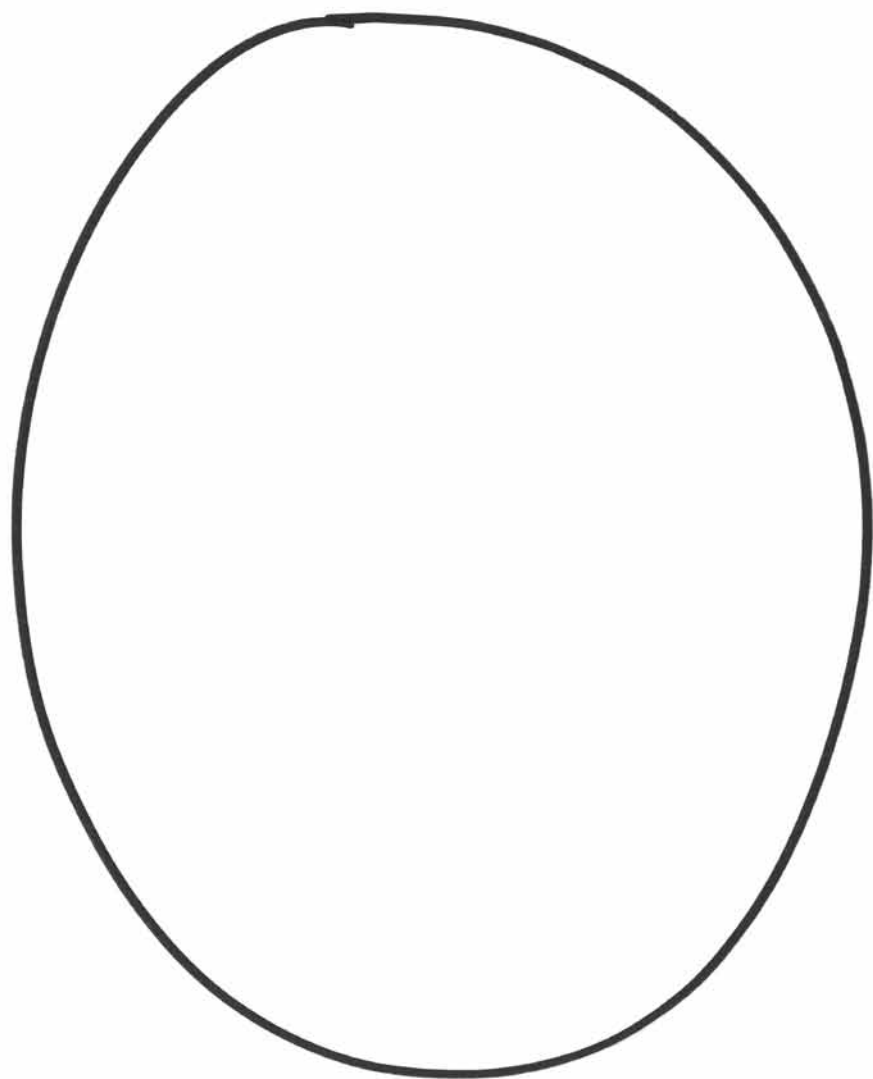
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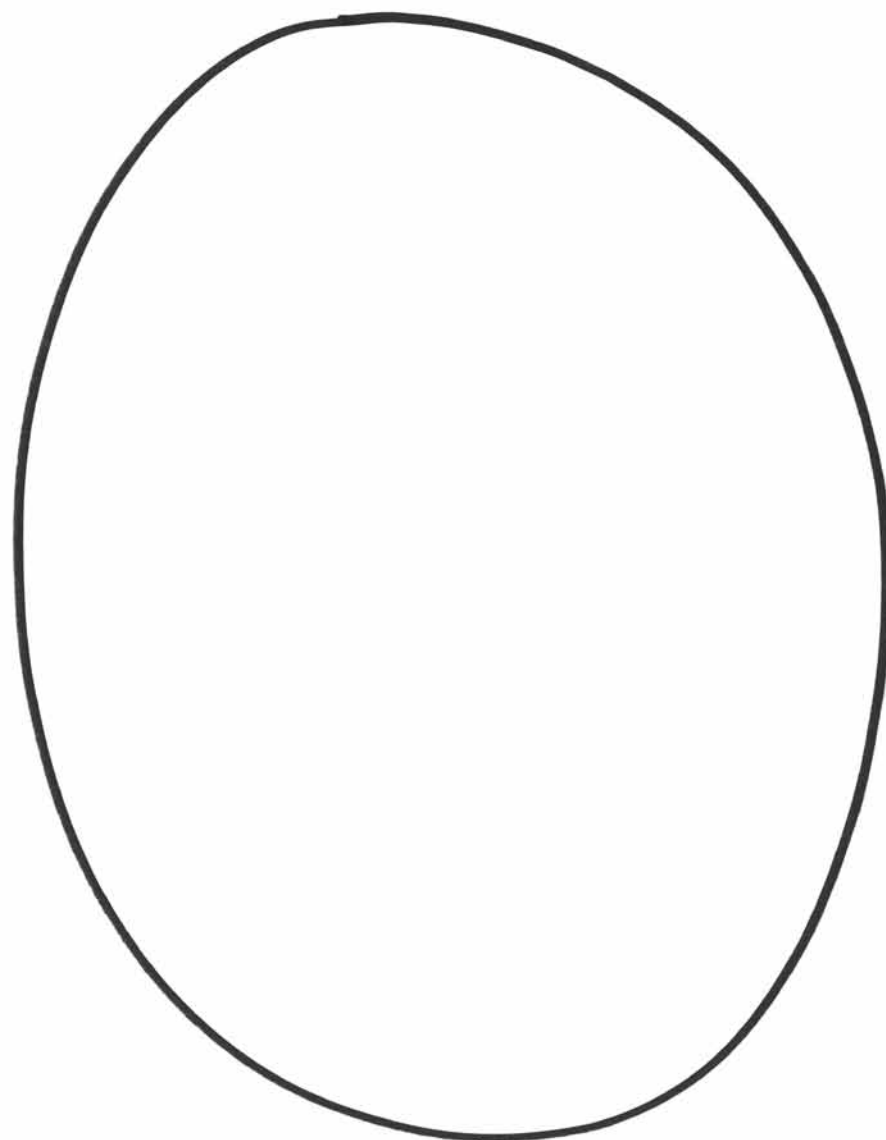
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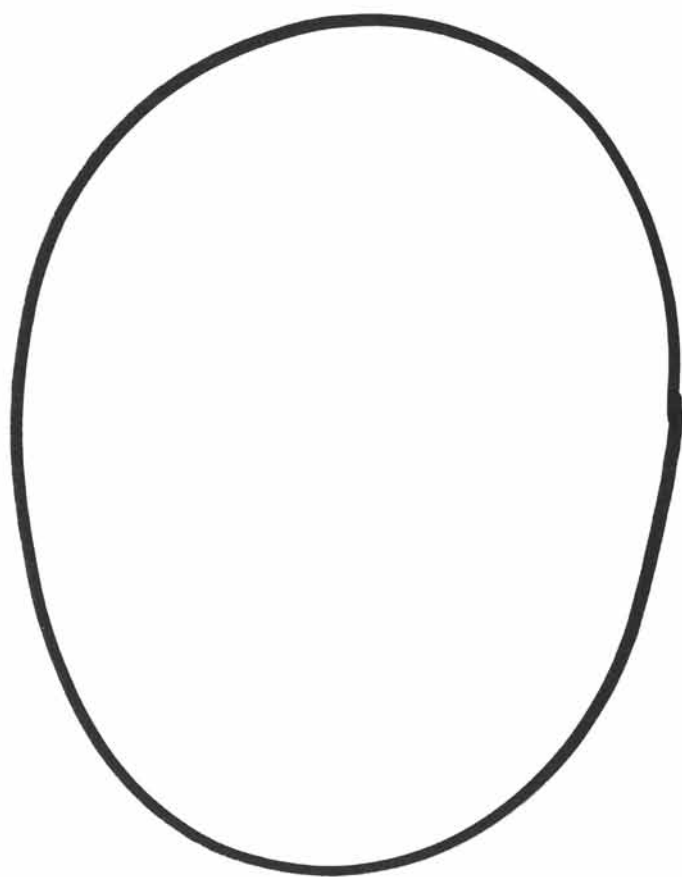
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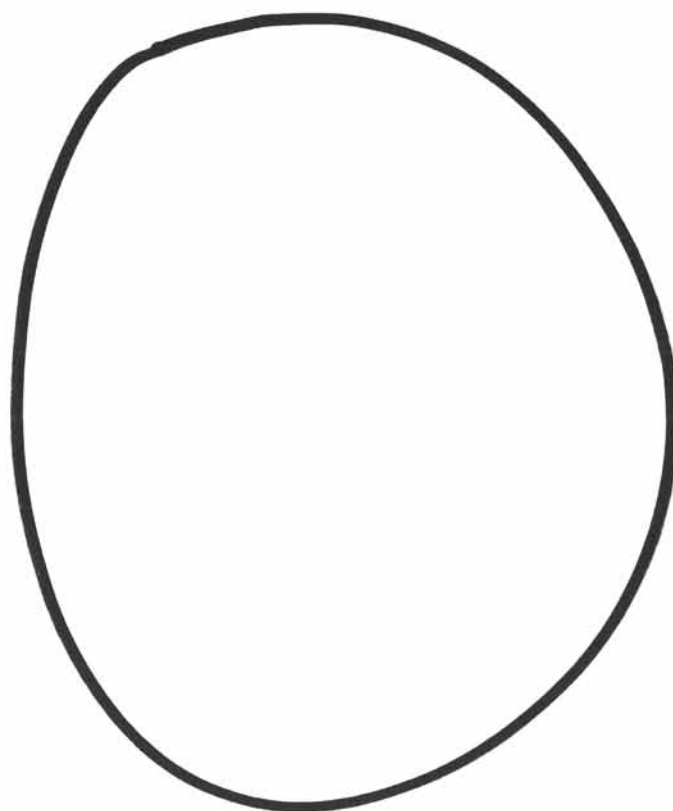
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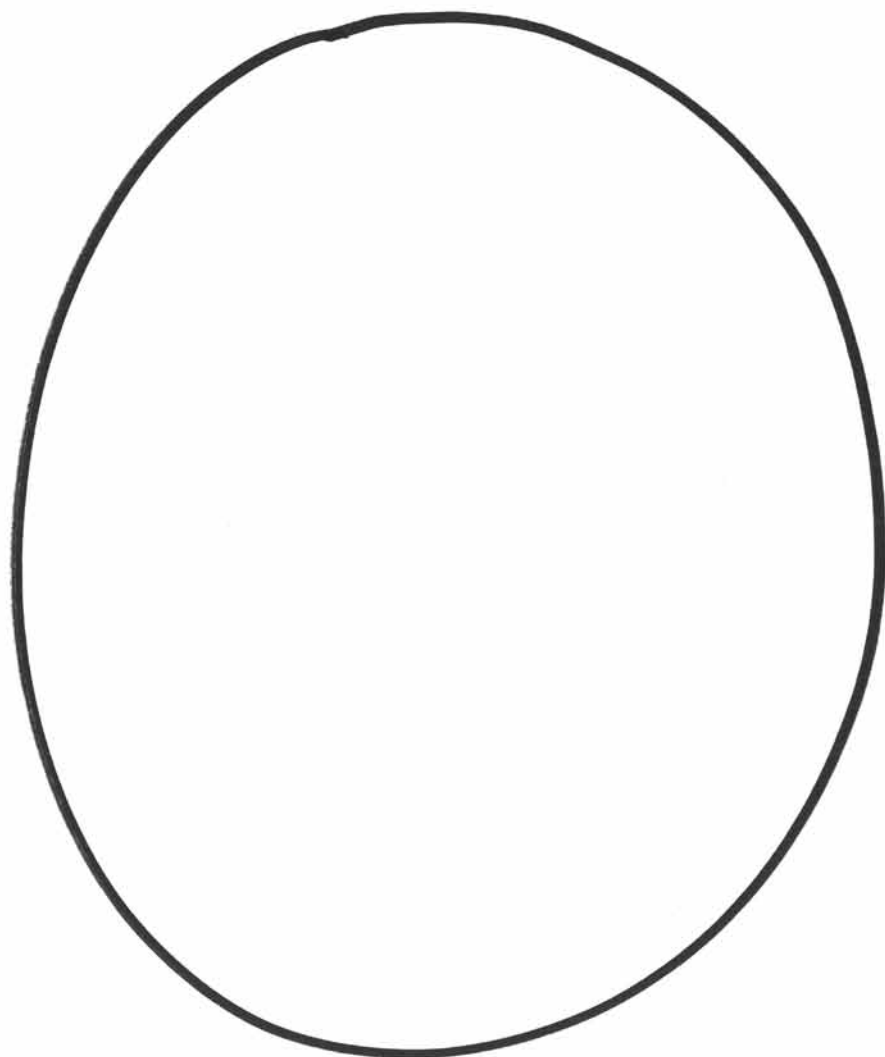
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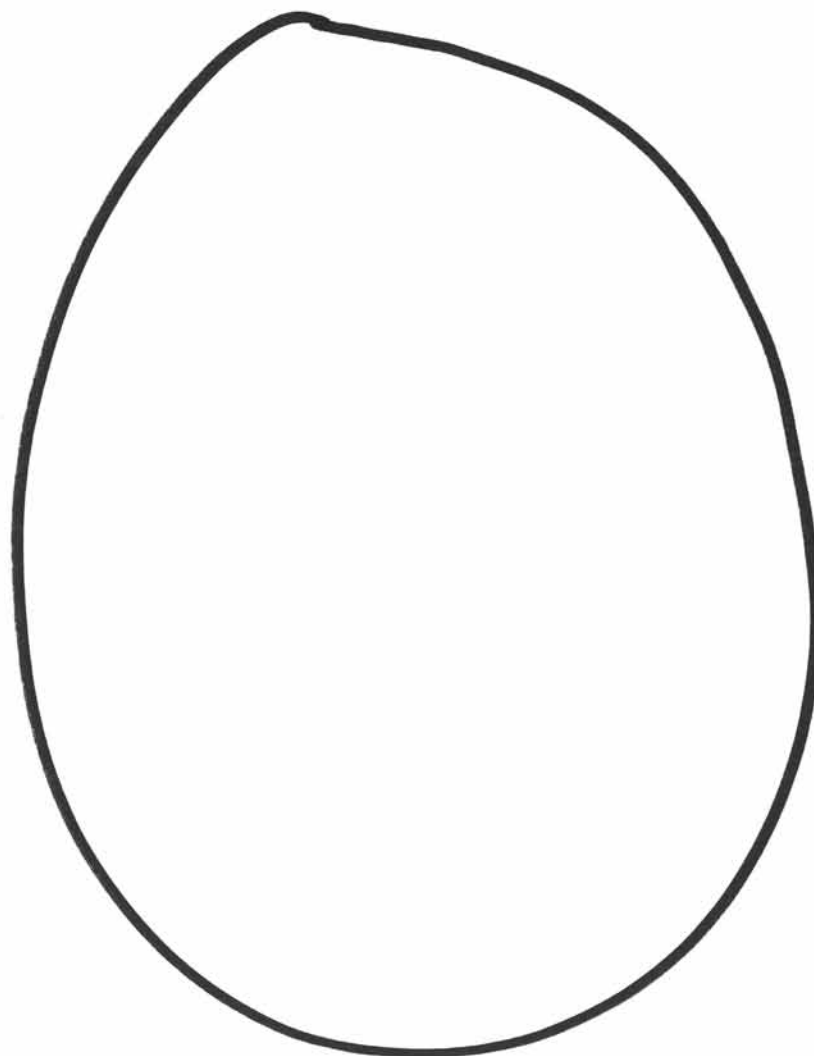
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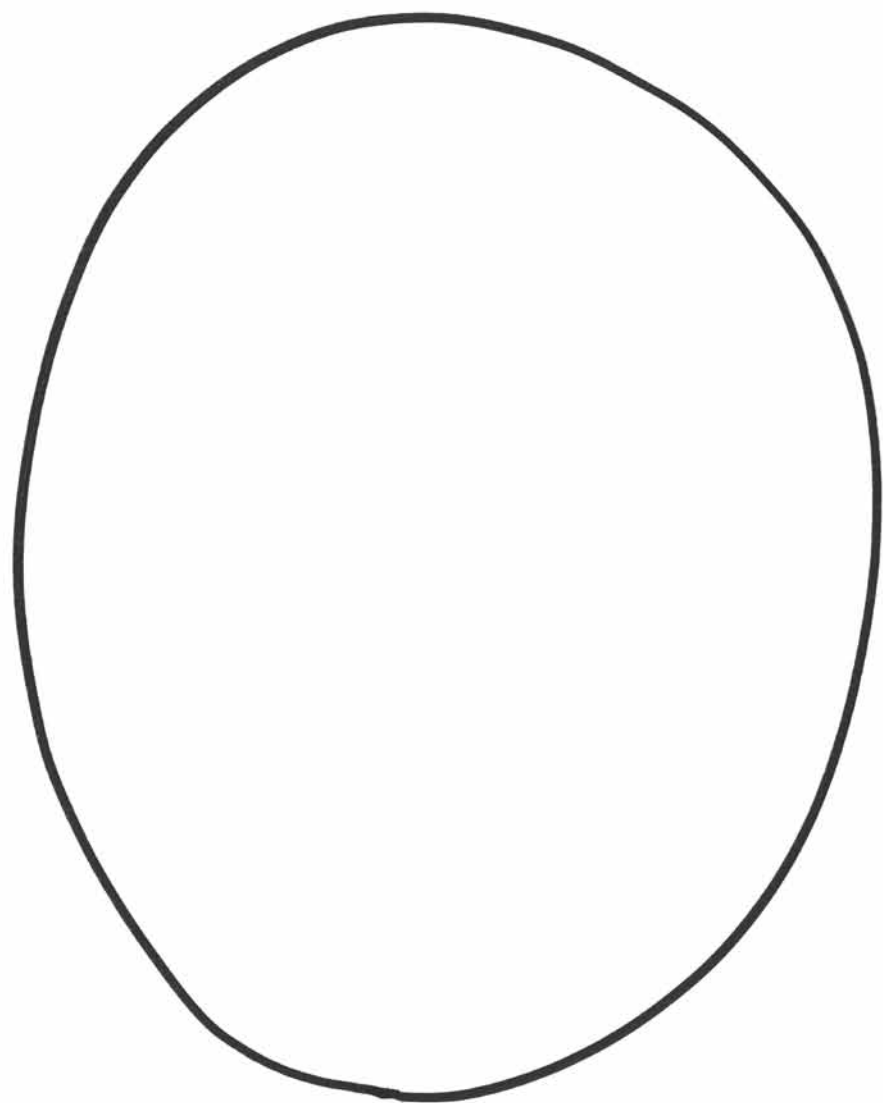
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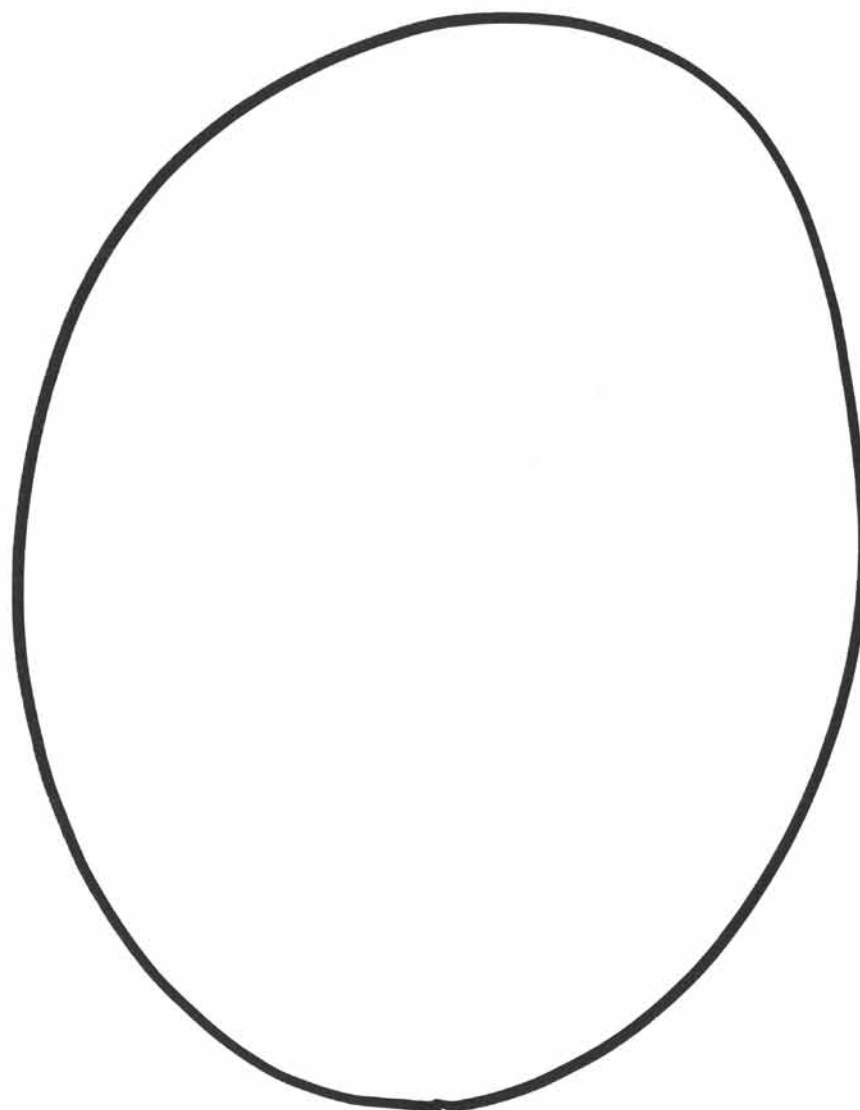
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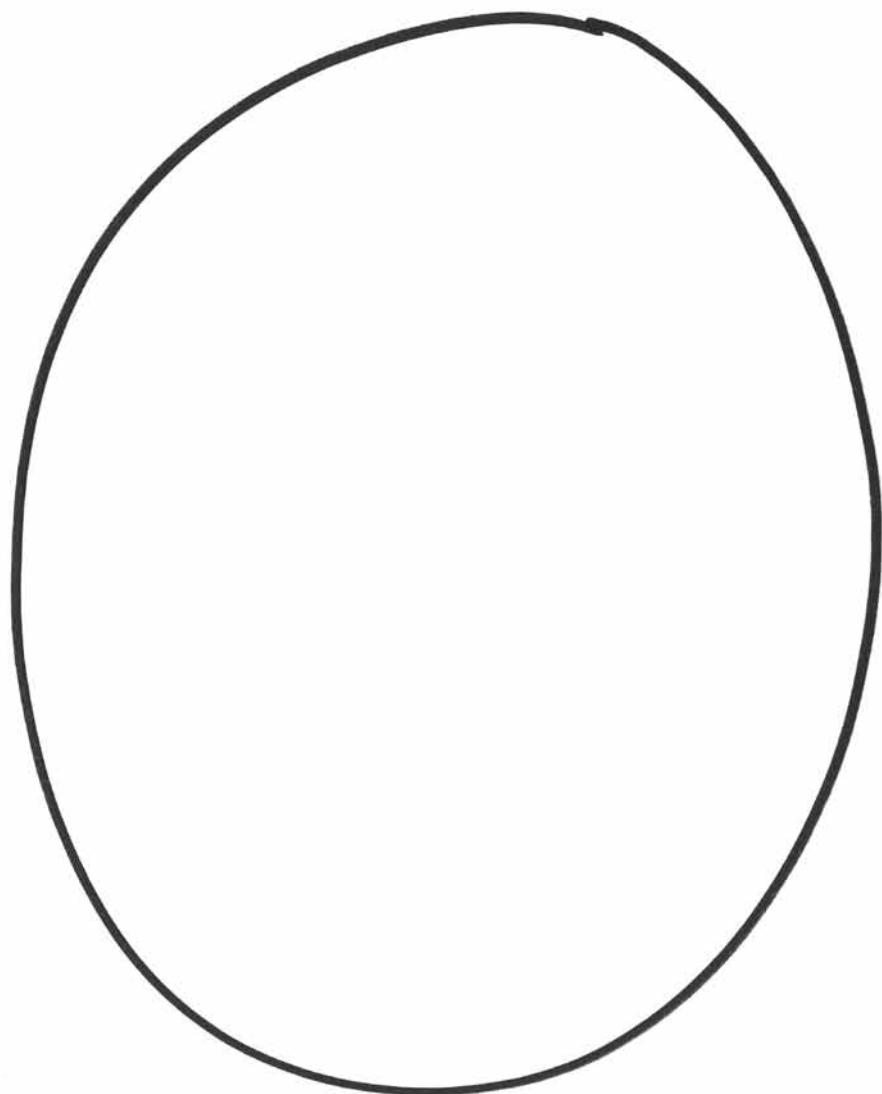
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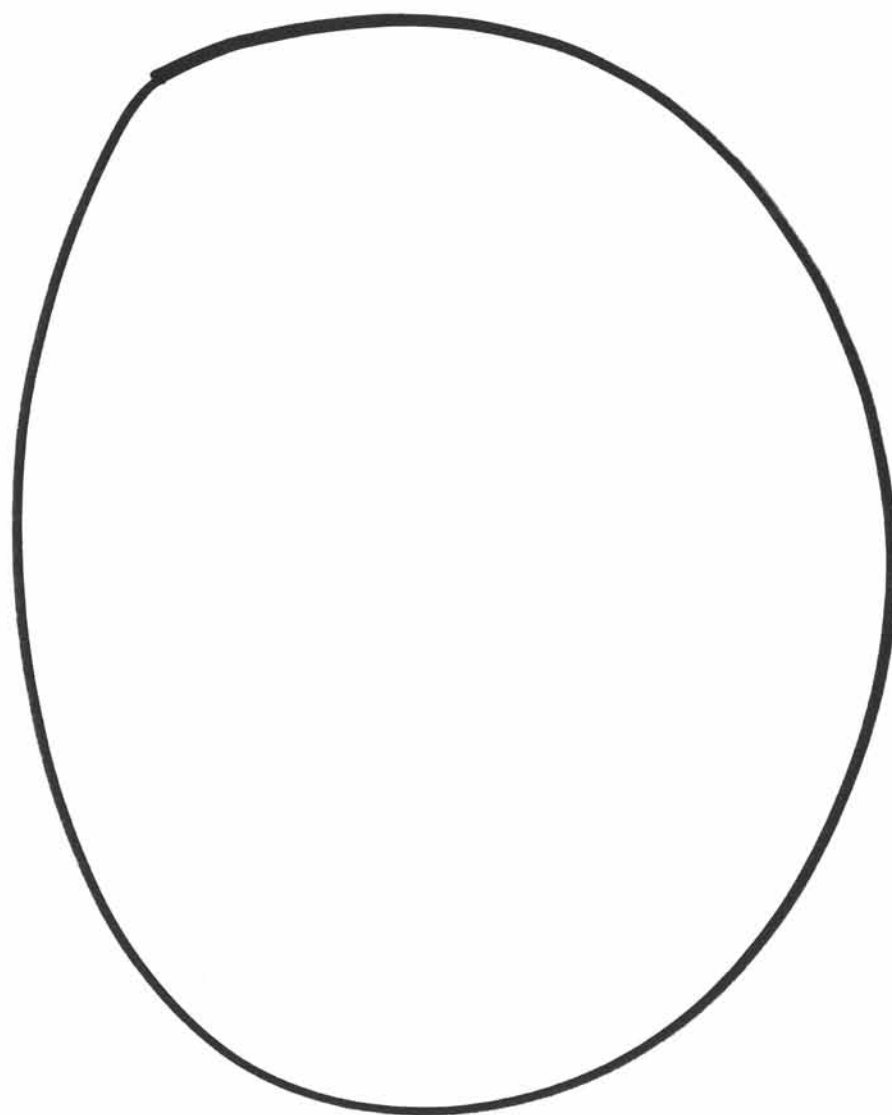
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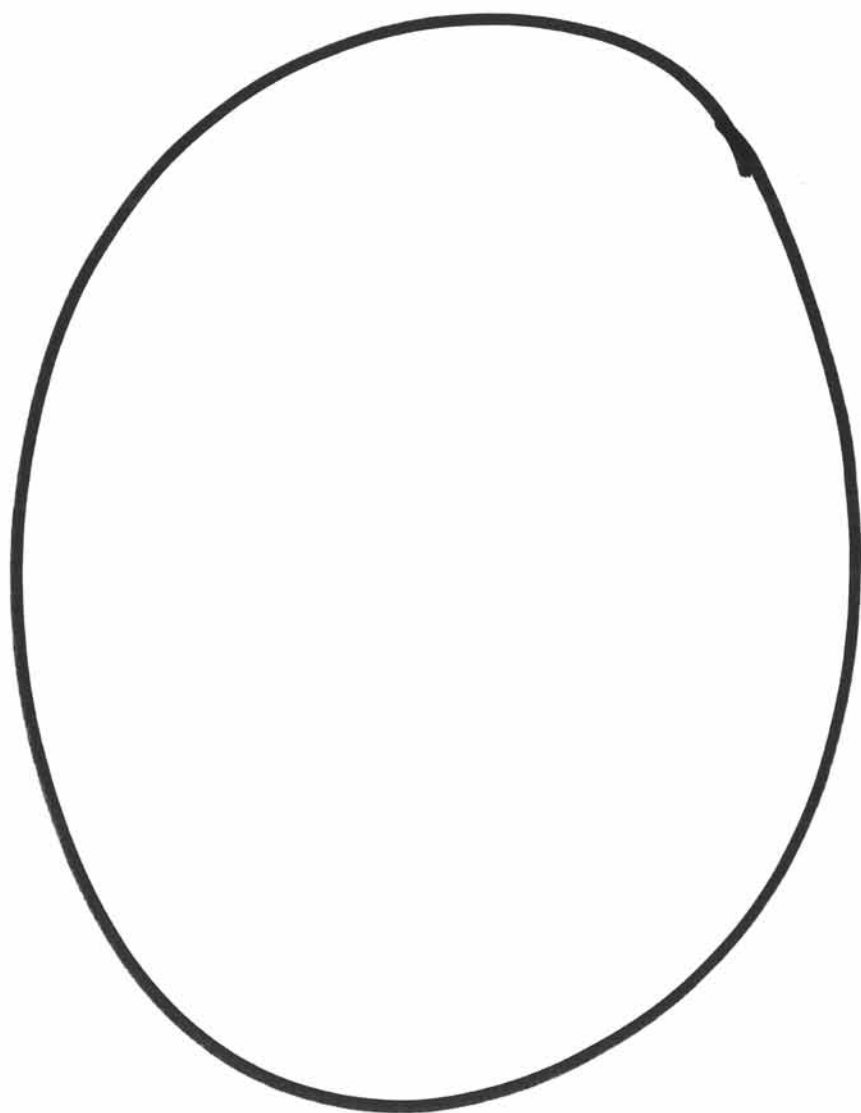
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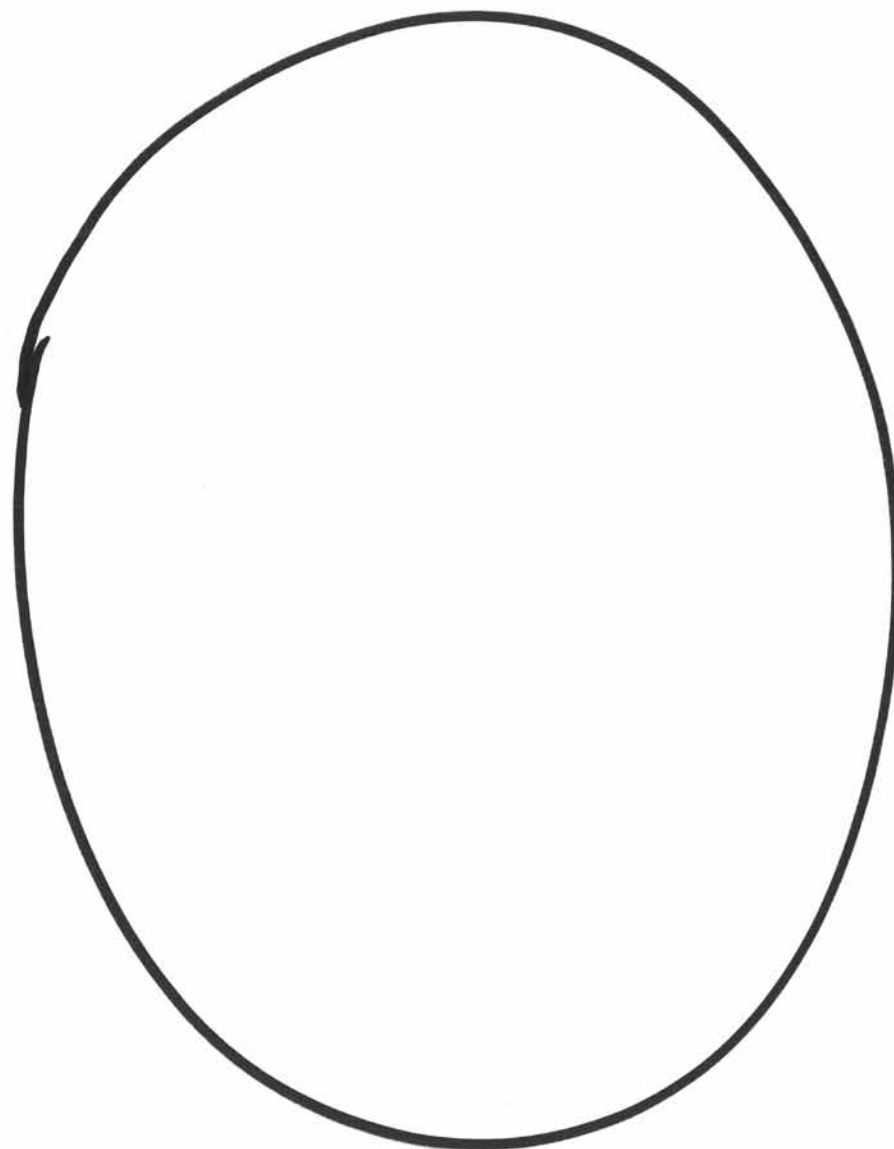
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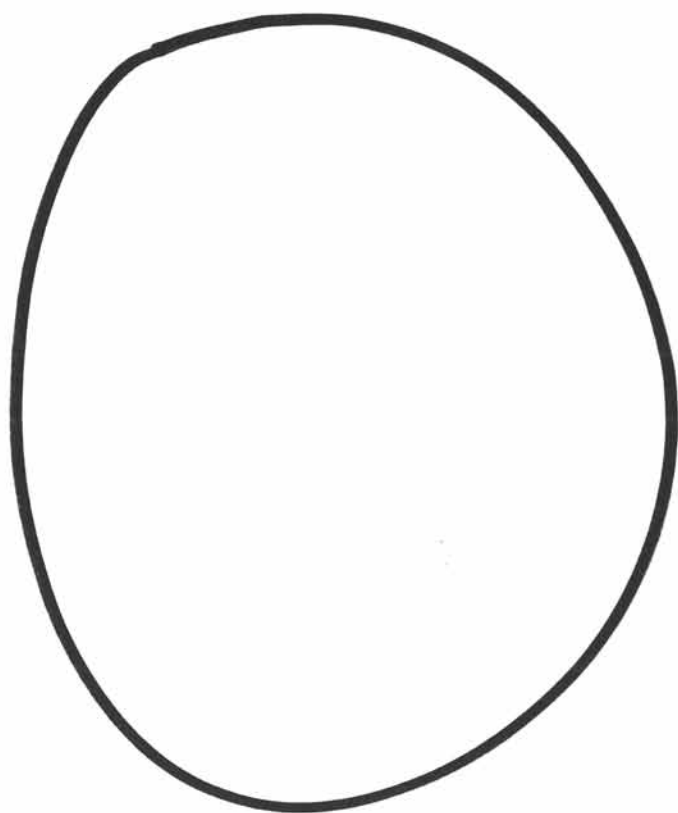
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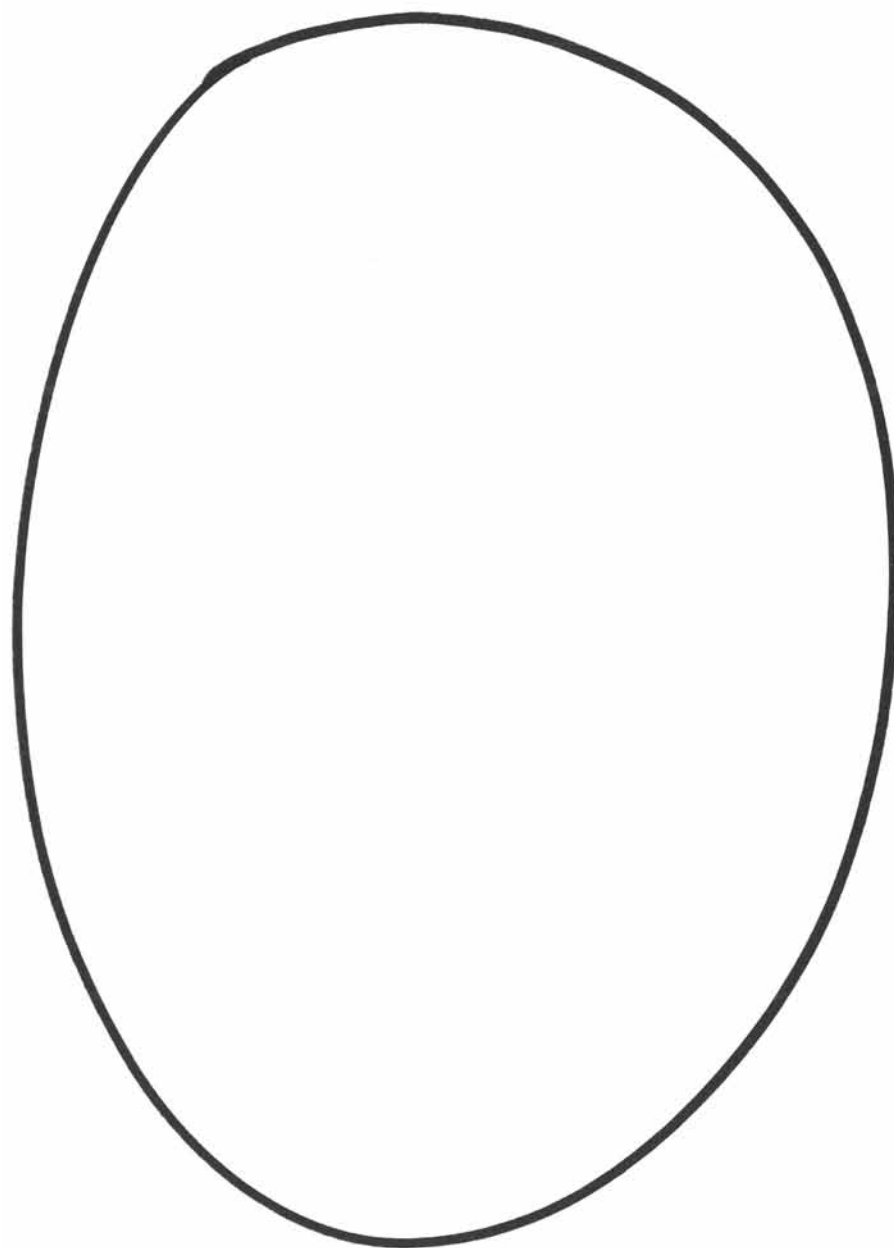
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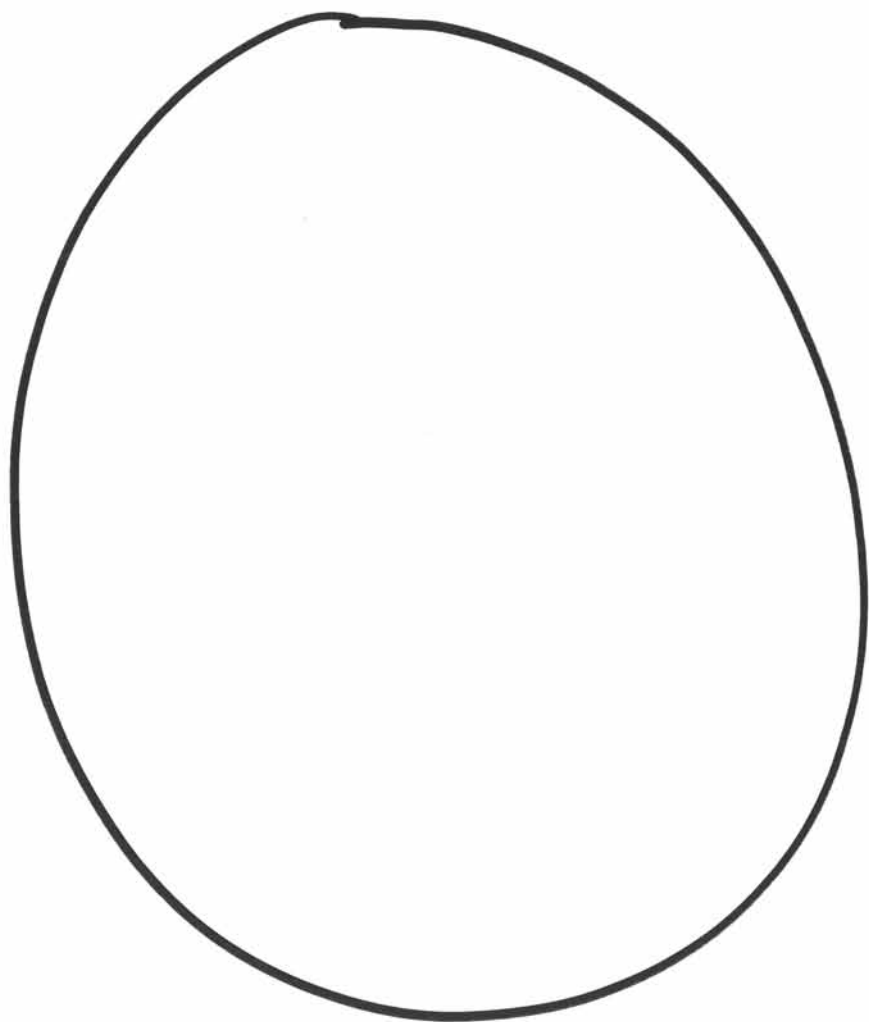
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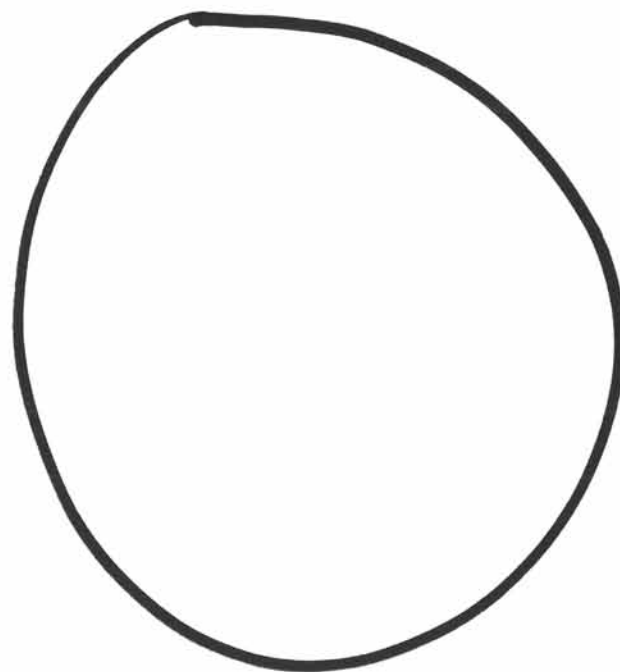
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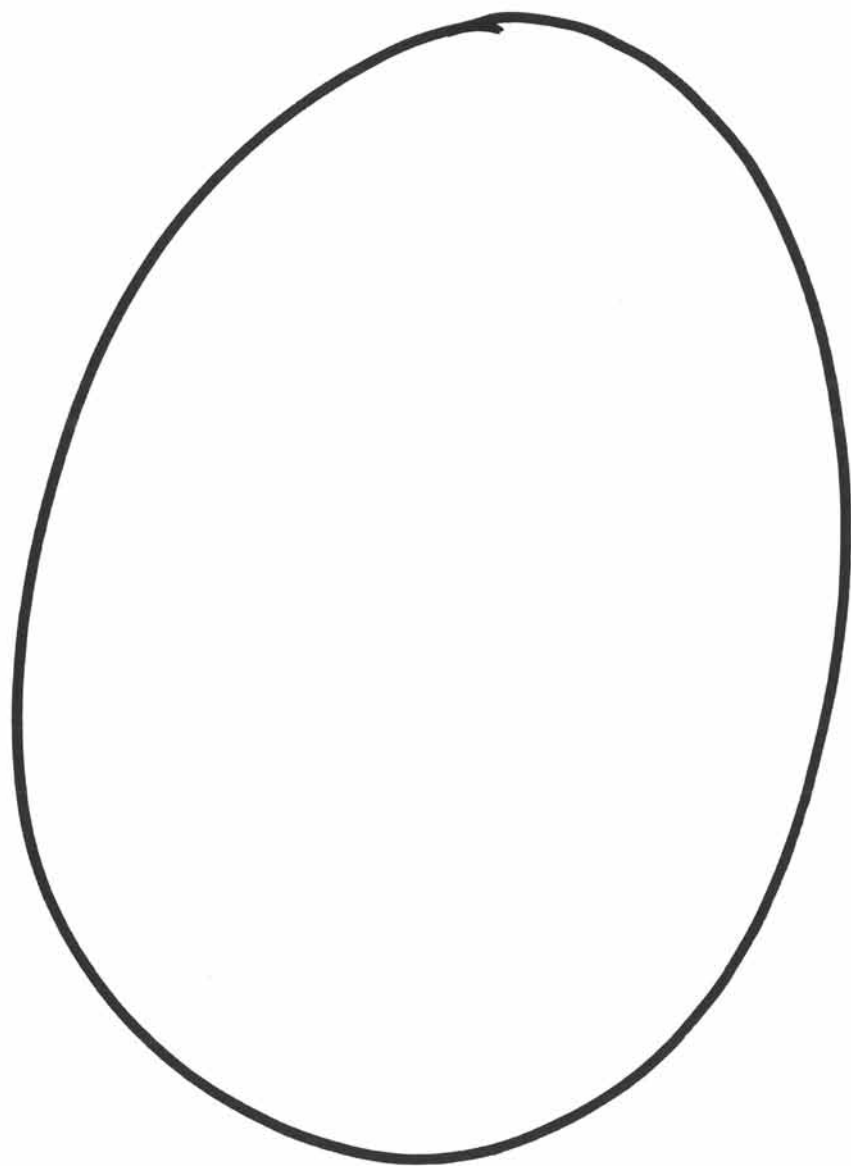
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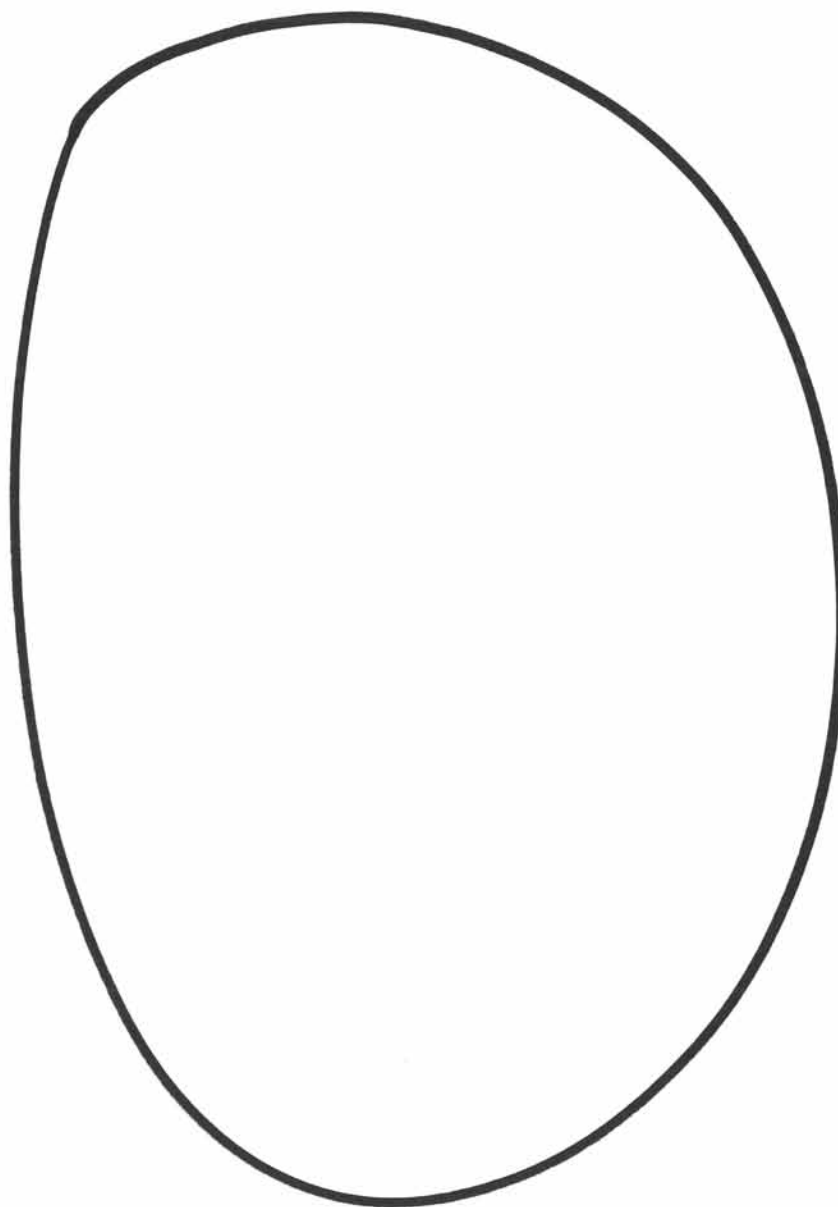
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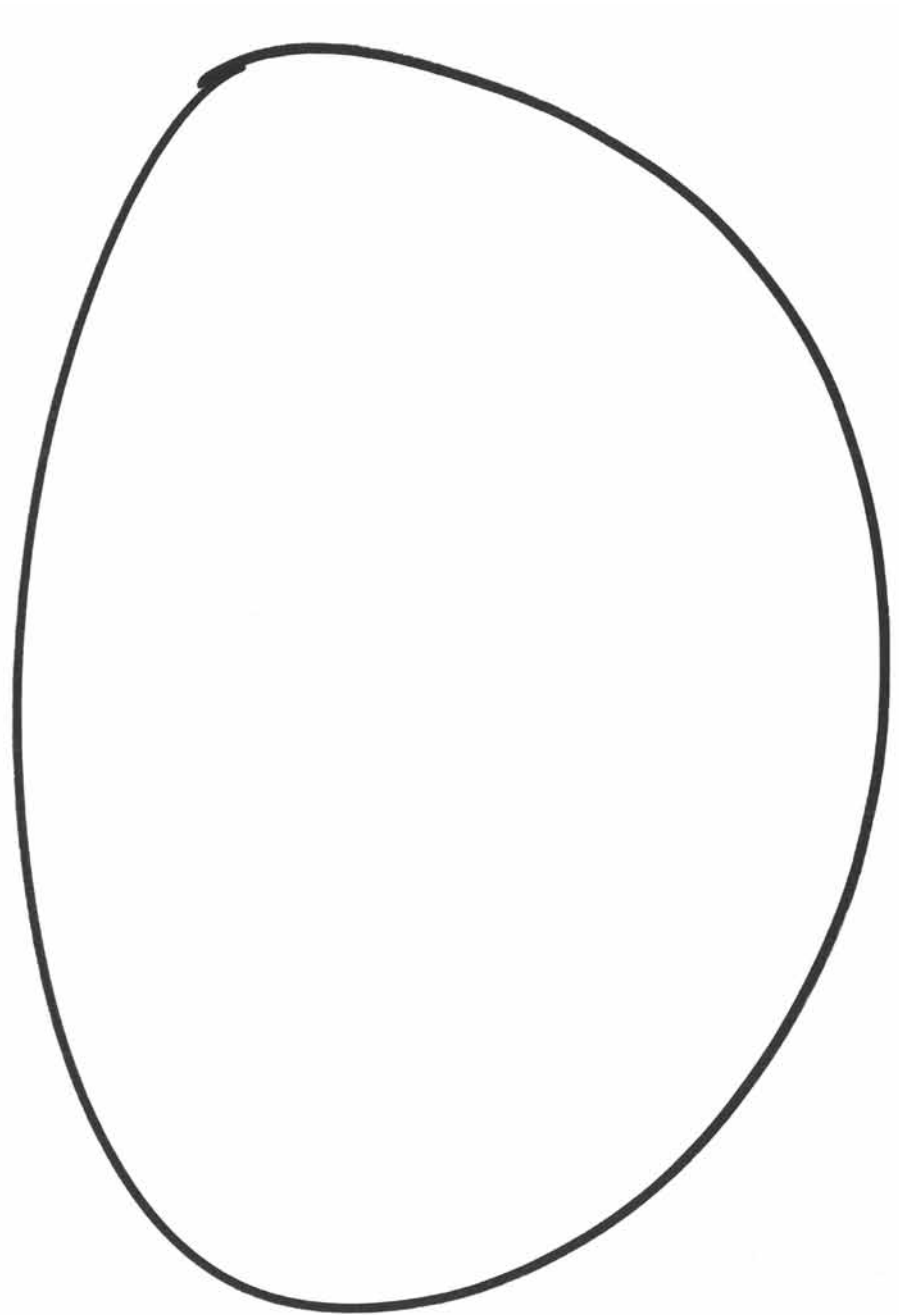
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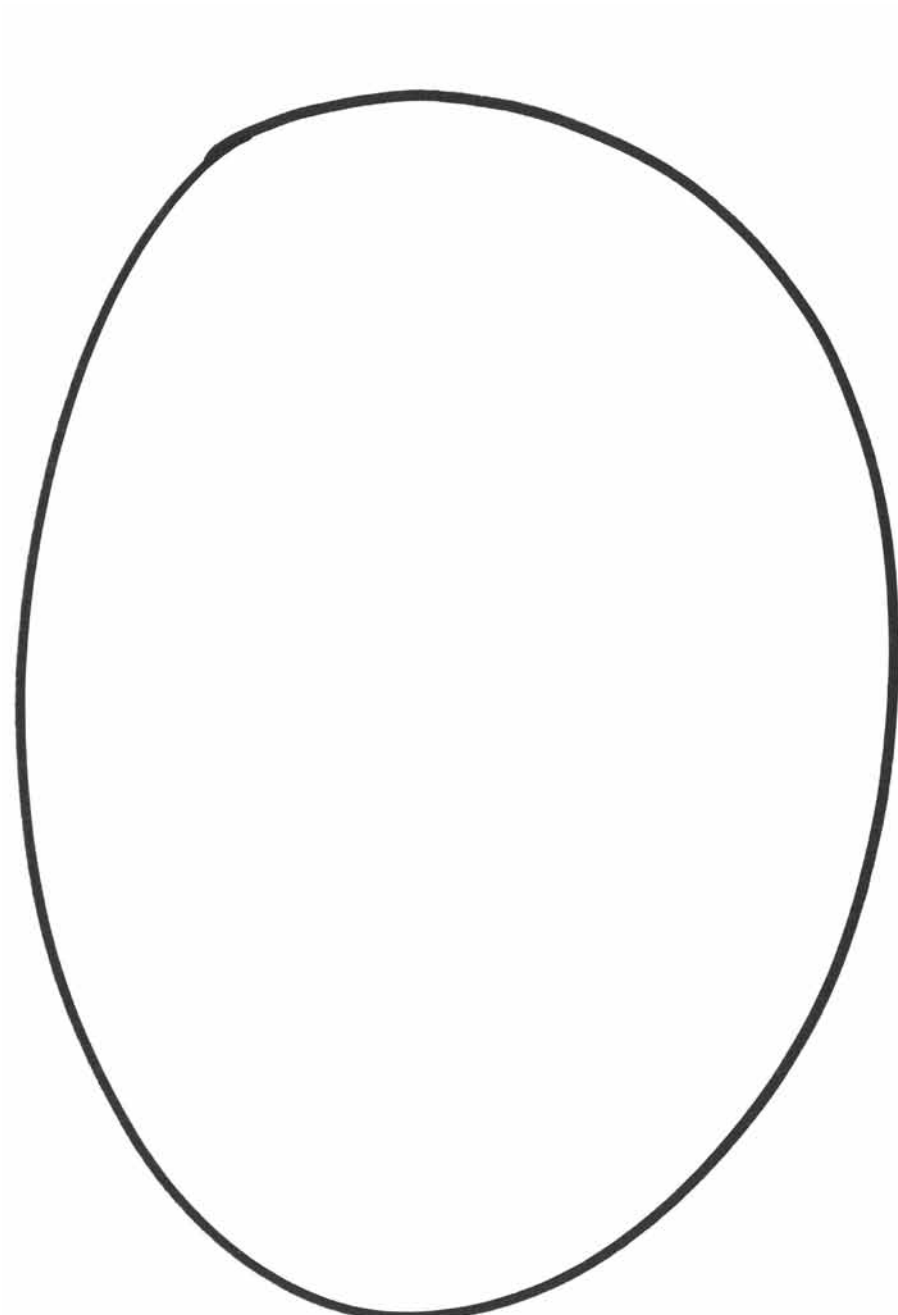
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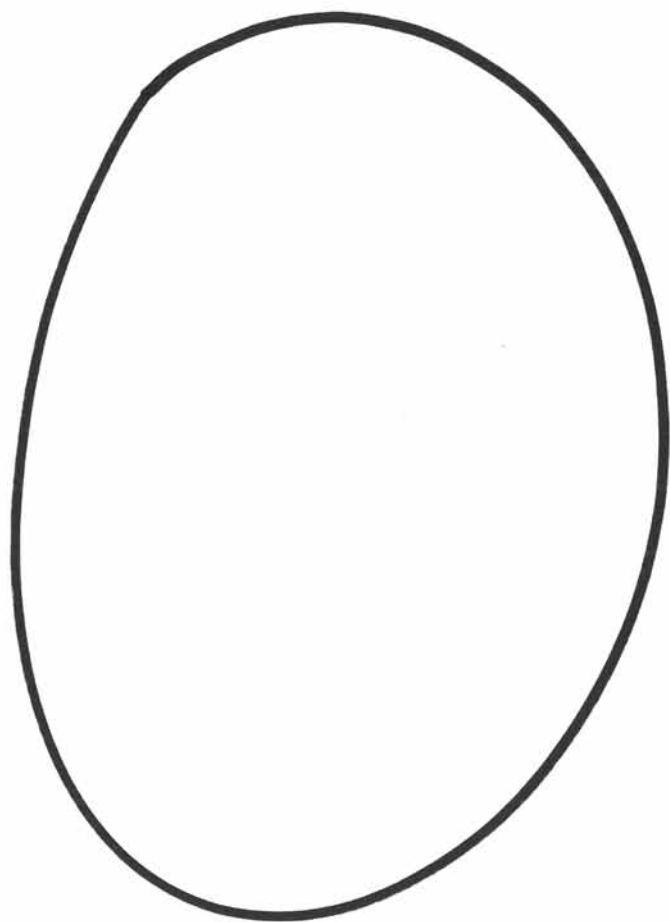
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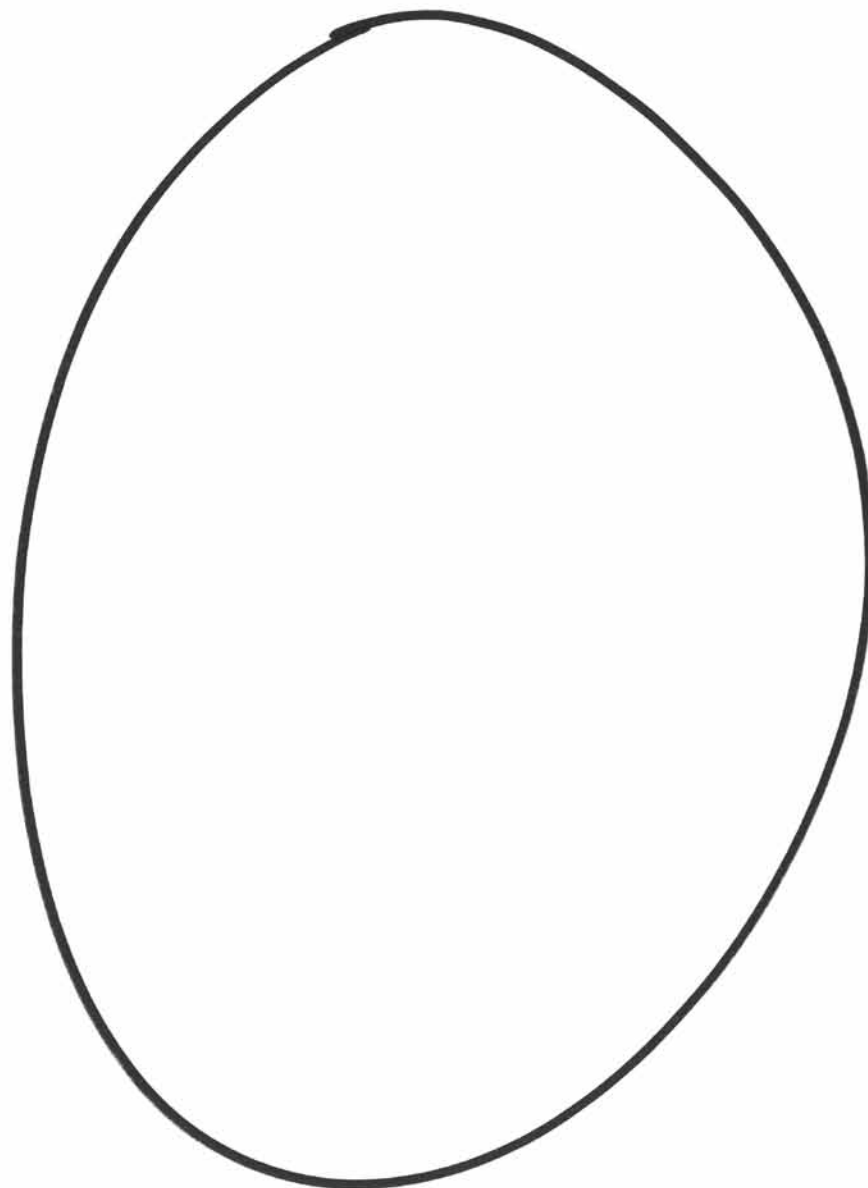
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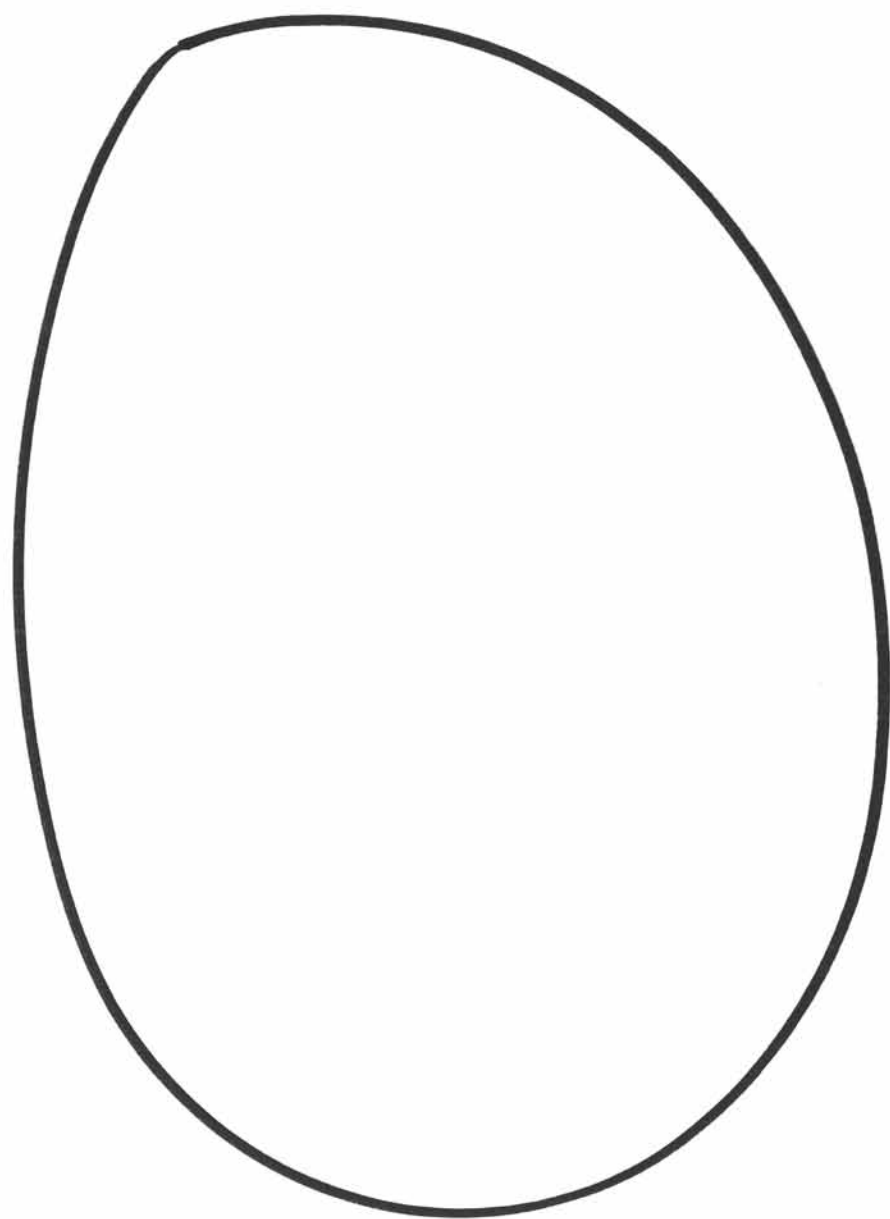
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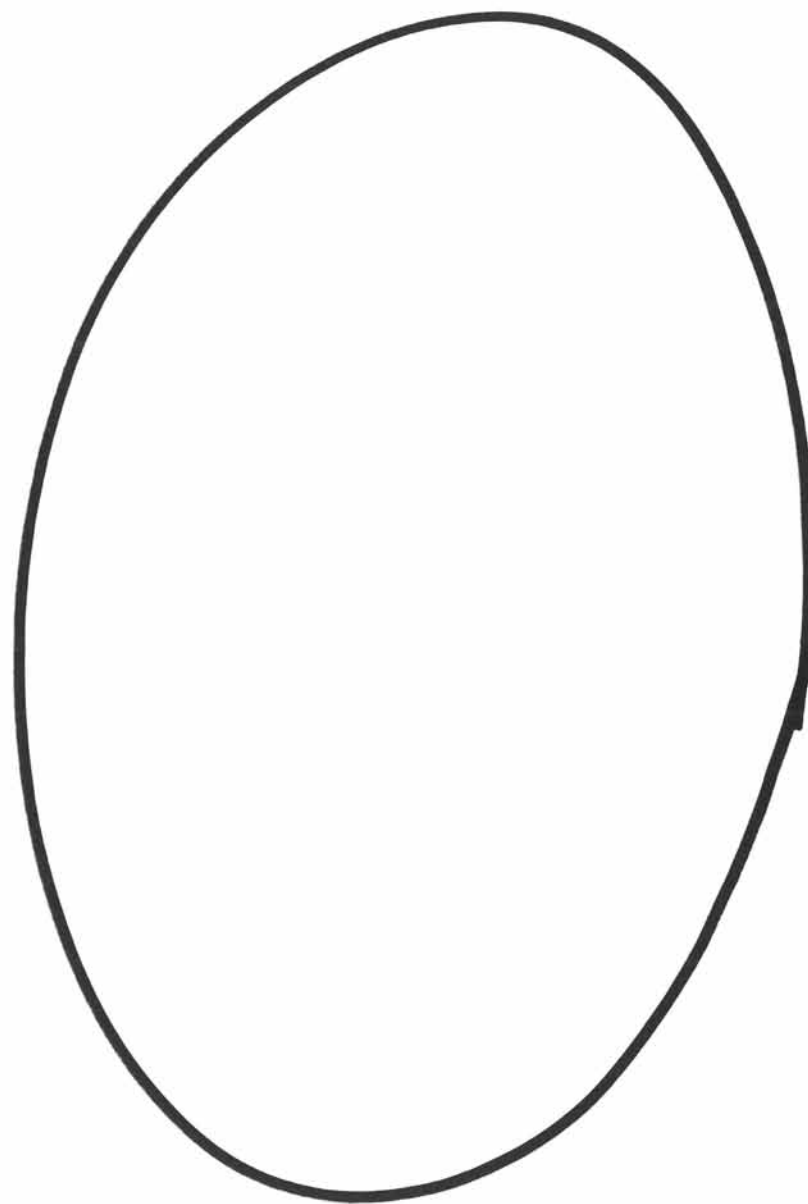
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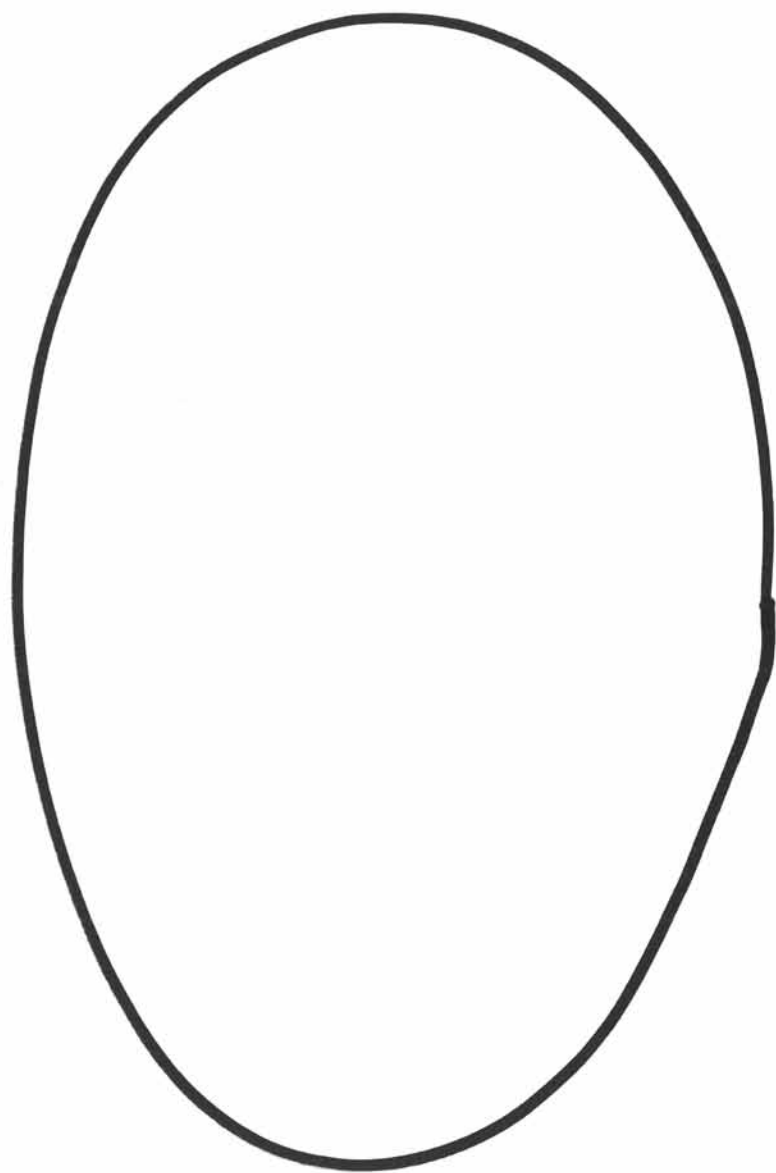
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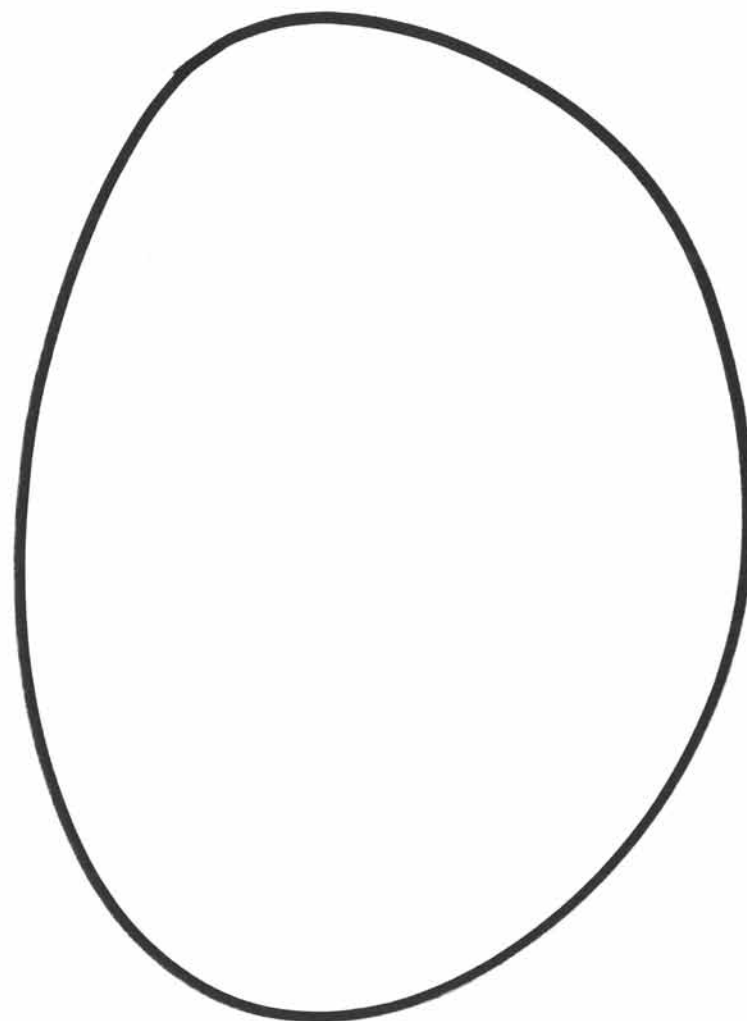
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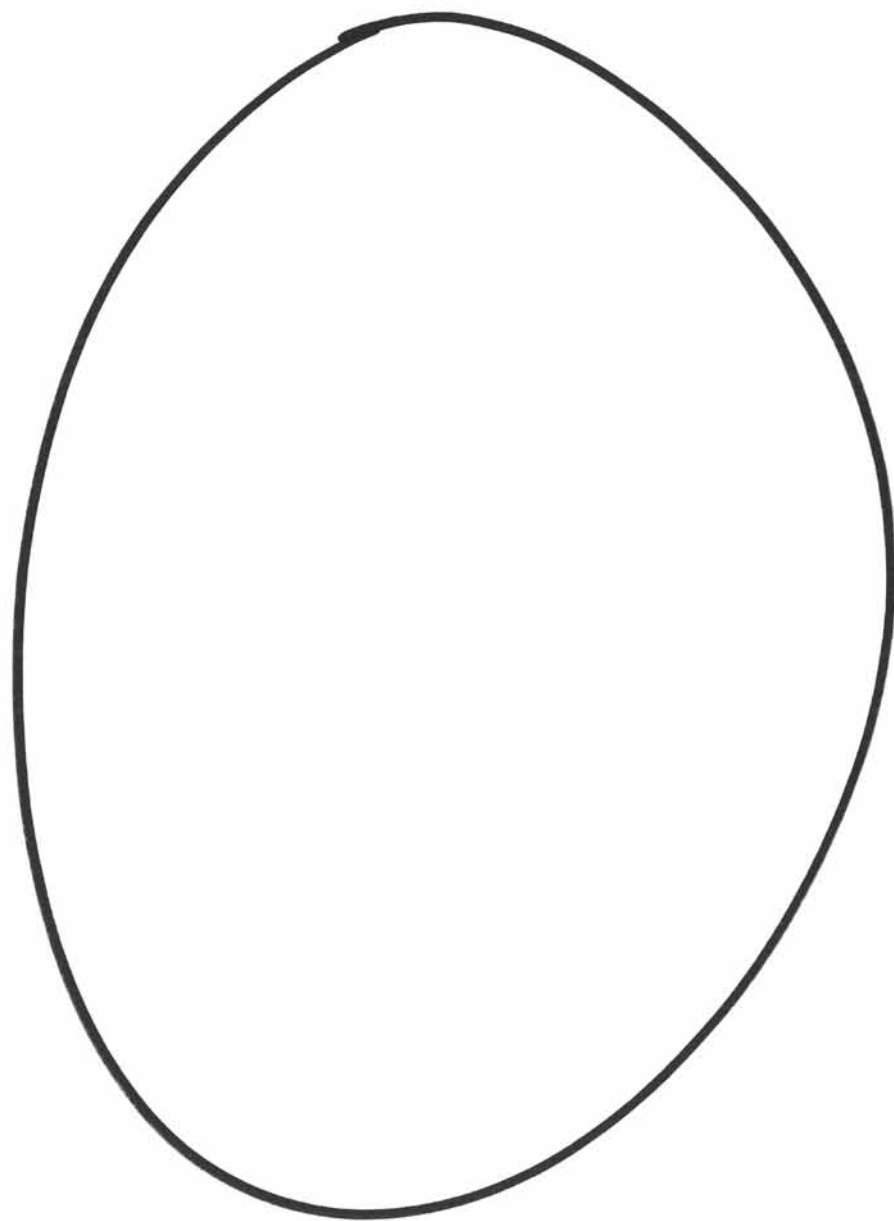
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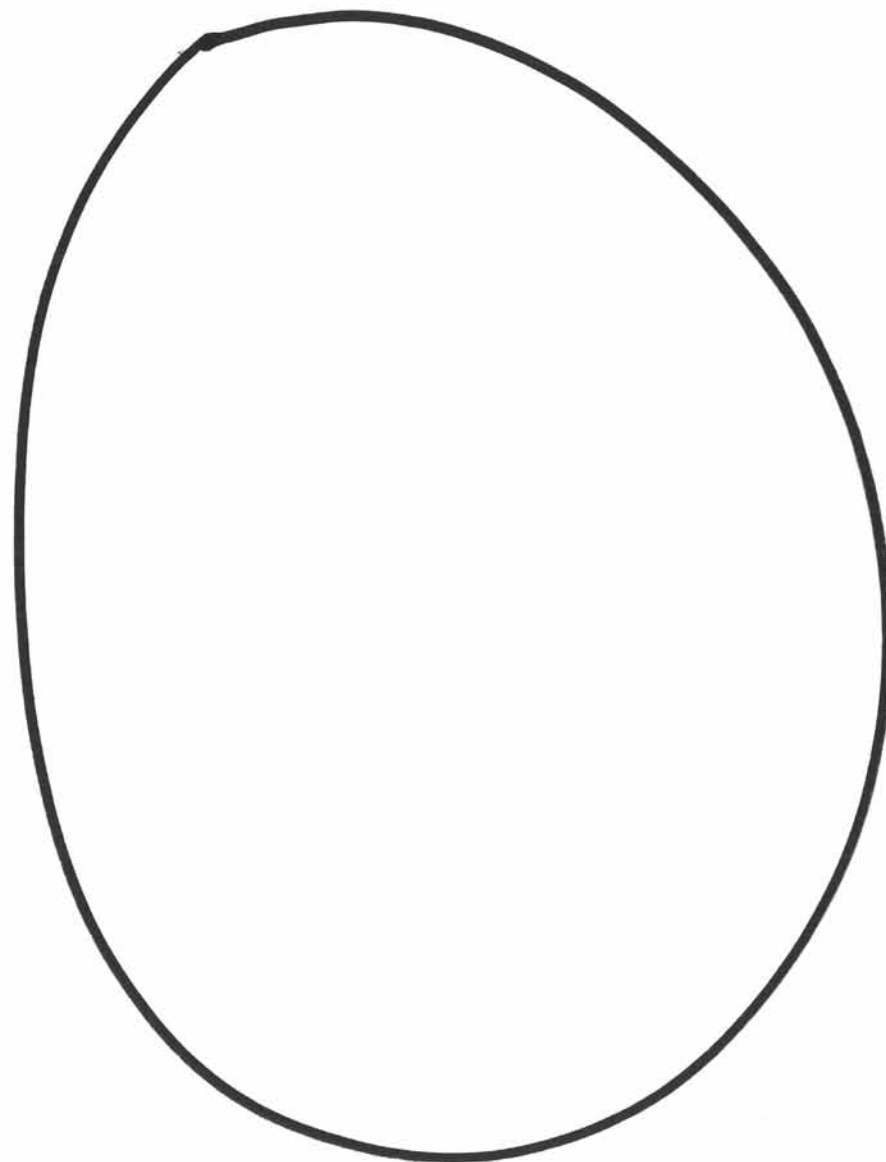
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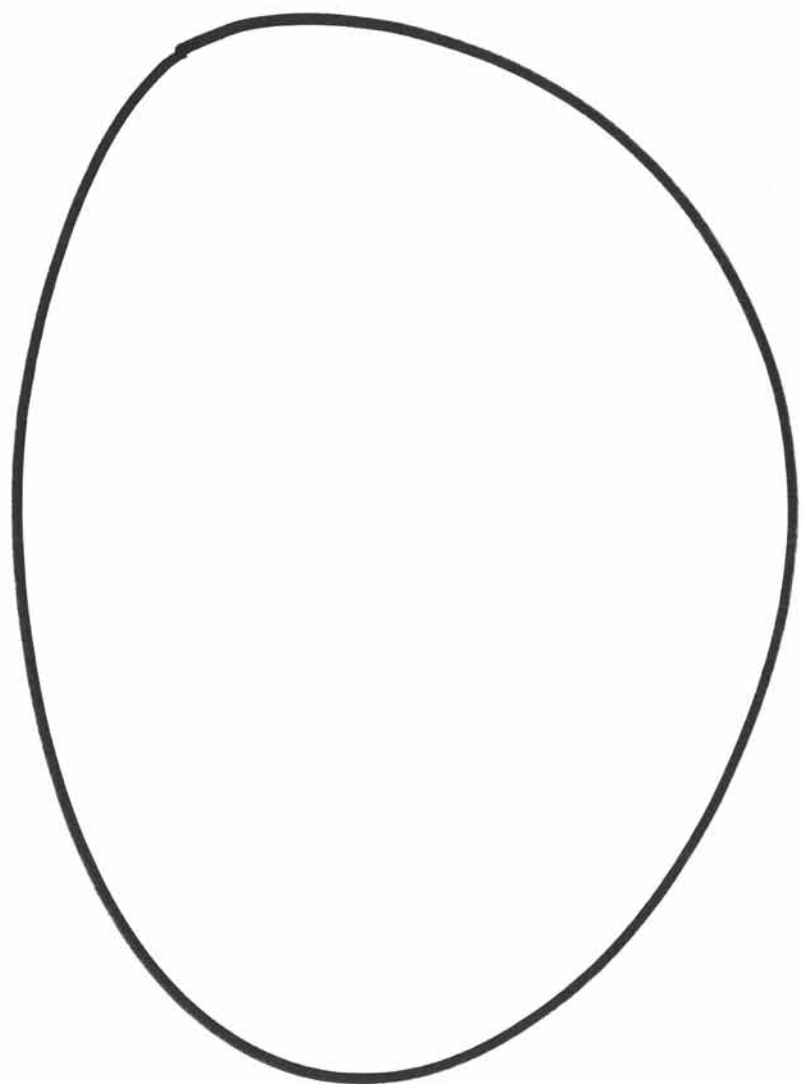
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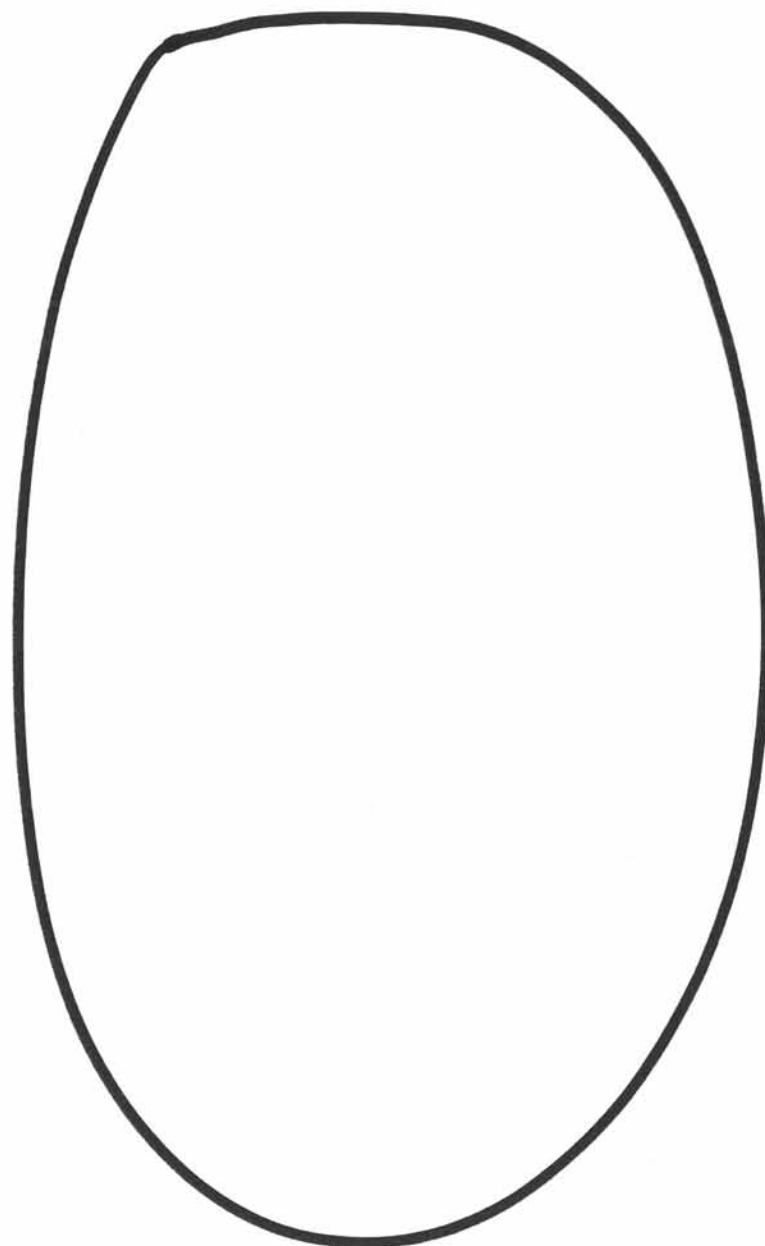
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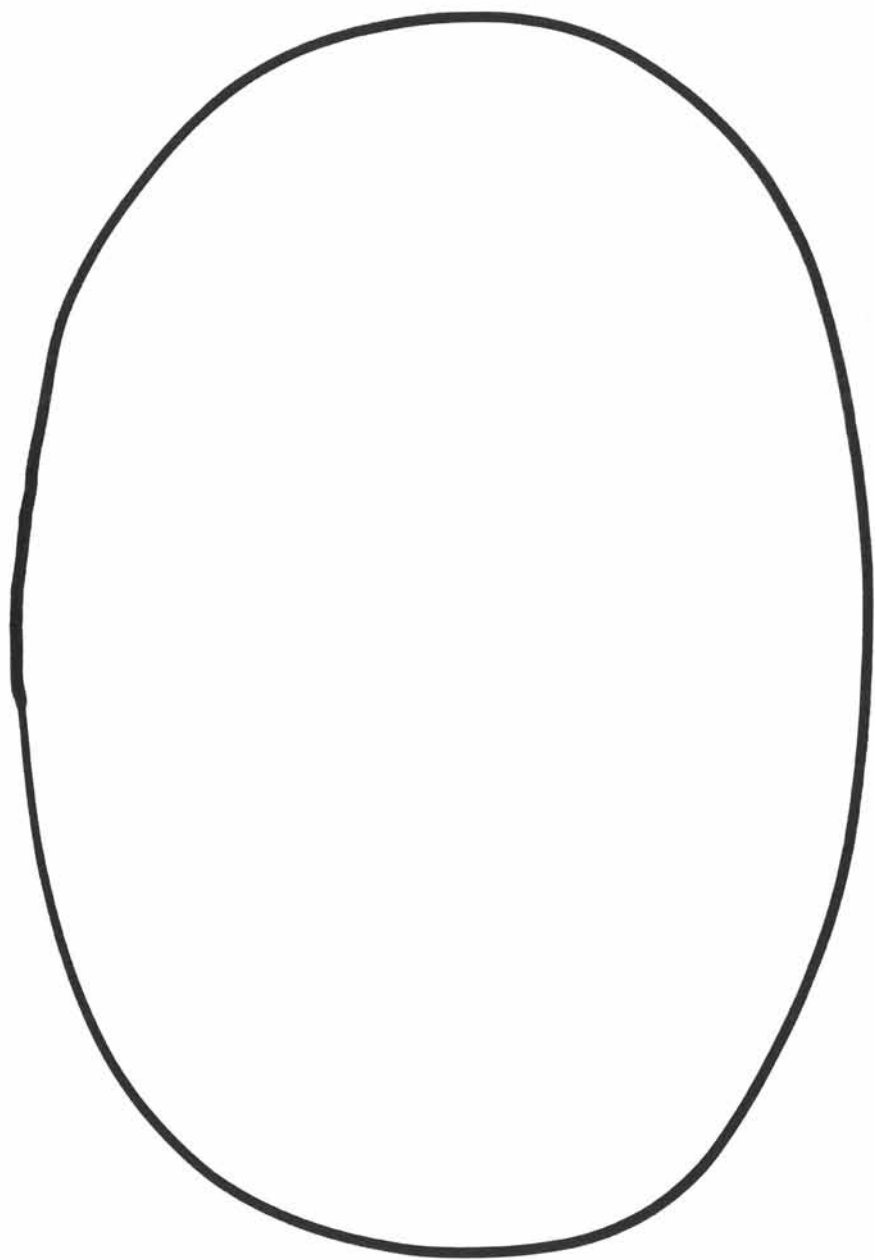
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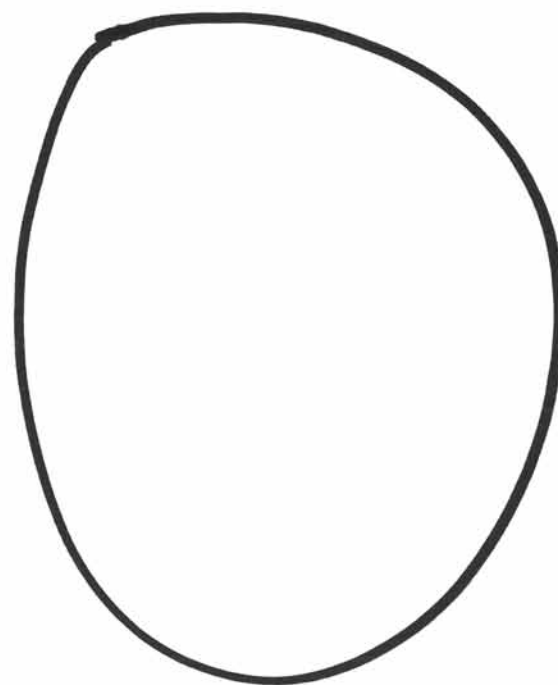
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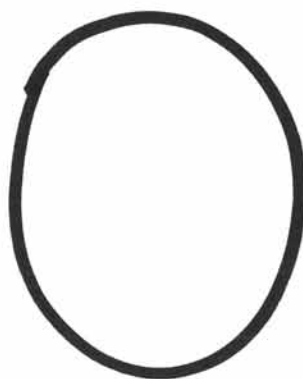
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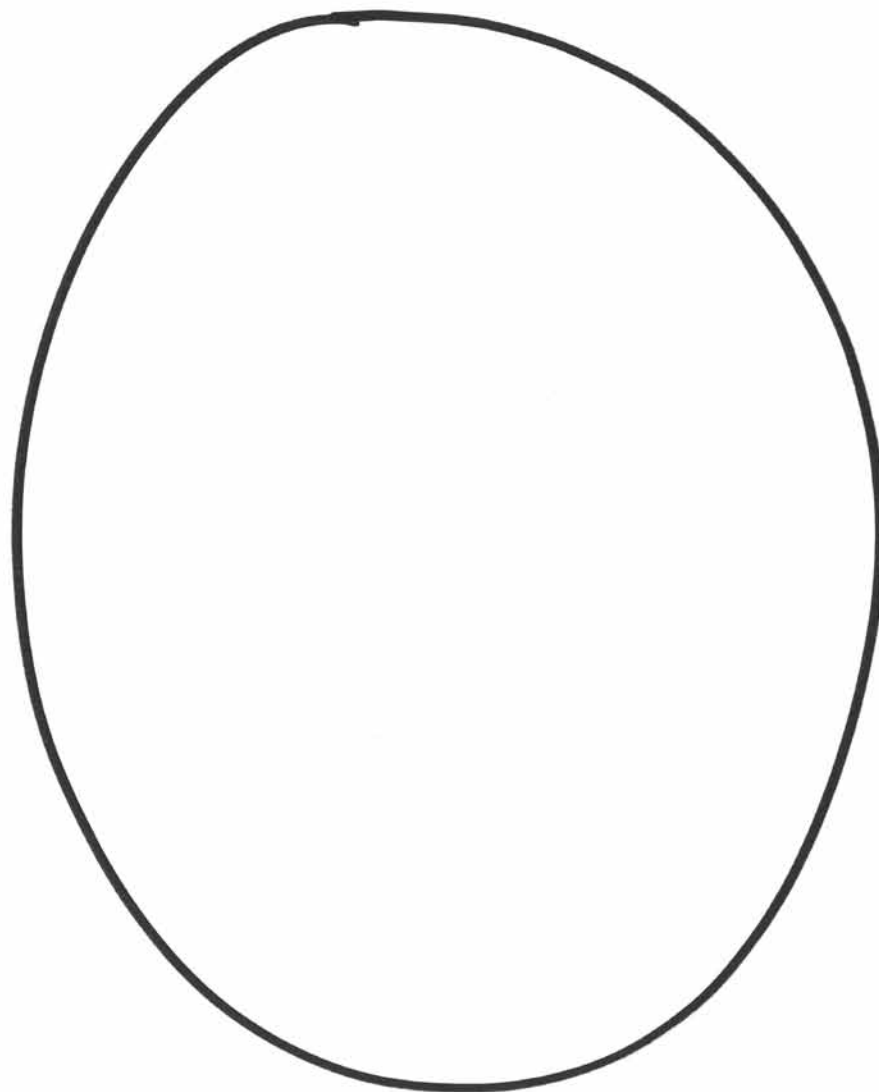
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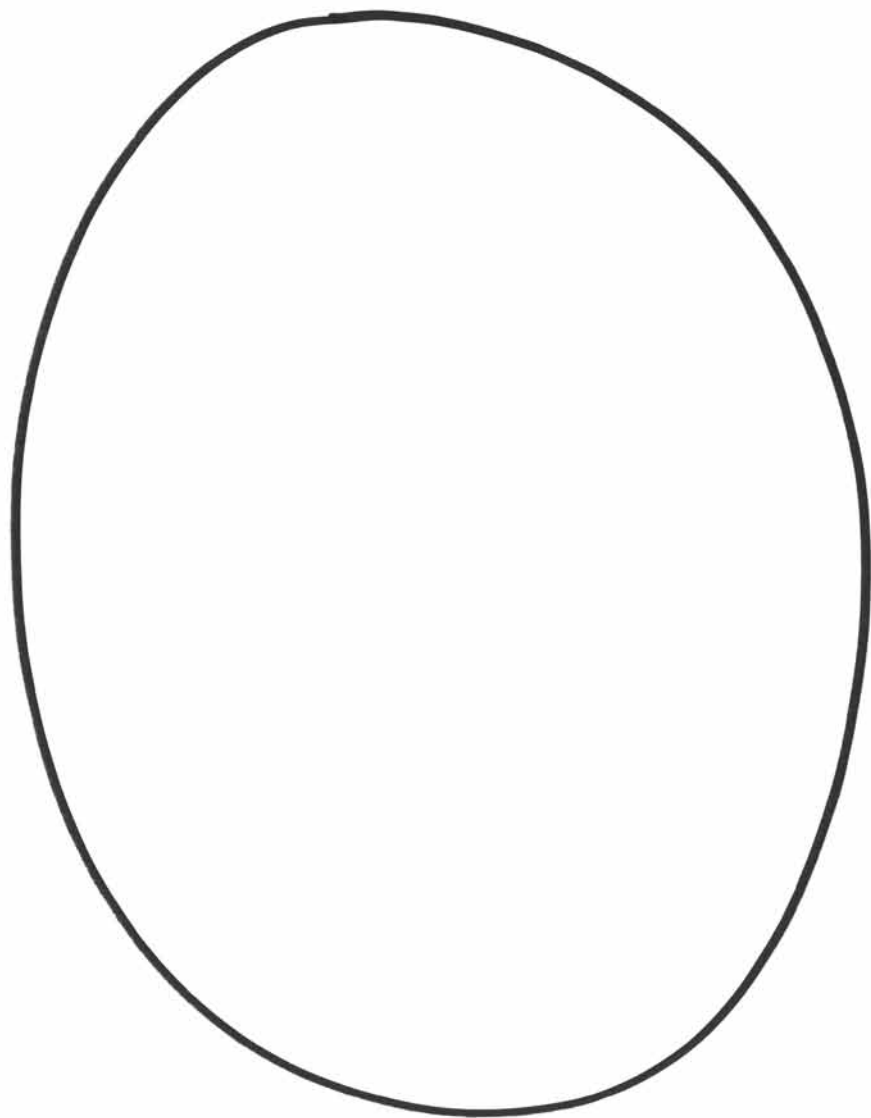
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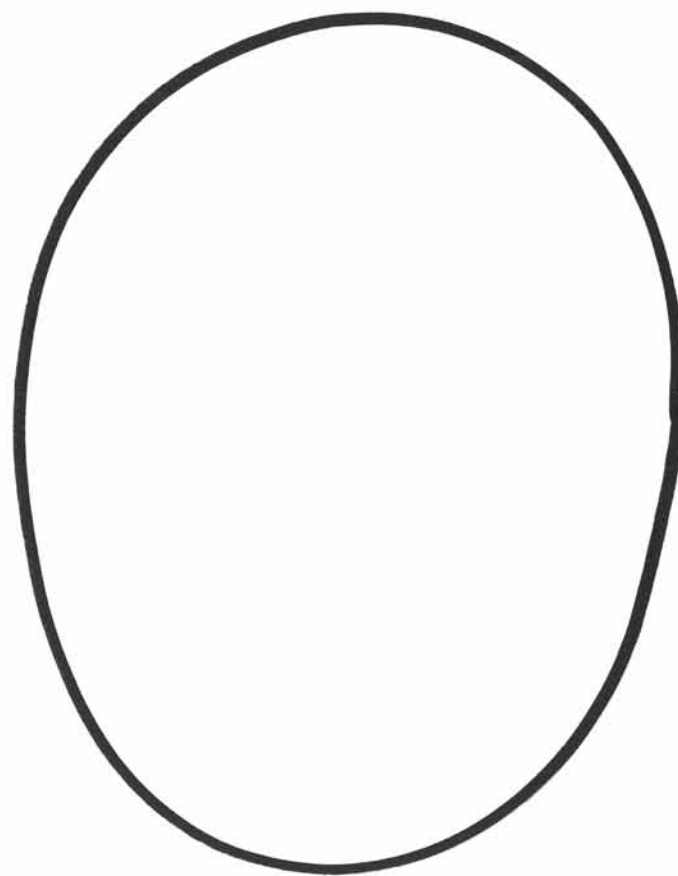
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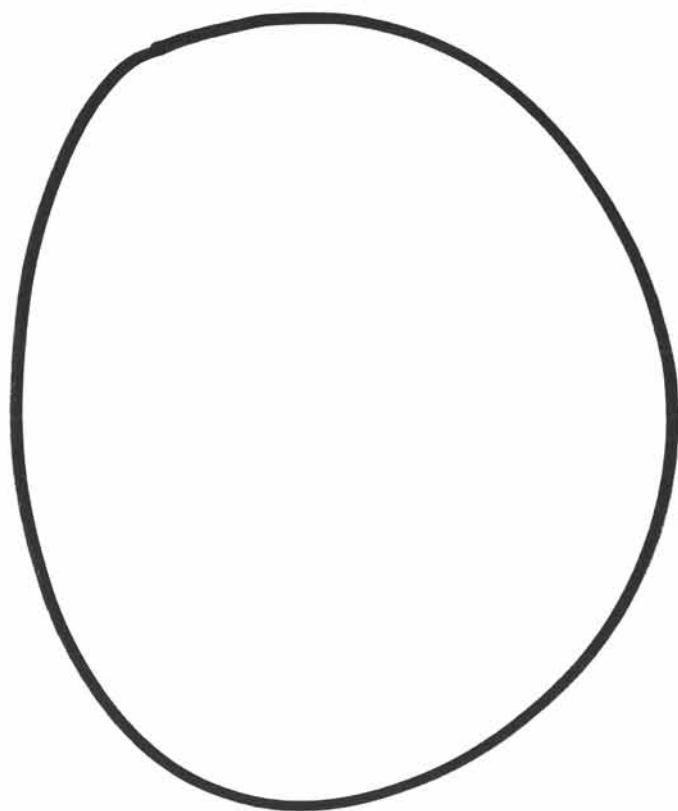
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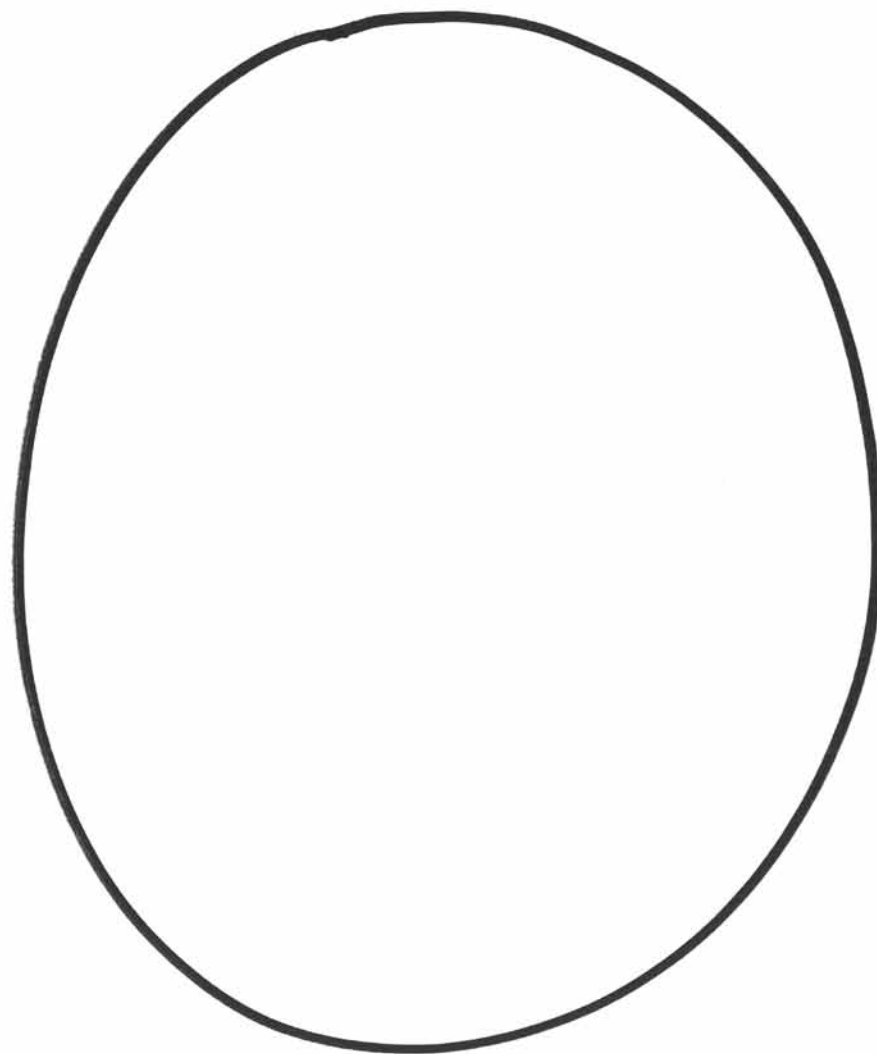
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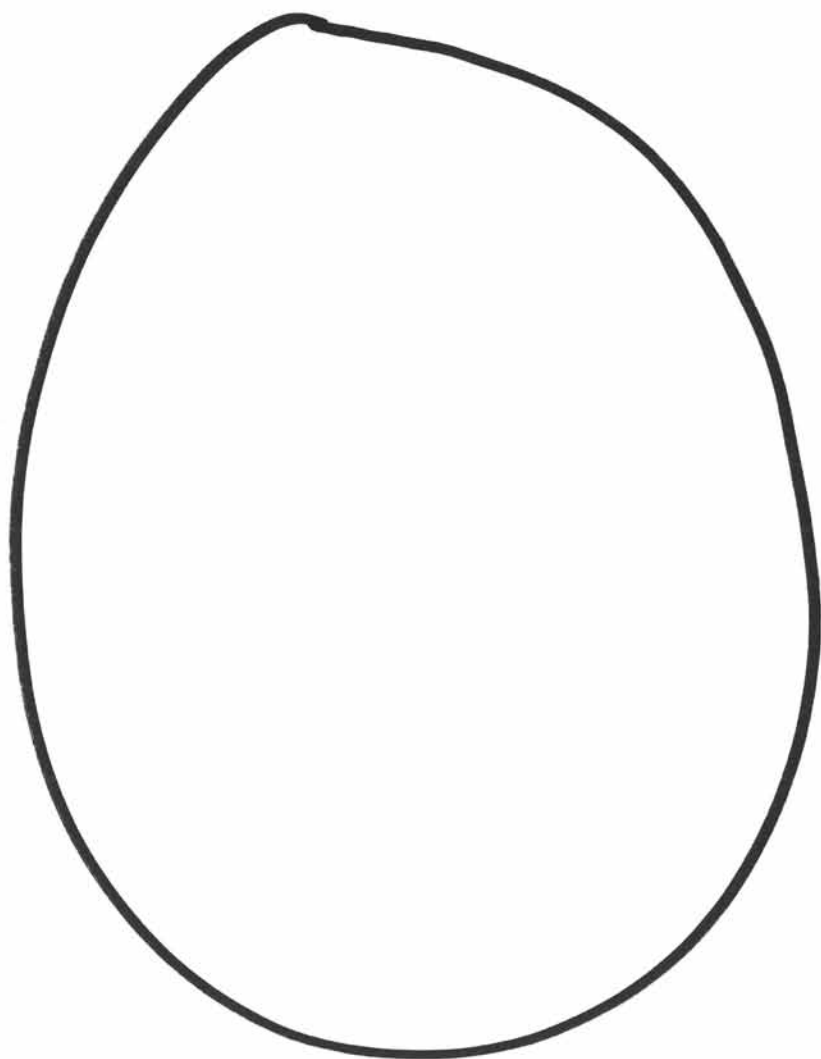
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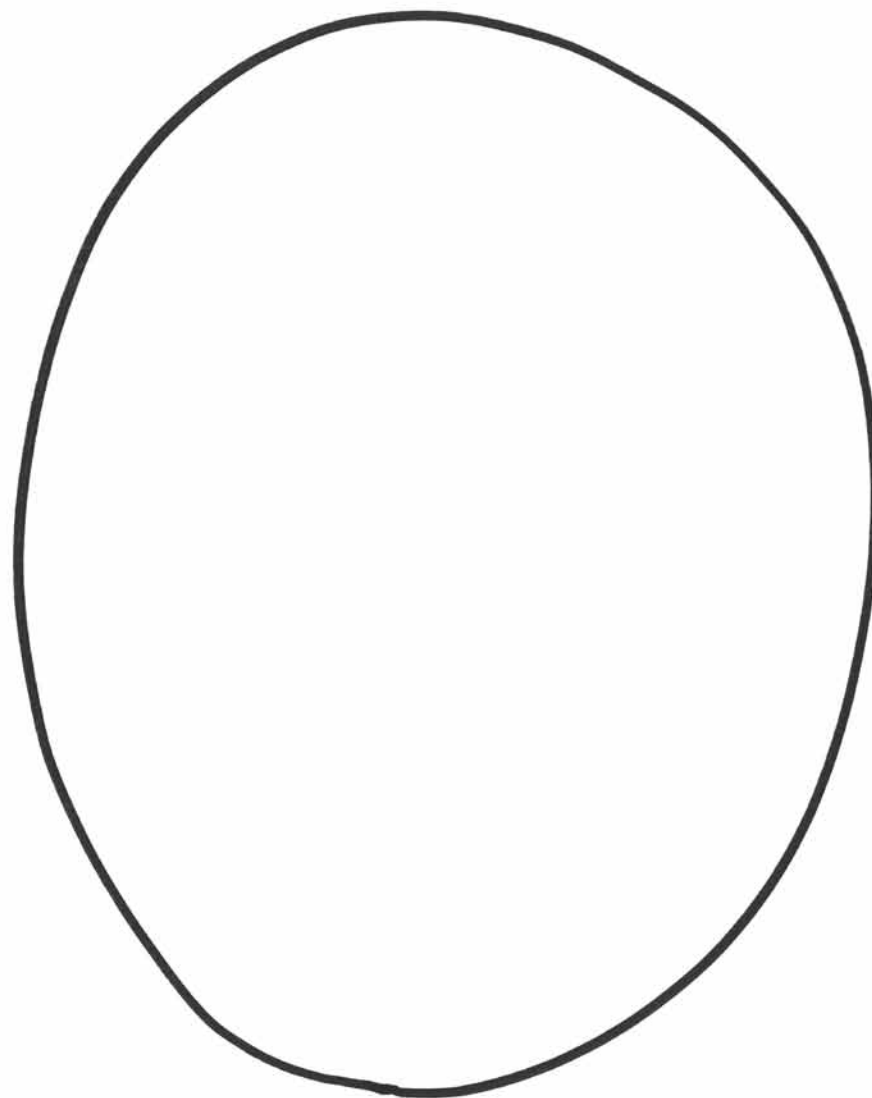
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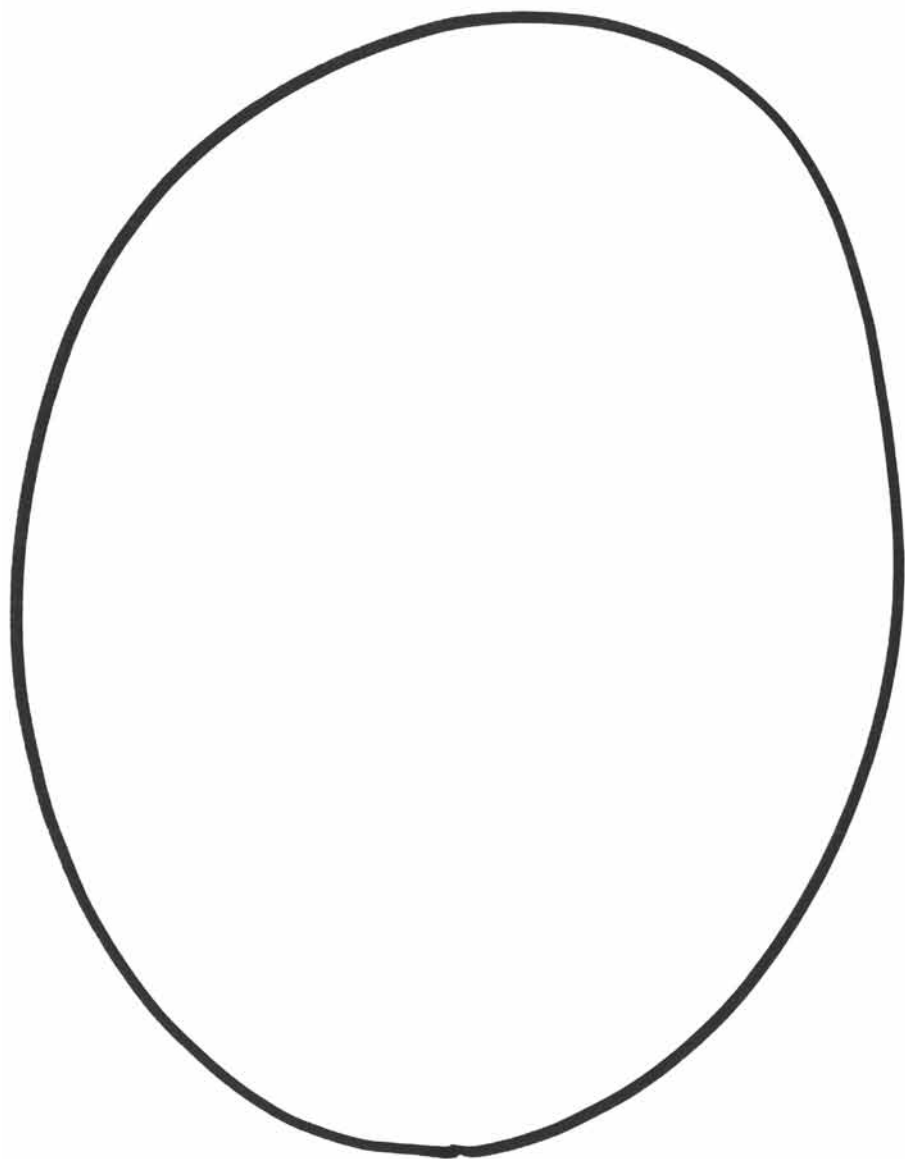
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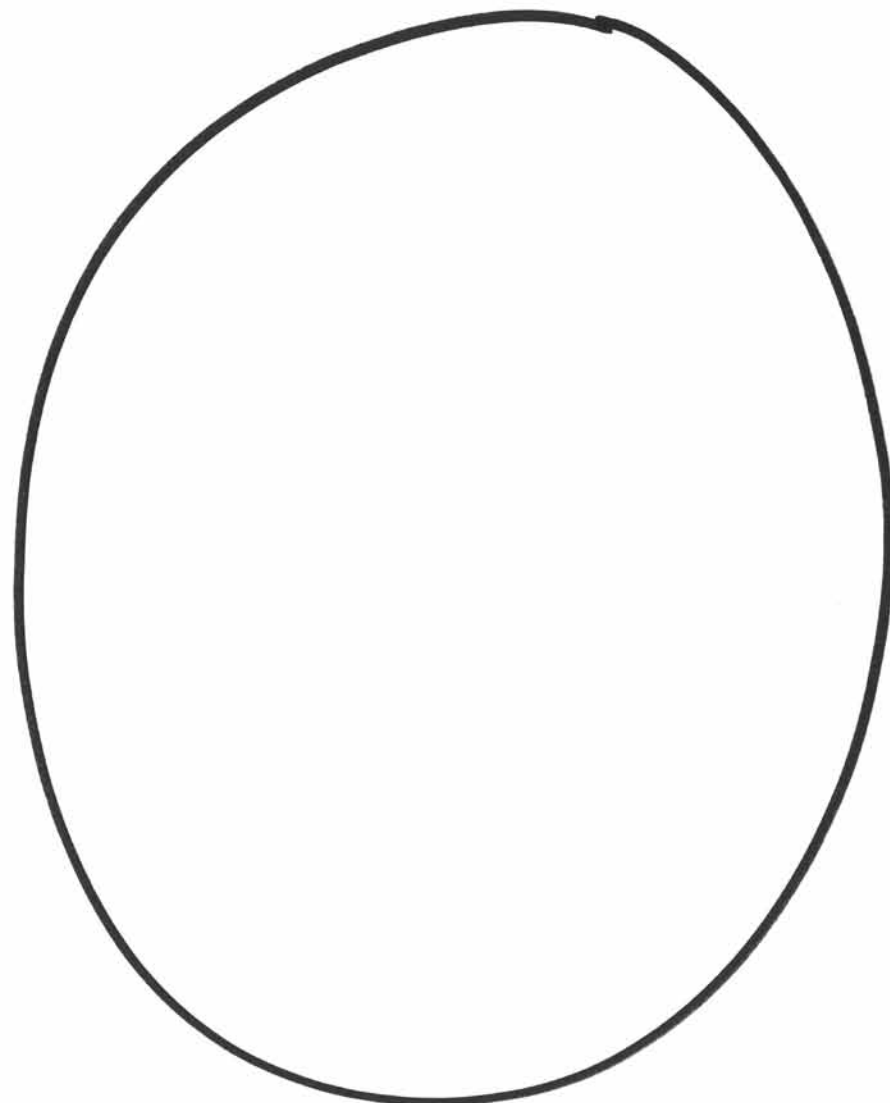
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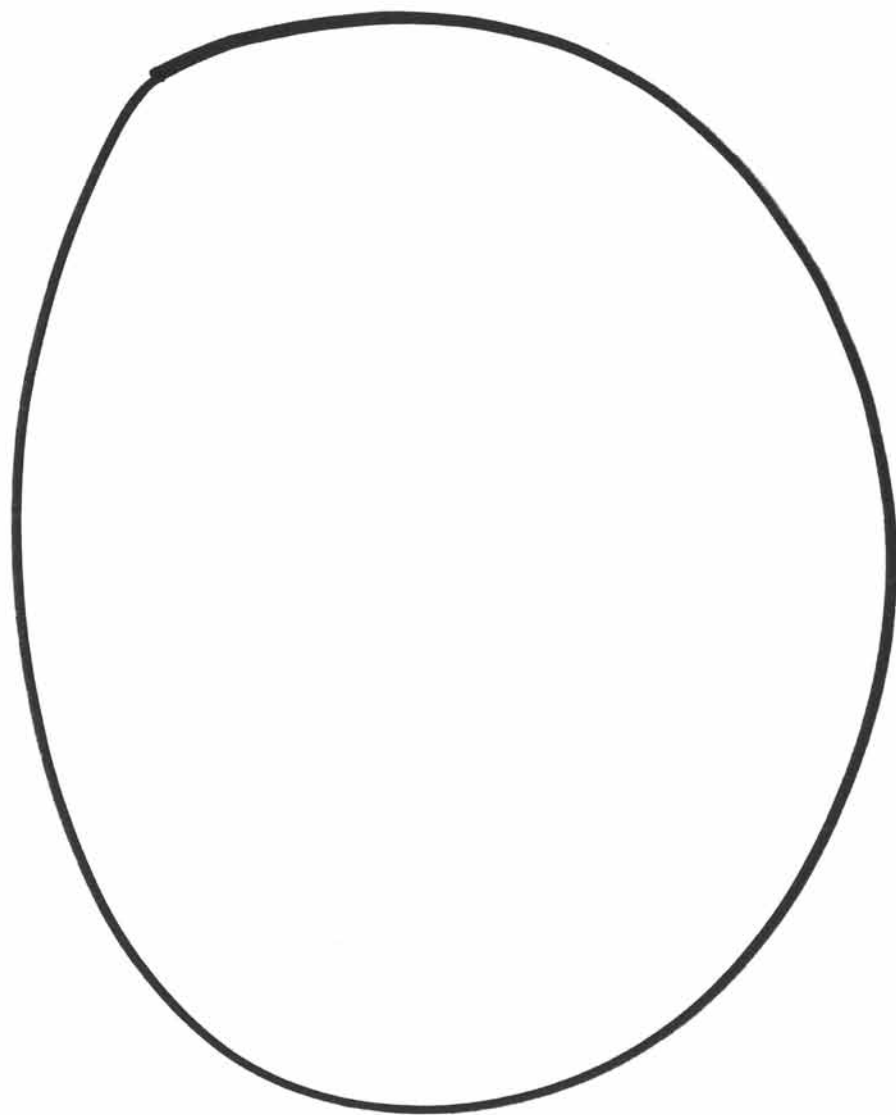
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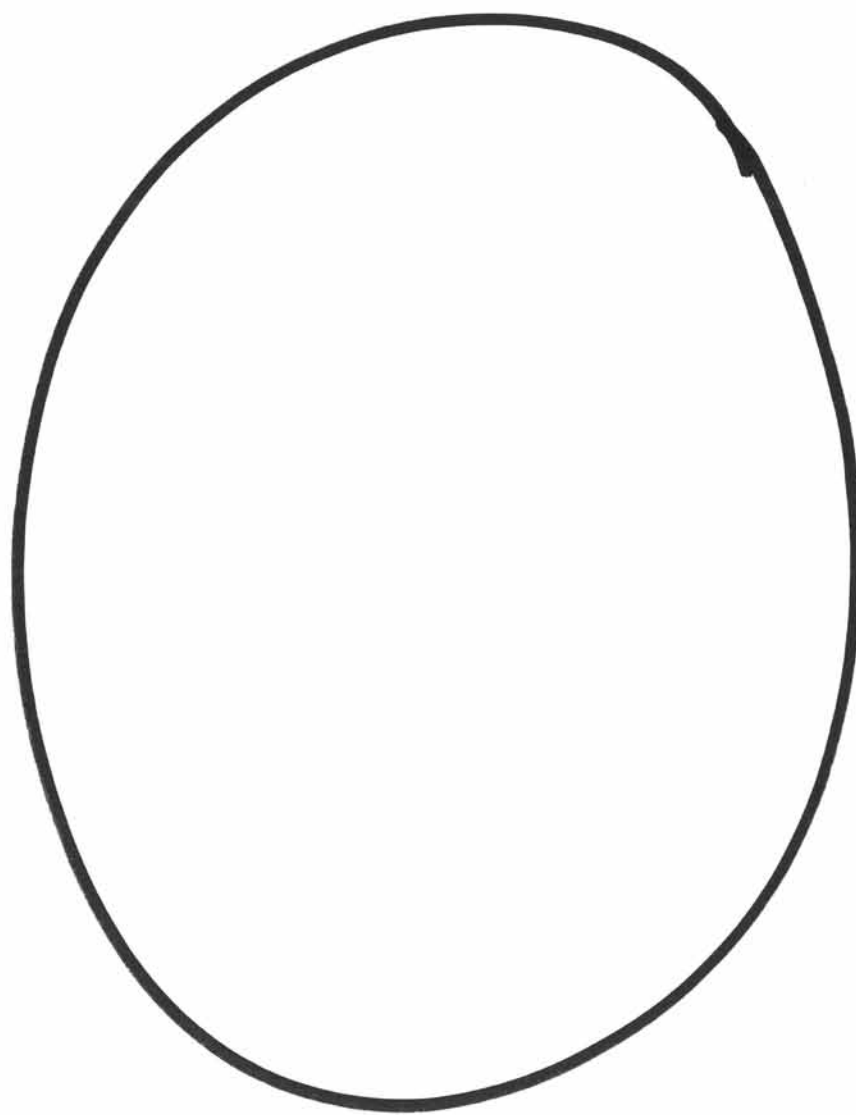
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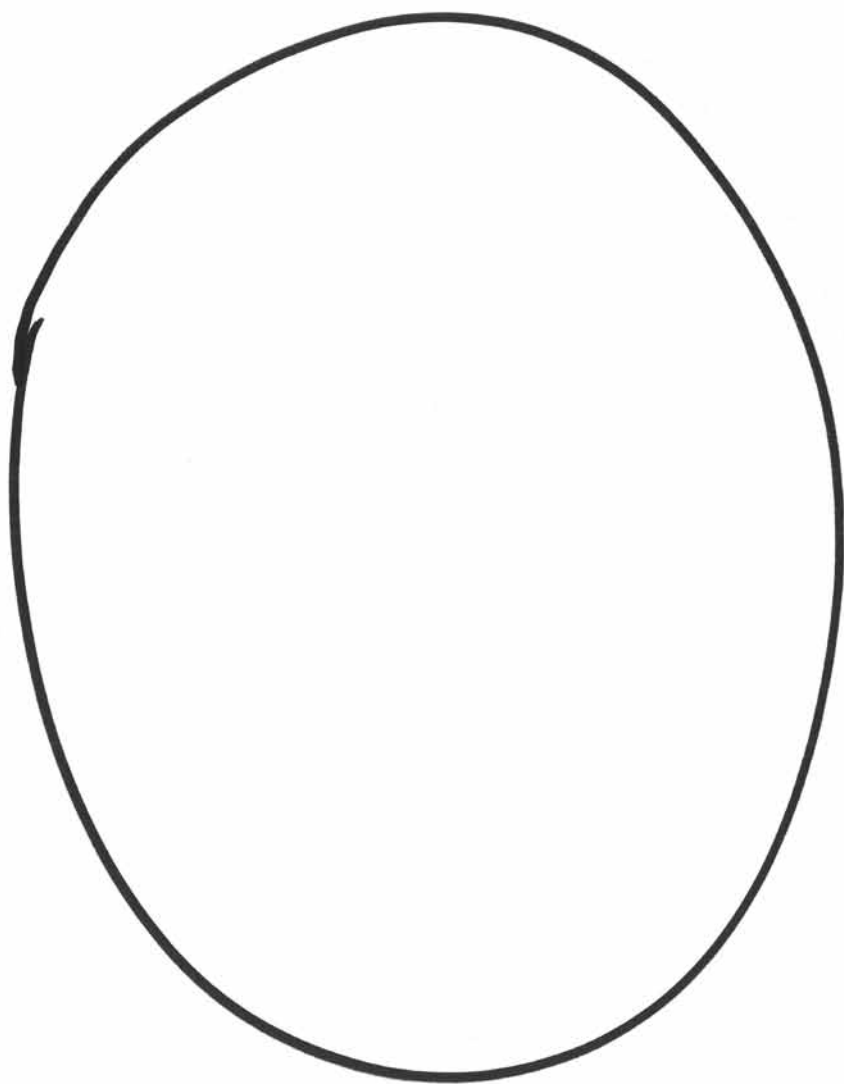
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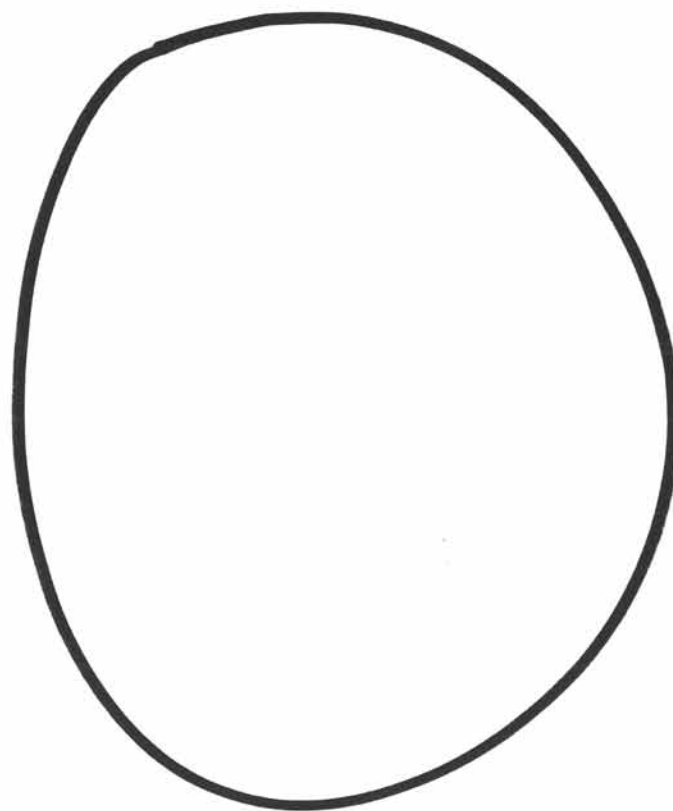
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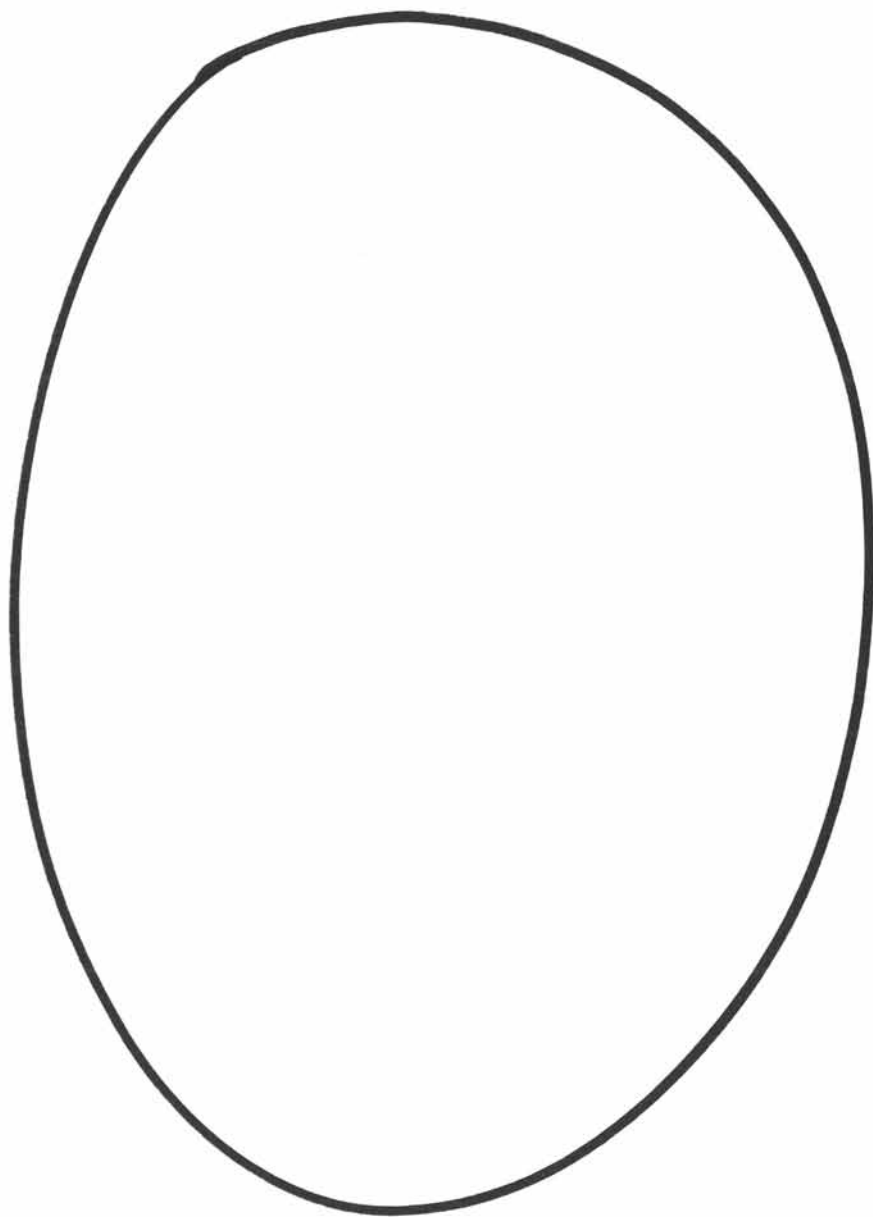
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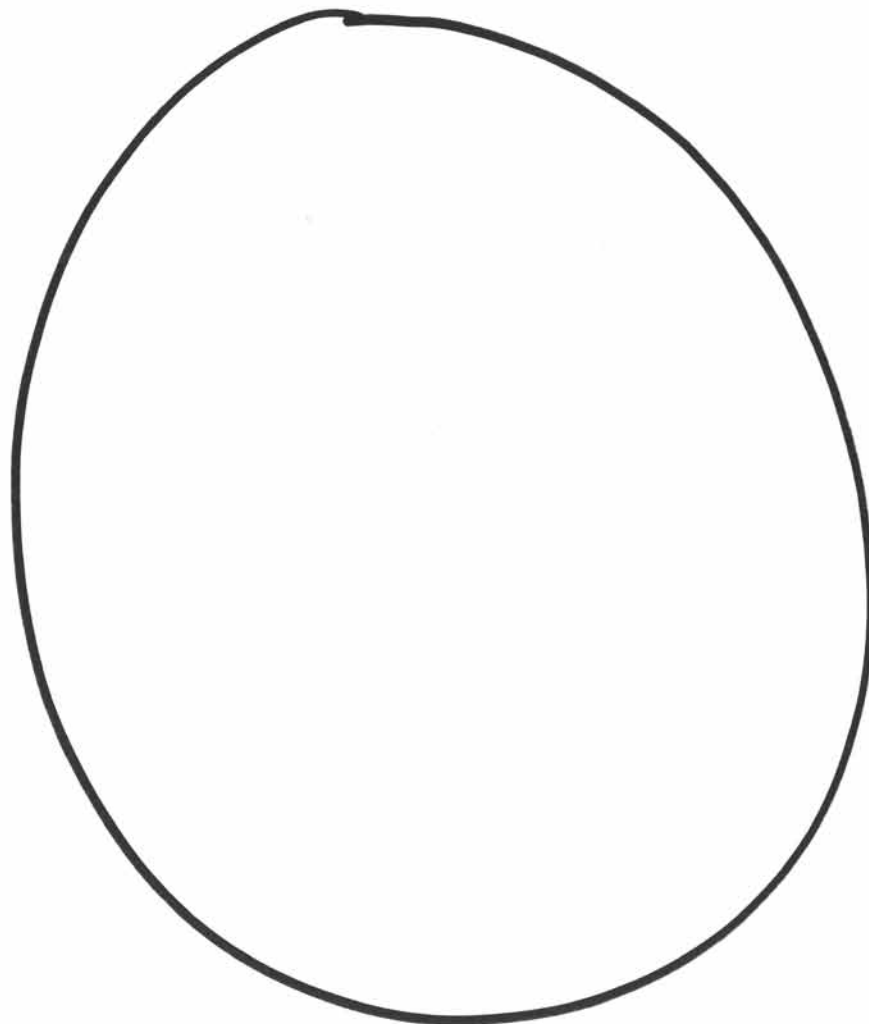
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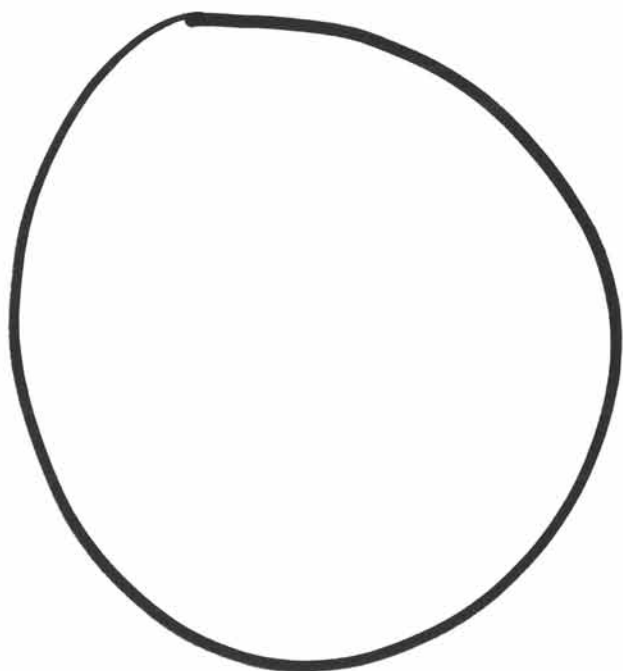
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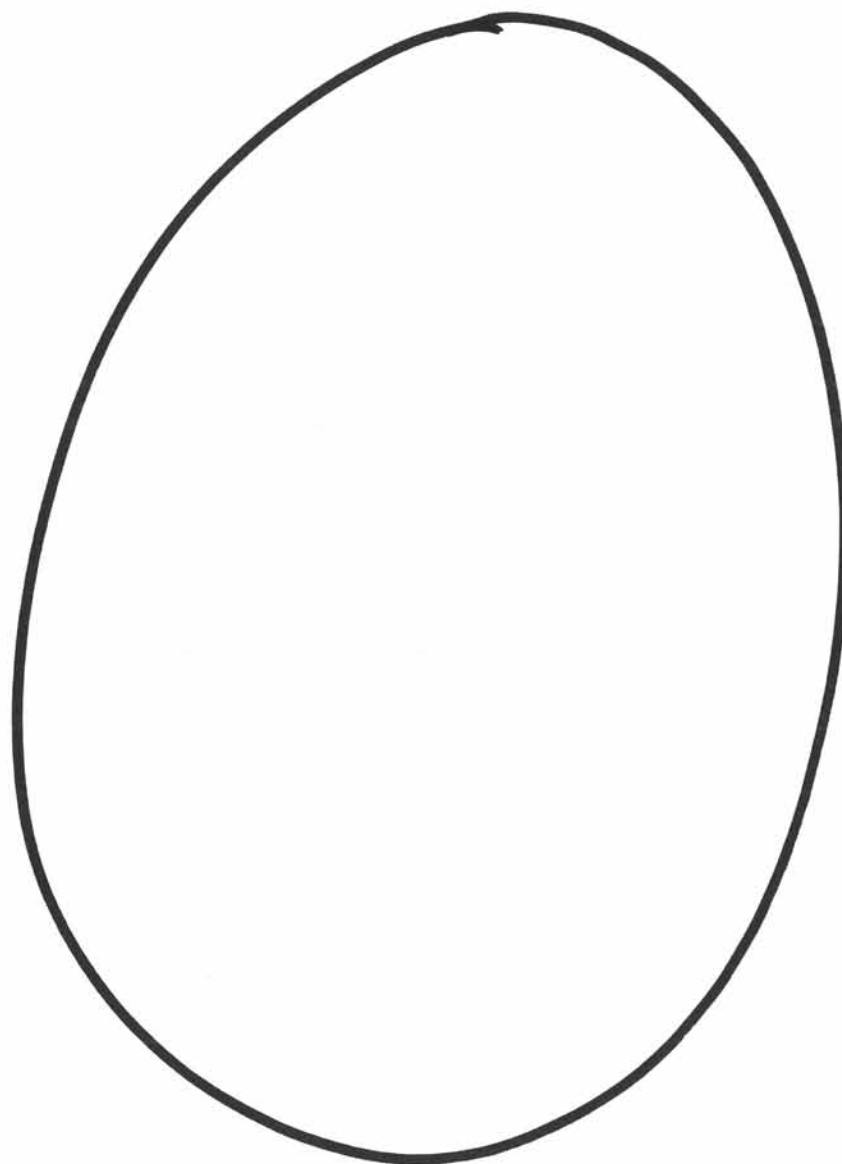
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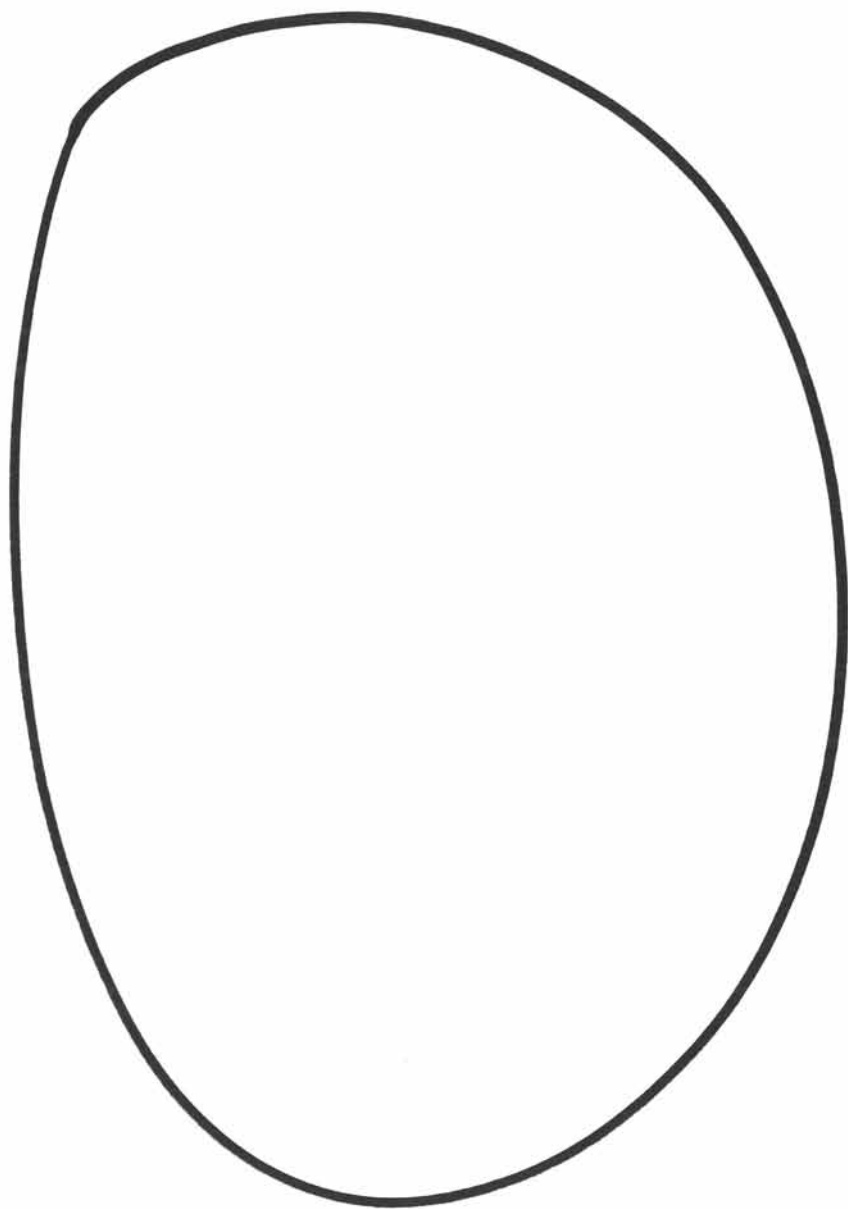
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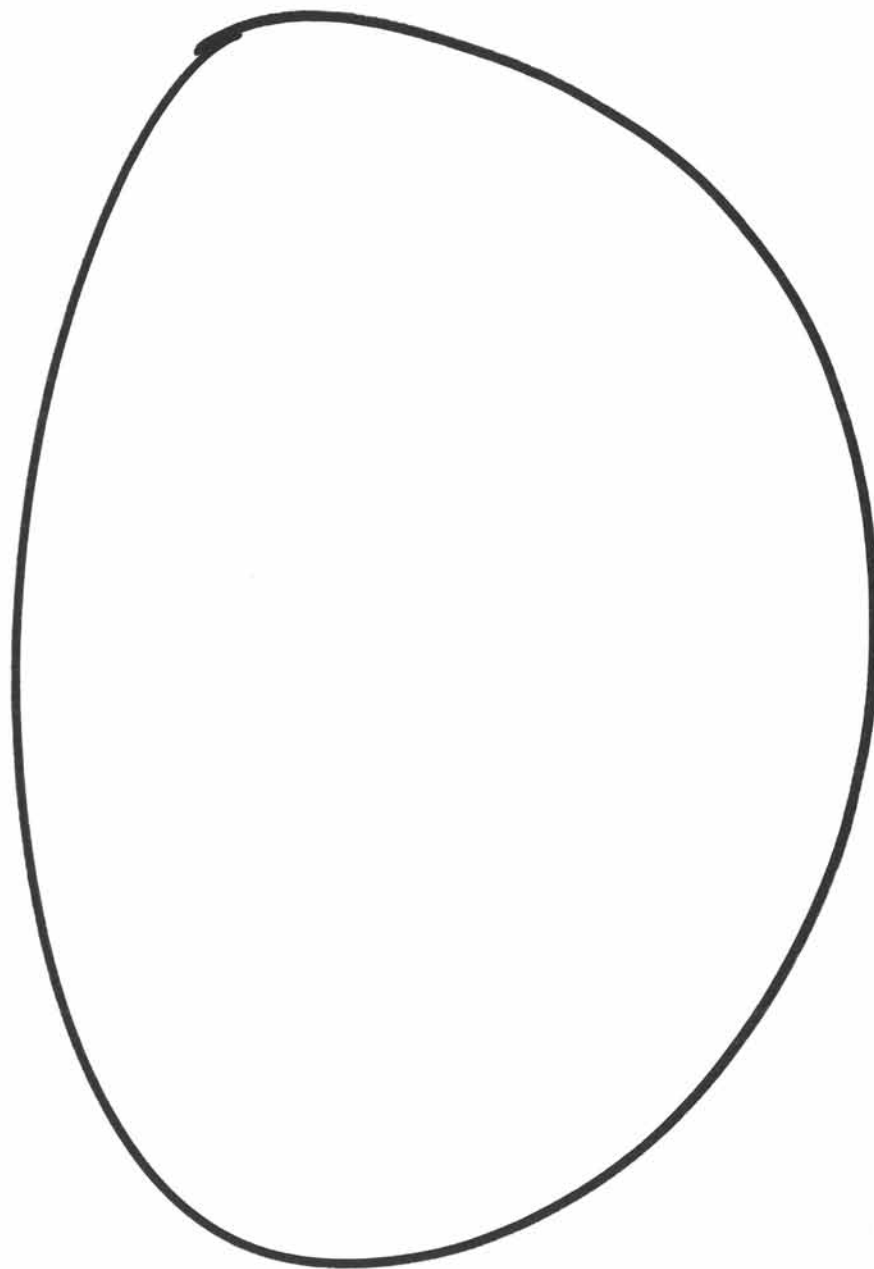
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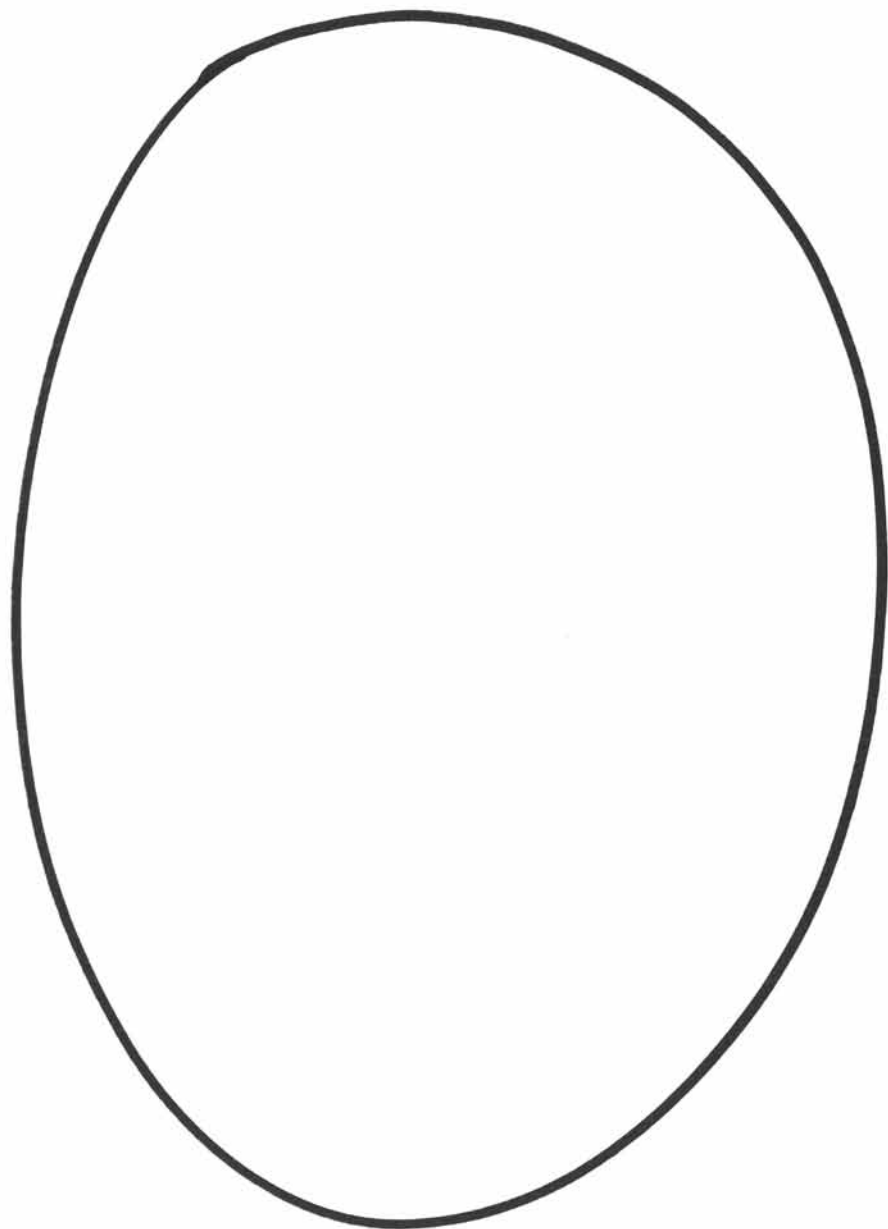
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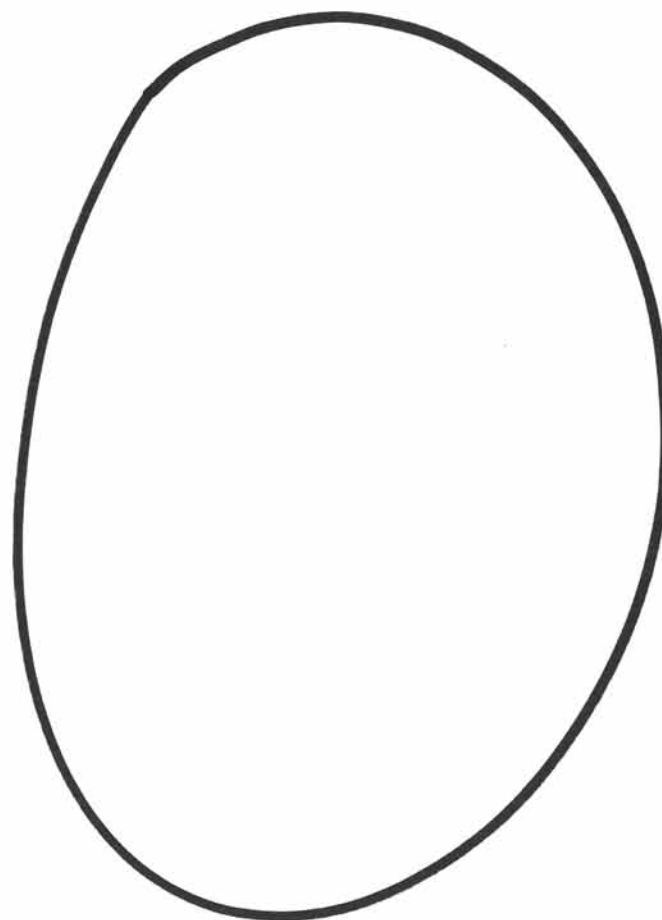
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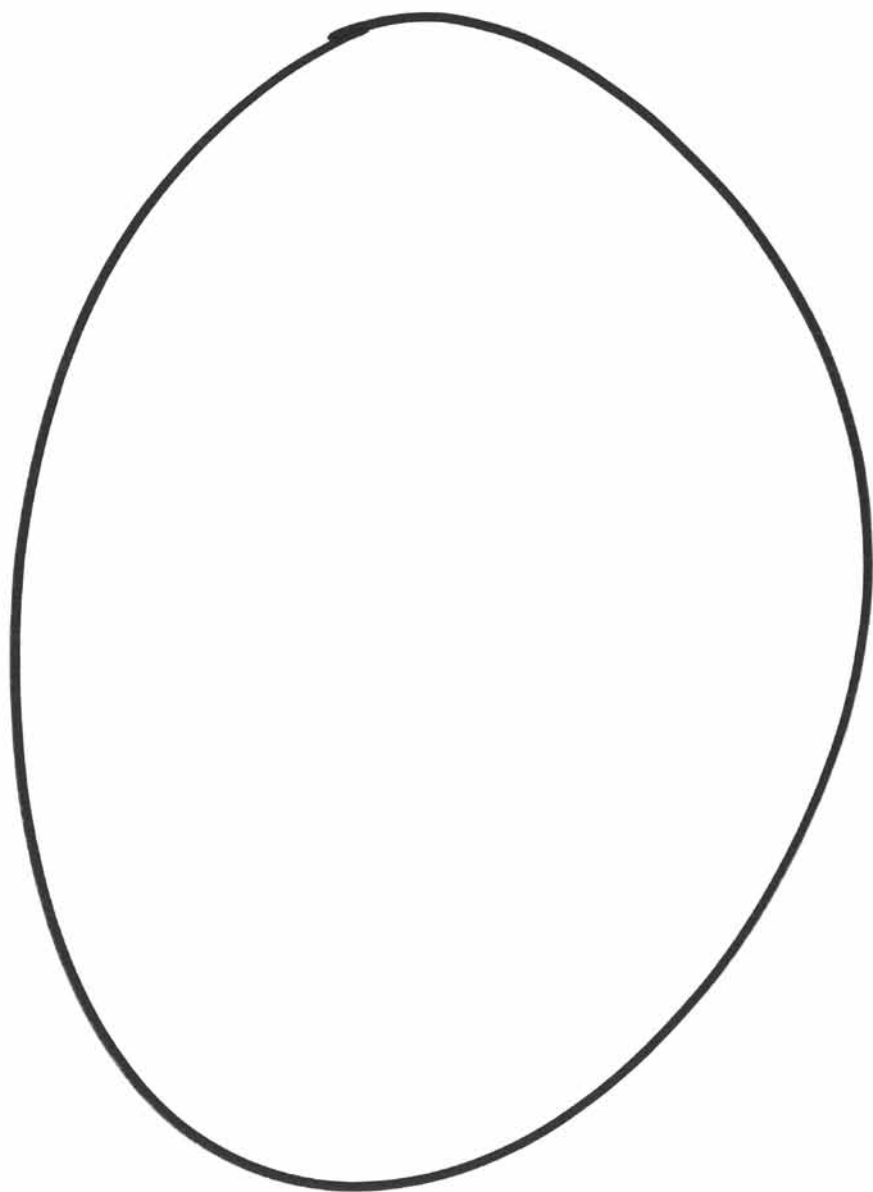
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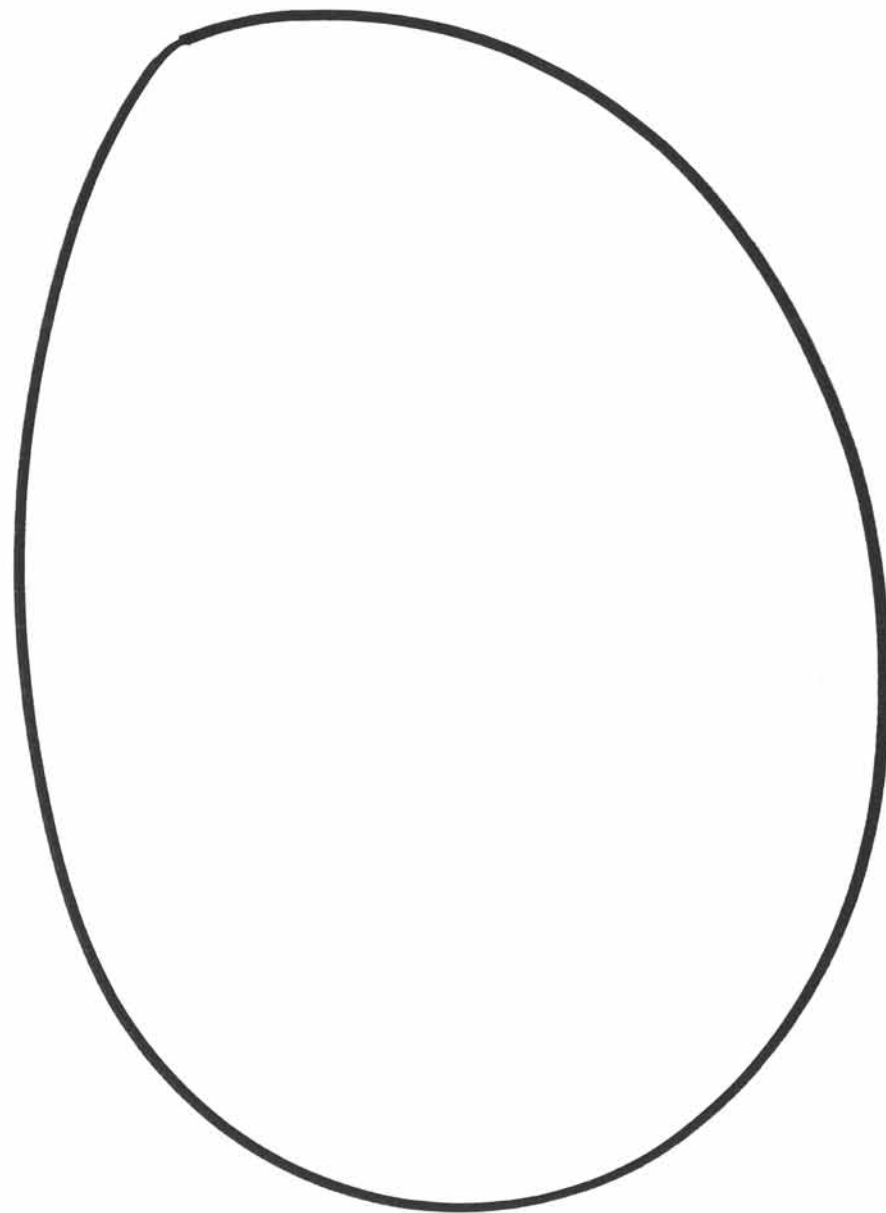
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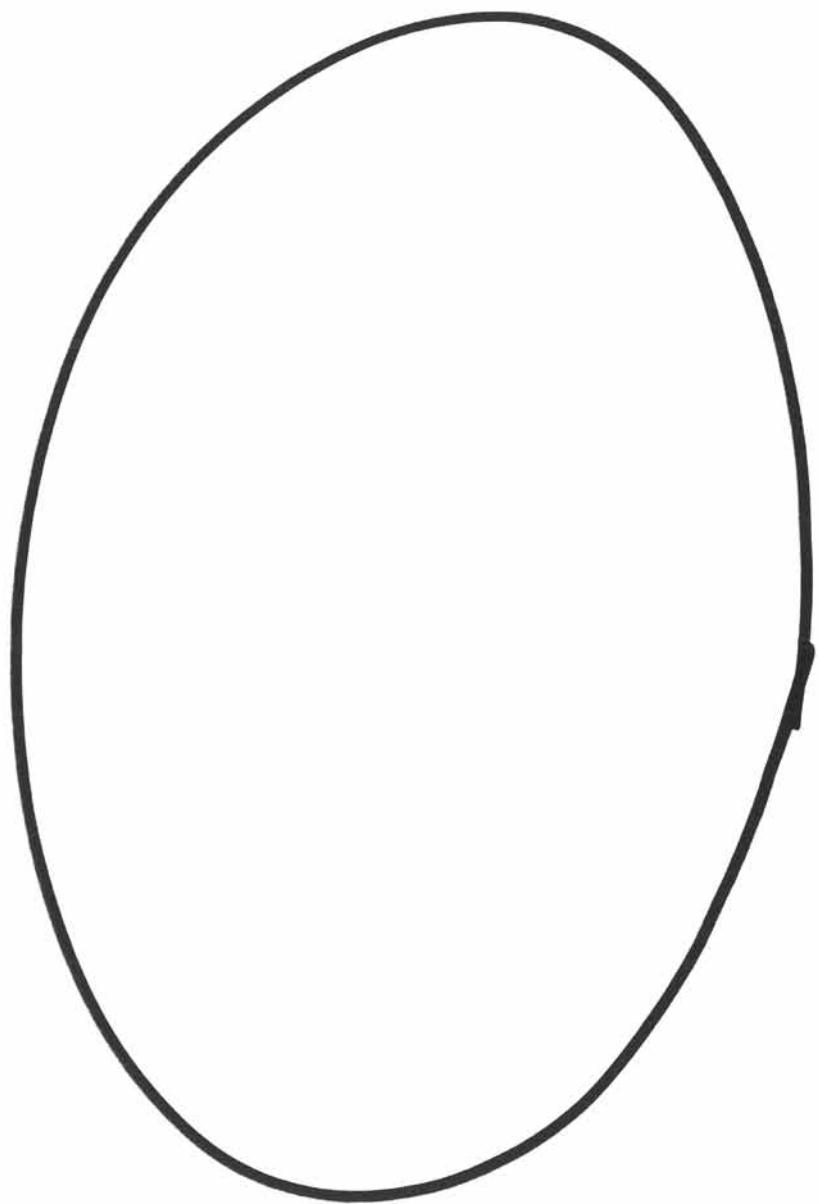
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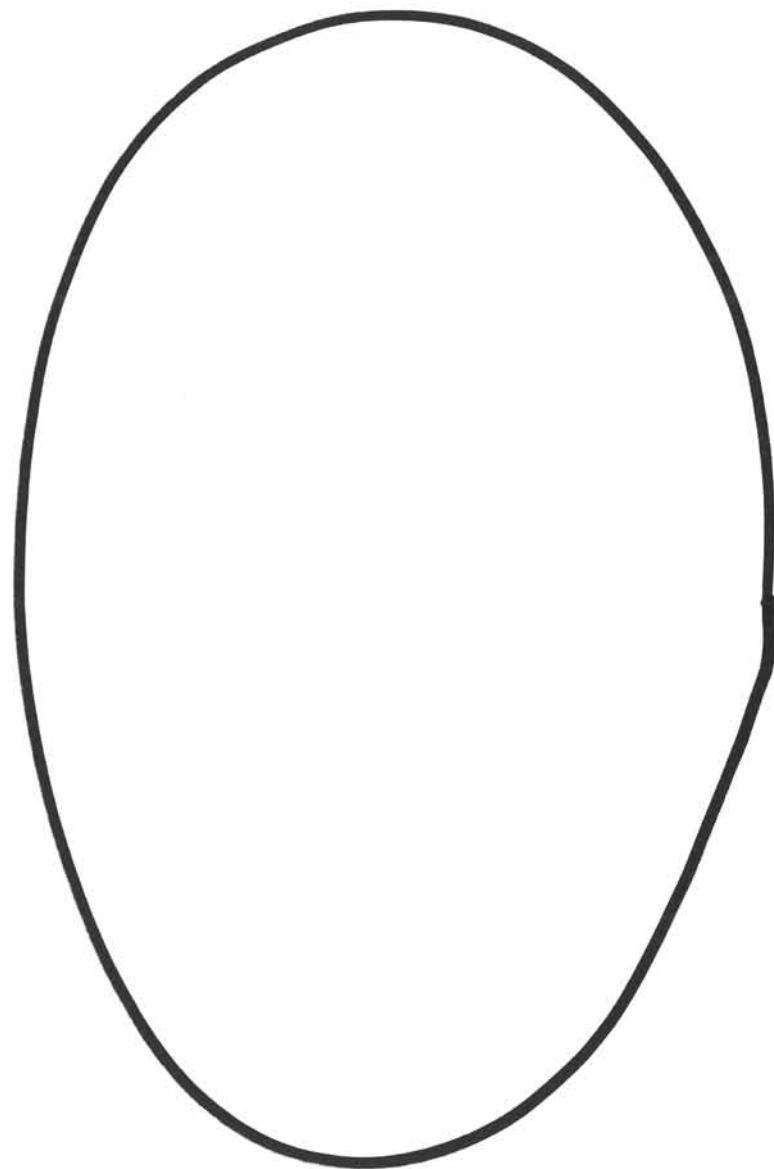
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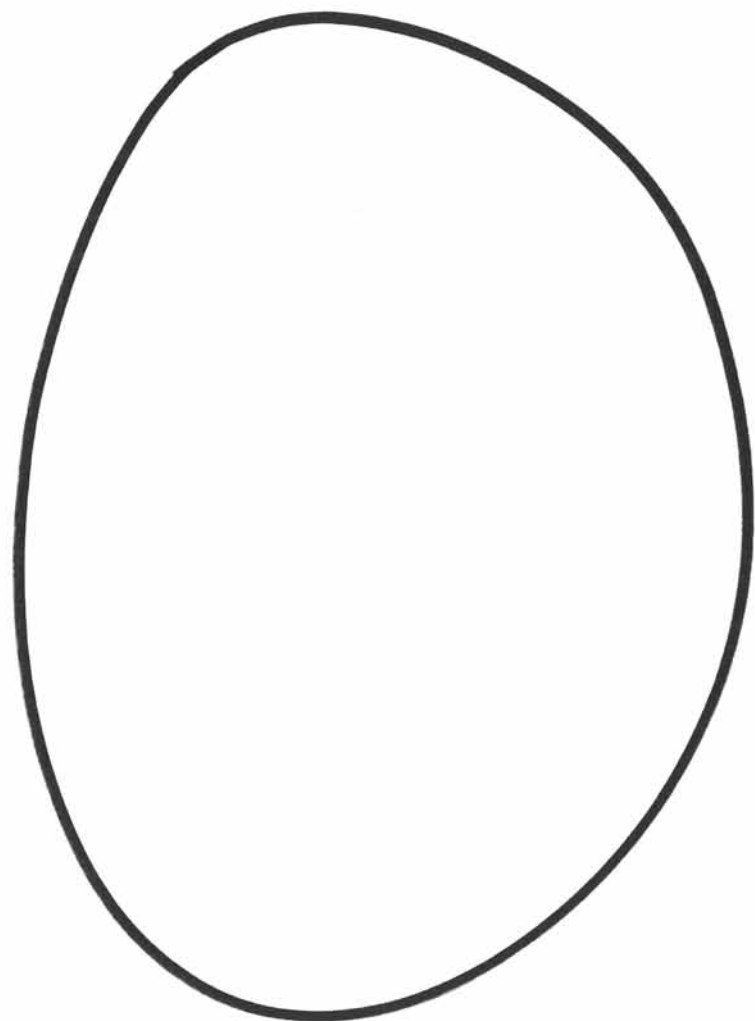
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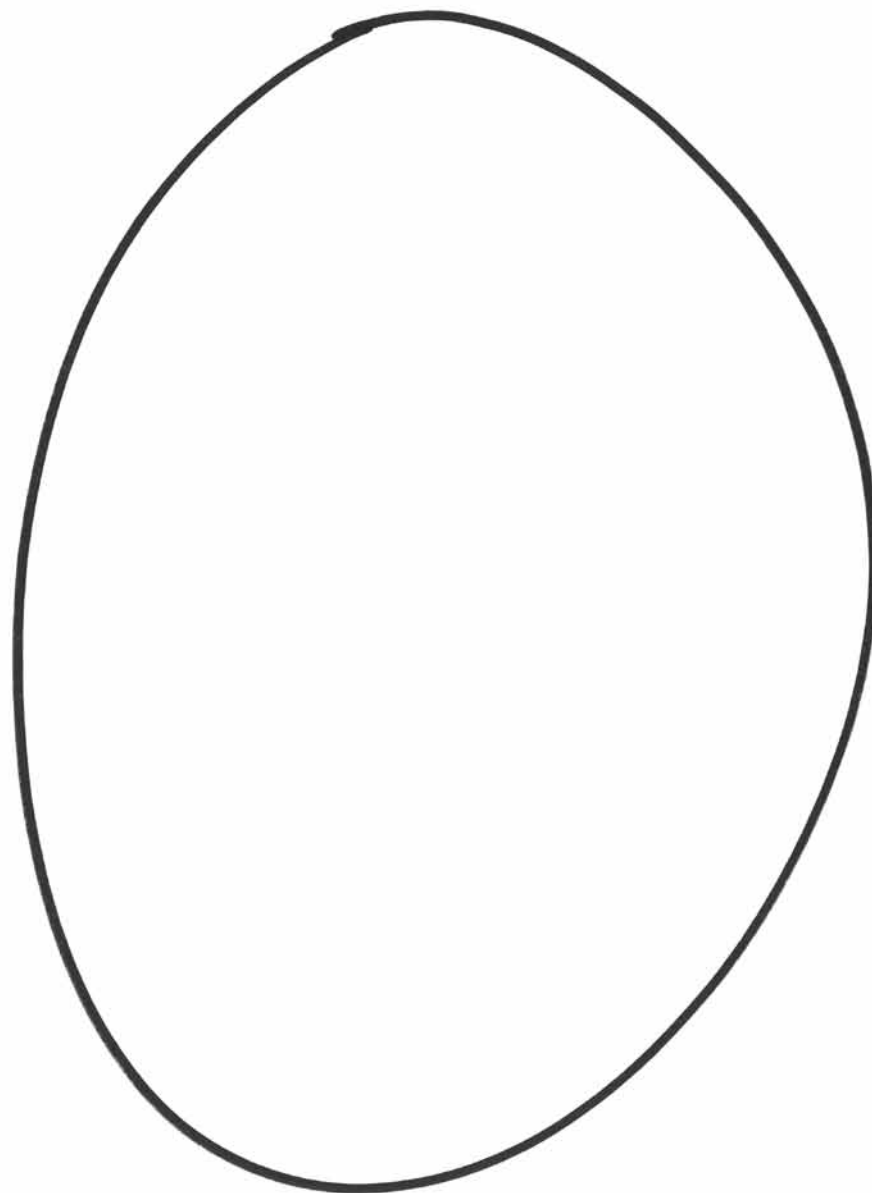
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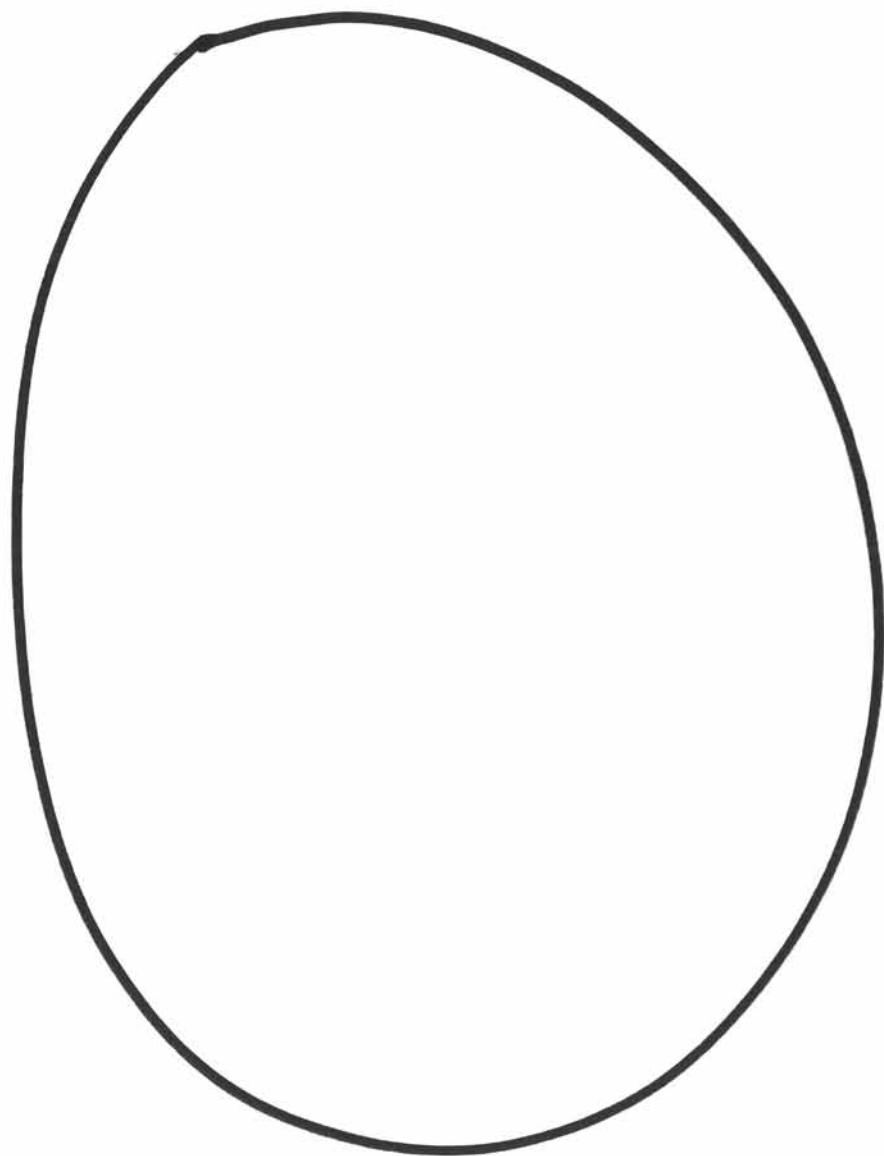
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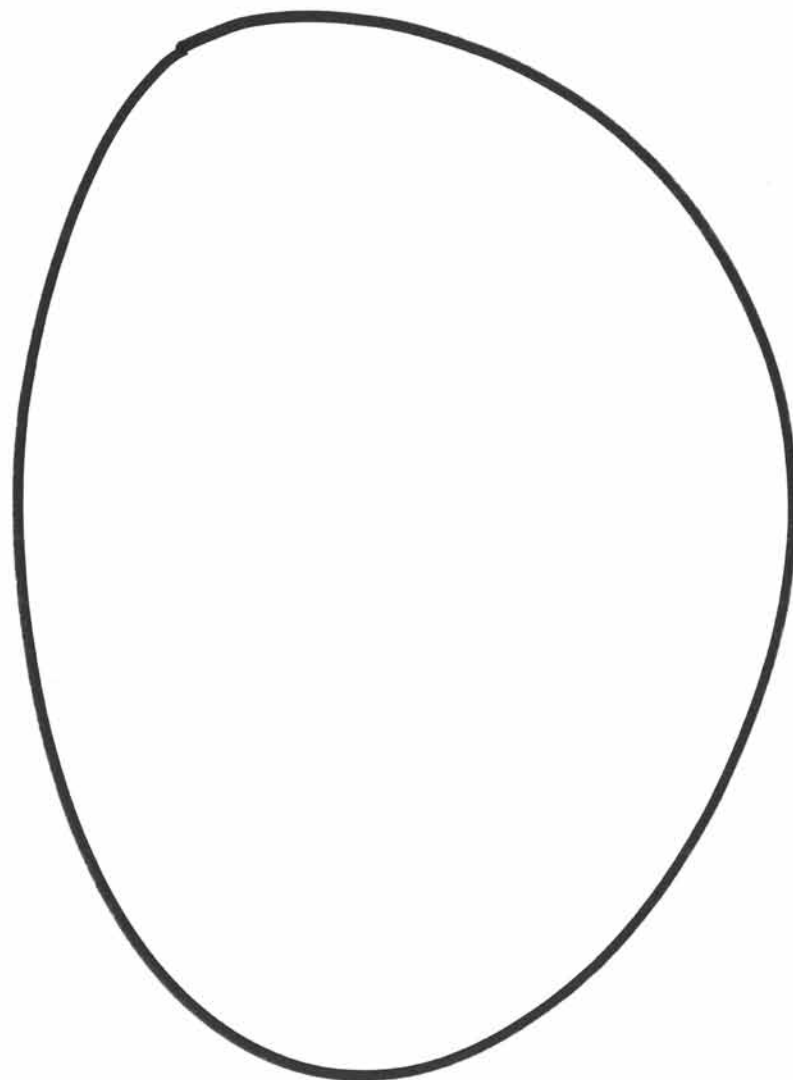
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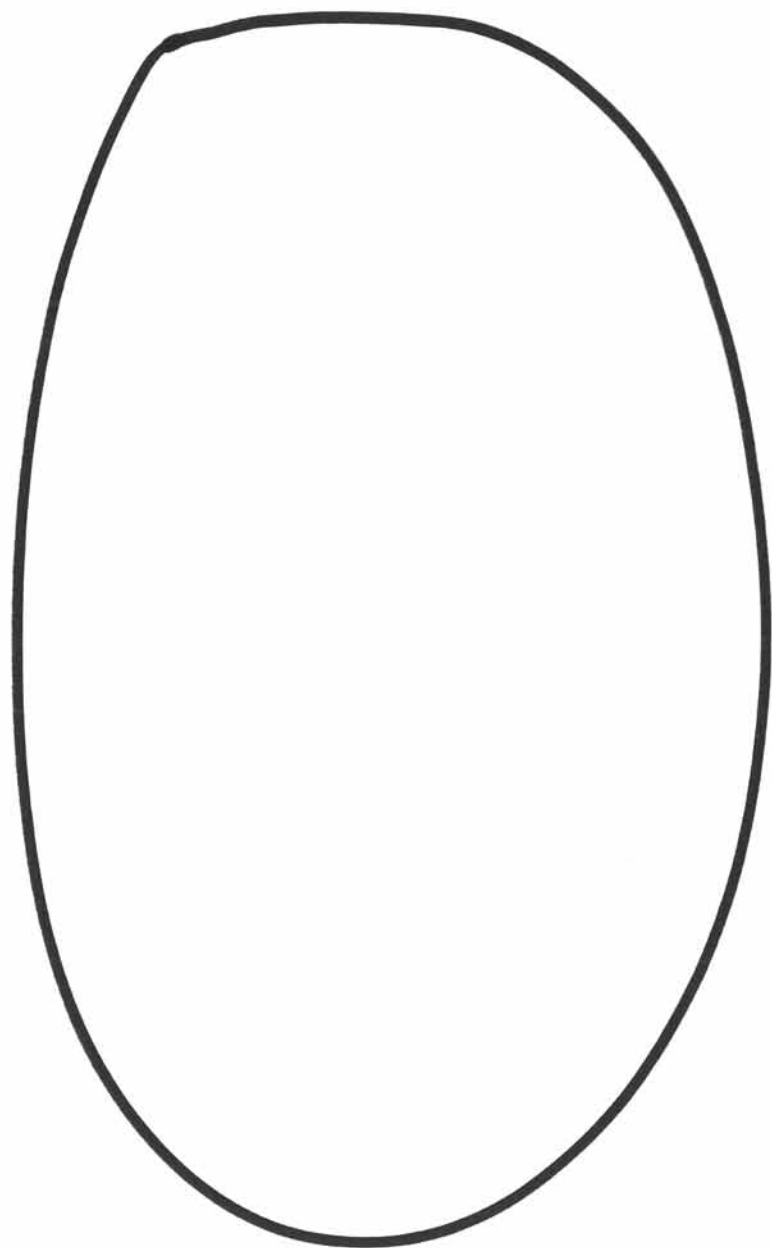
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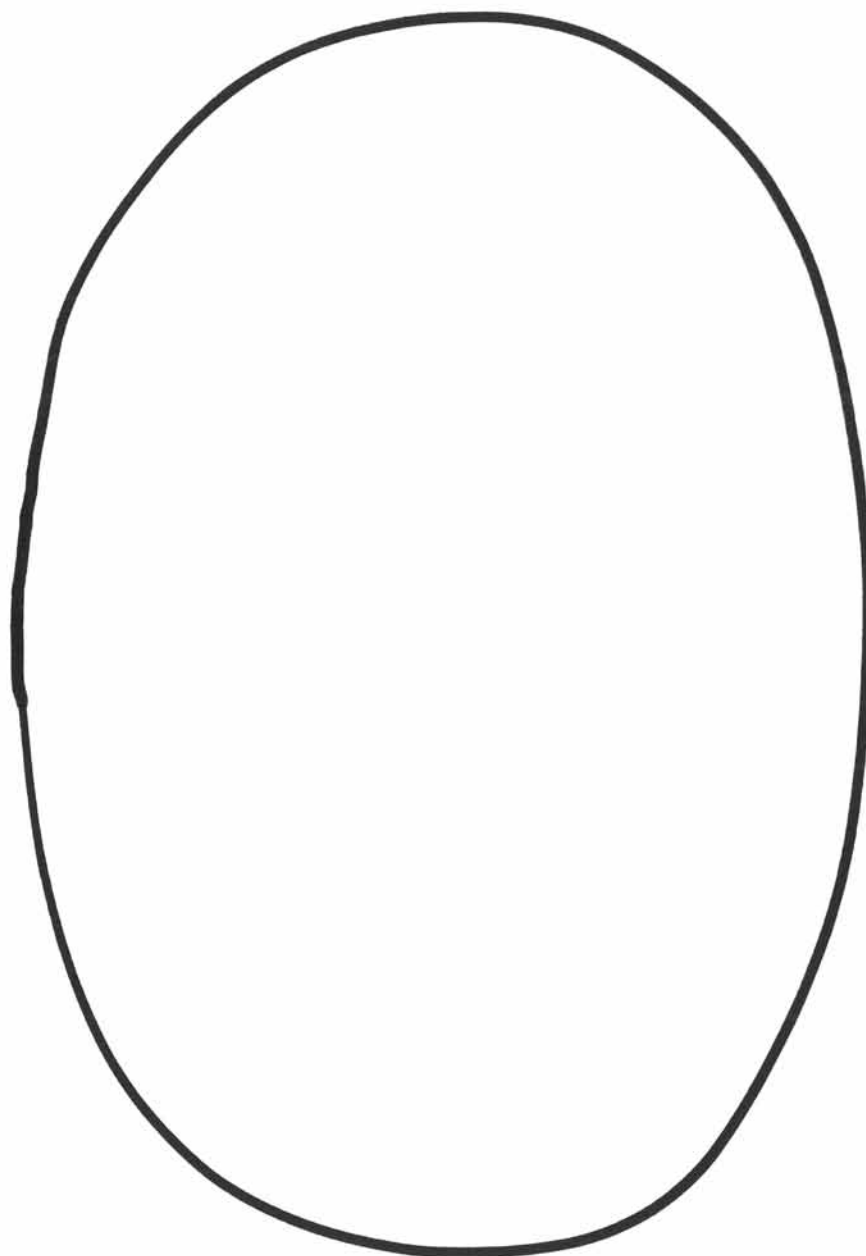
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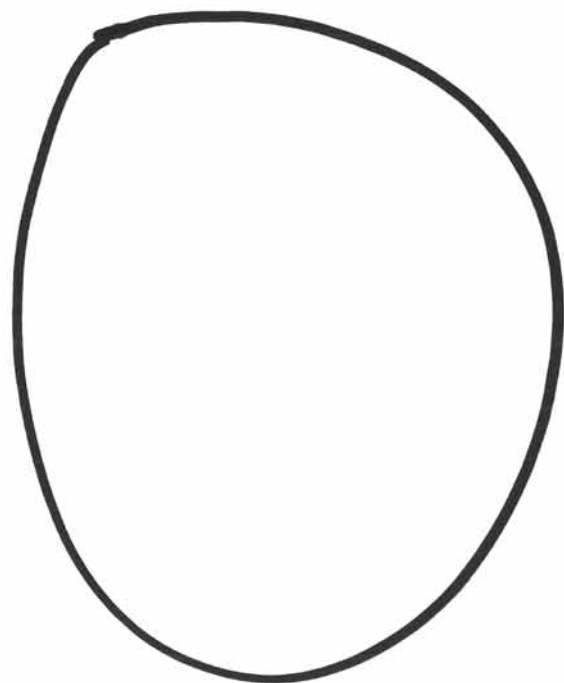
Day 344



Day 345



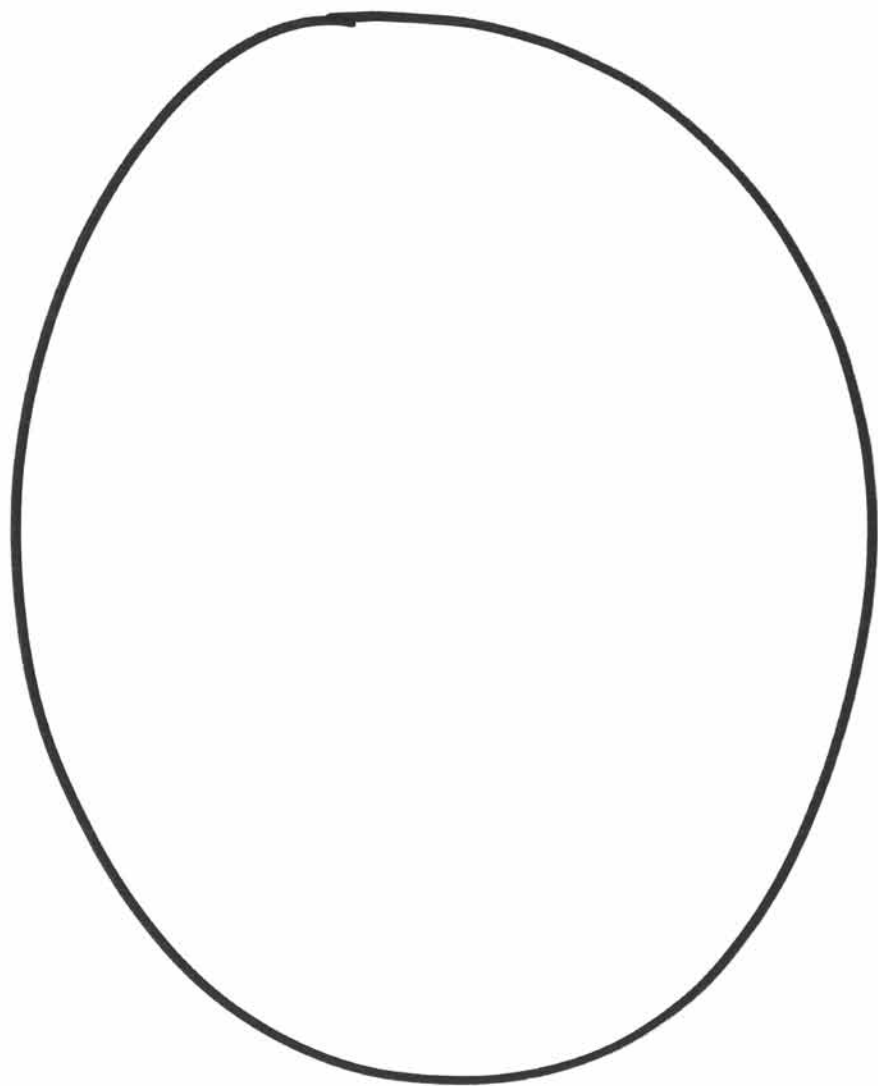
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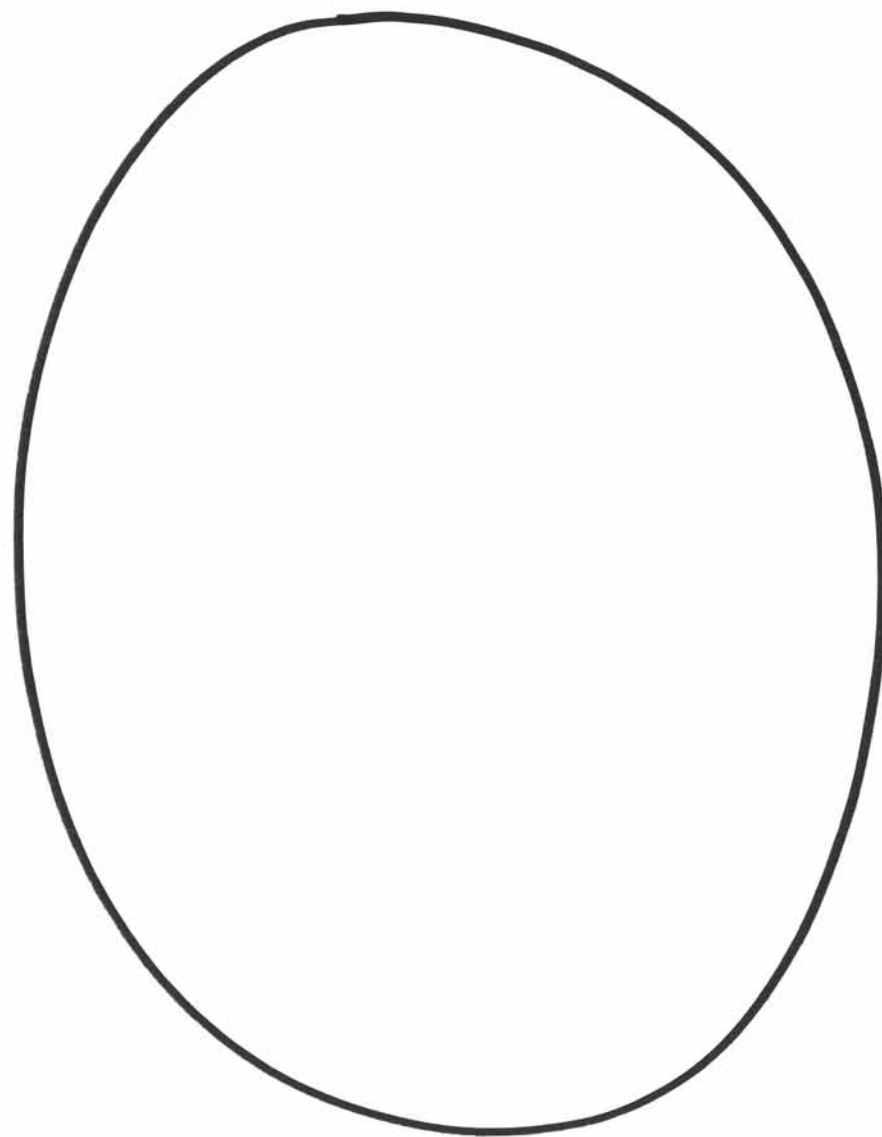
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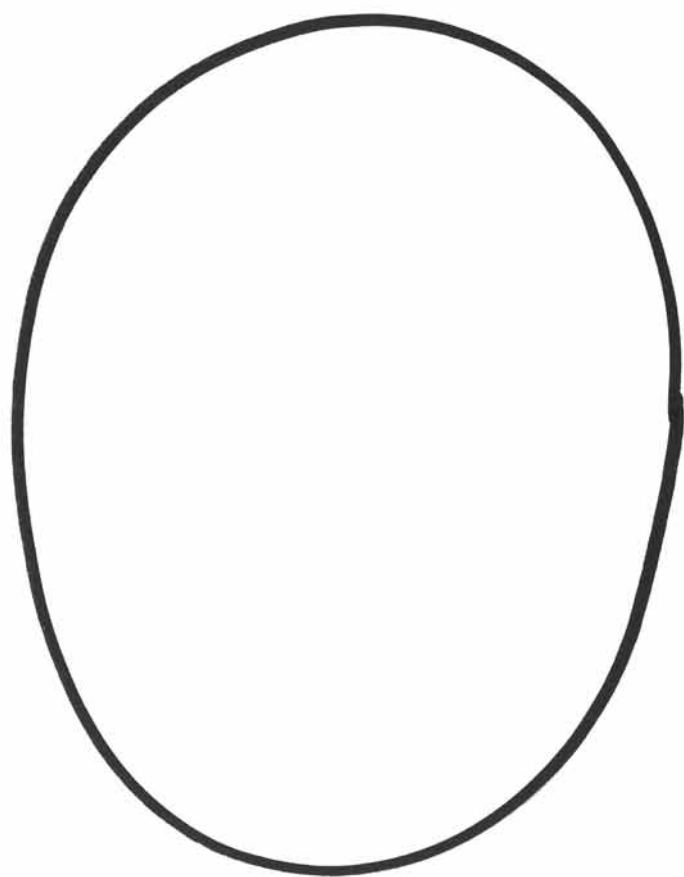
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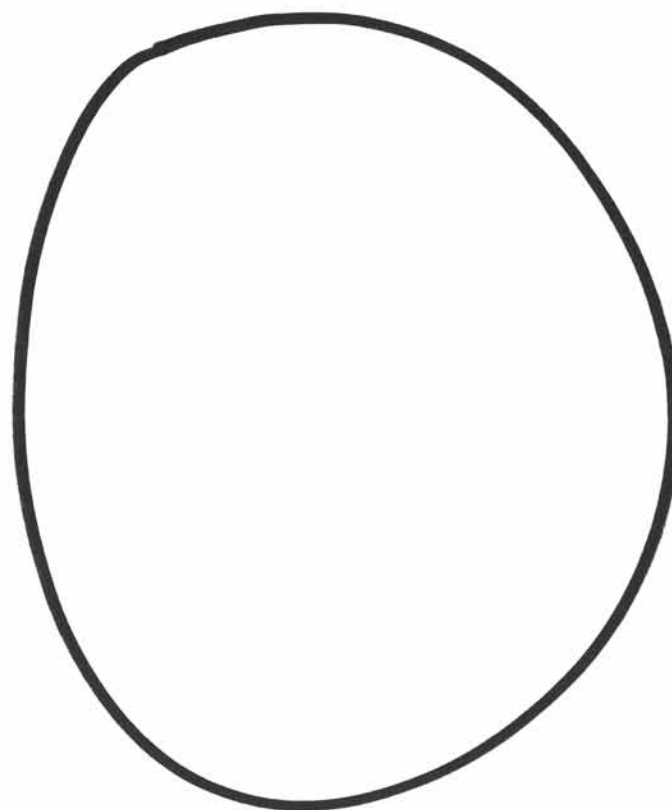
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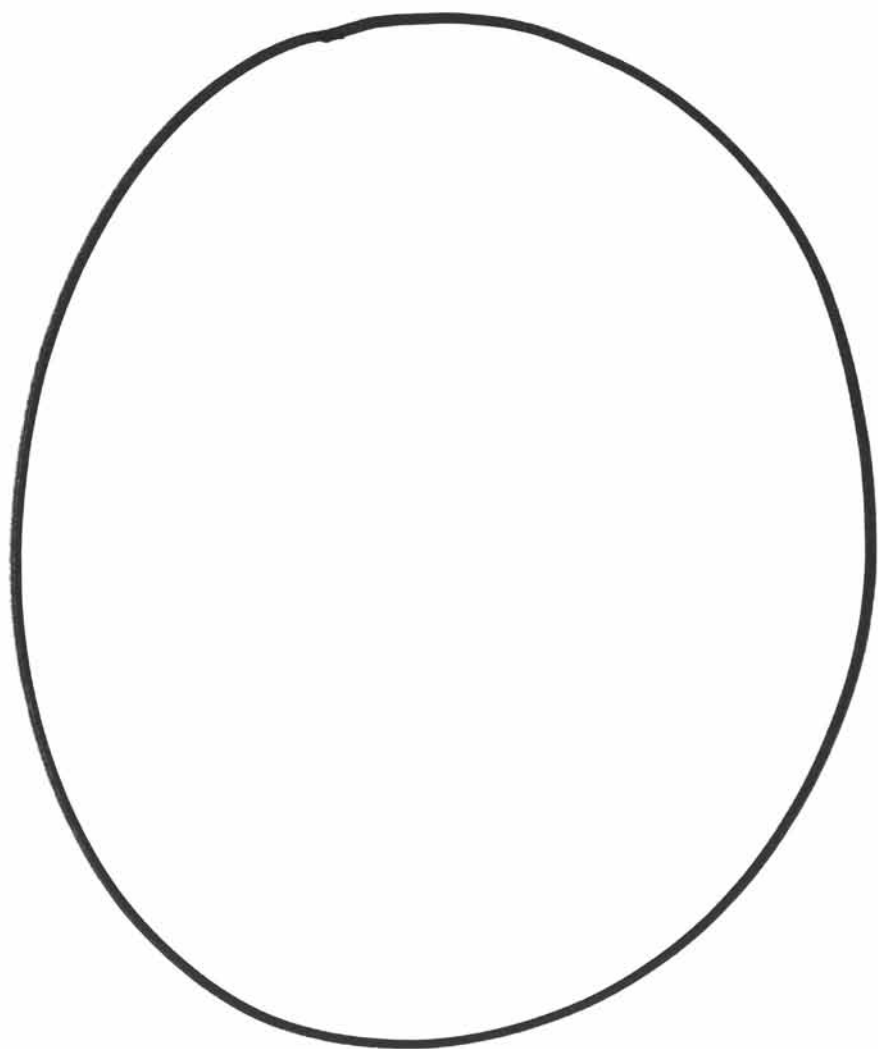
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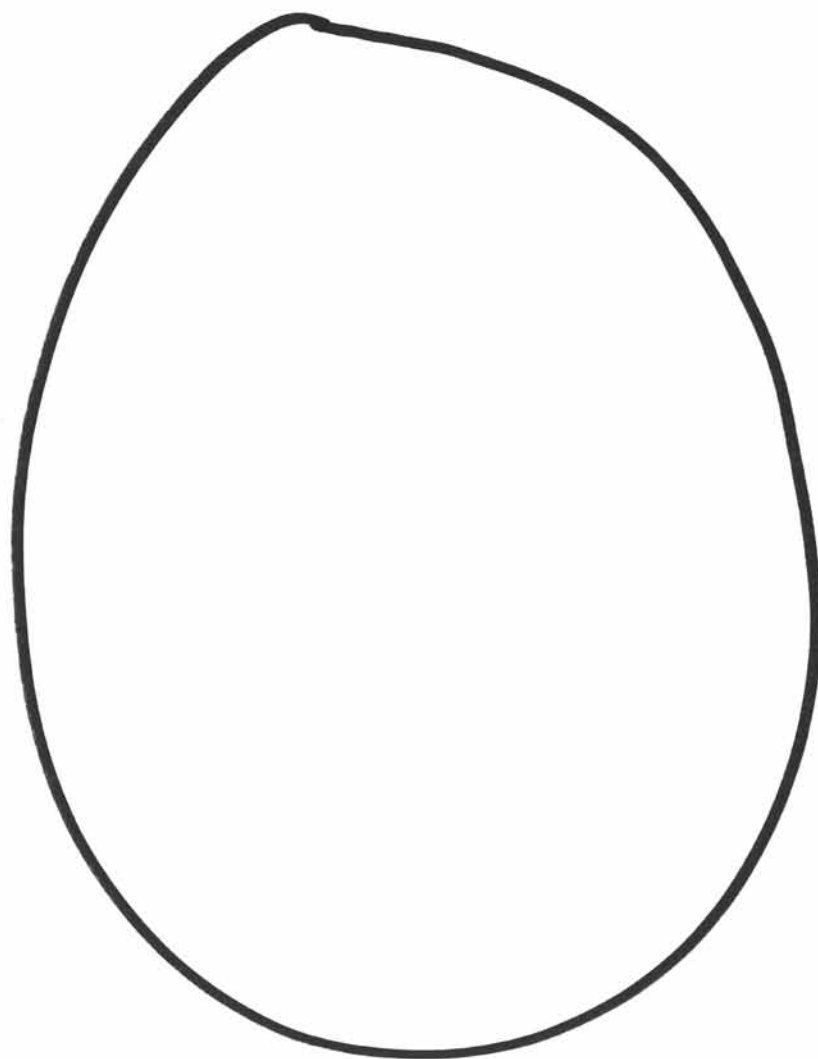
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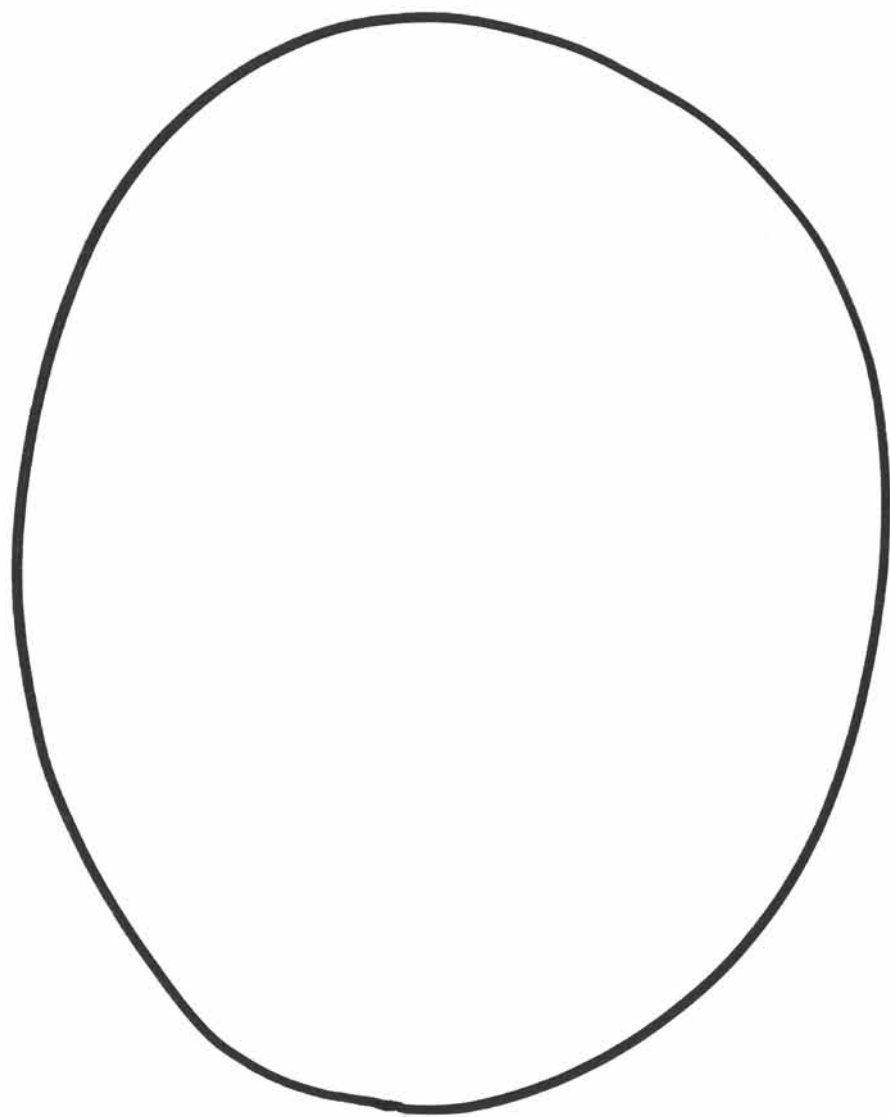
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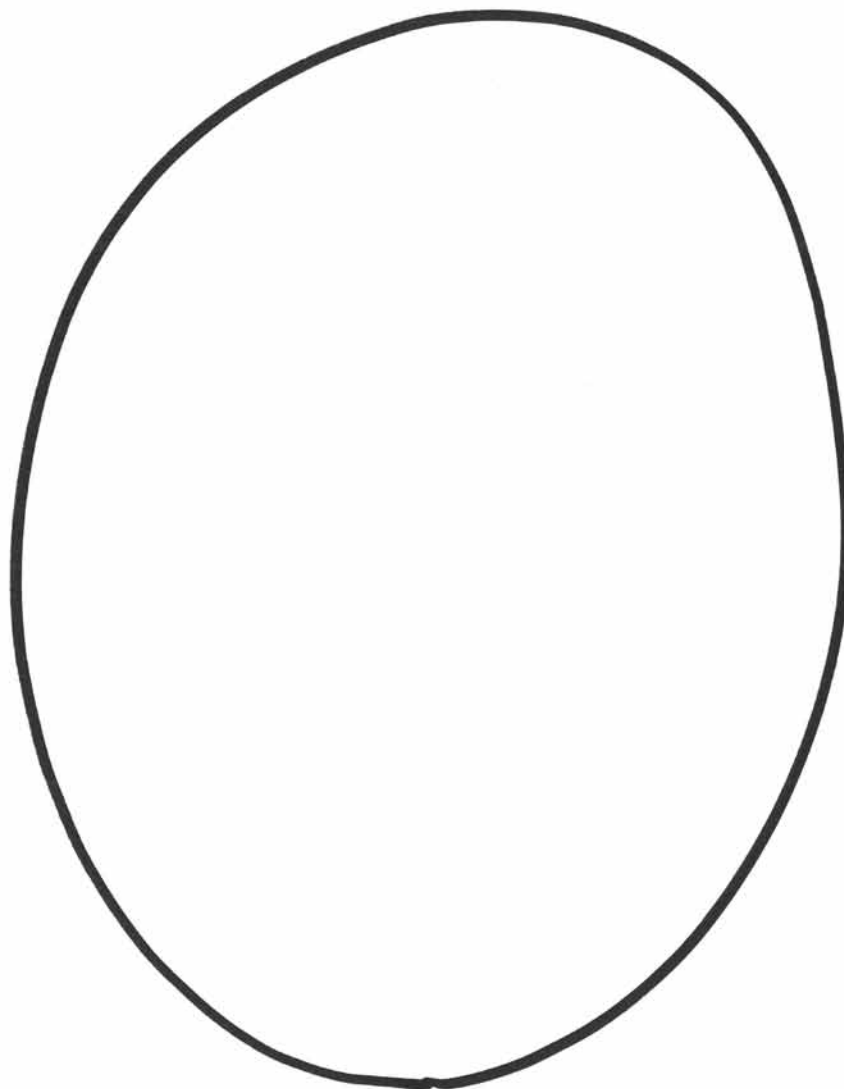
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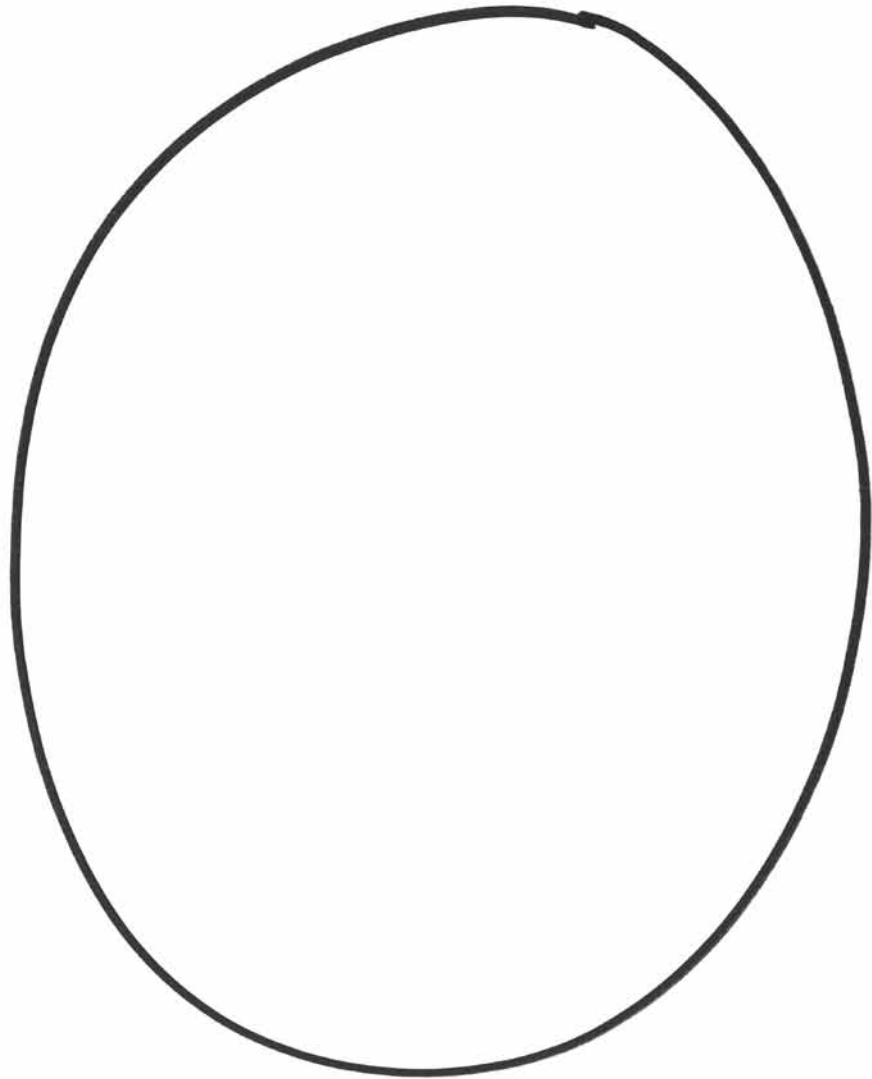
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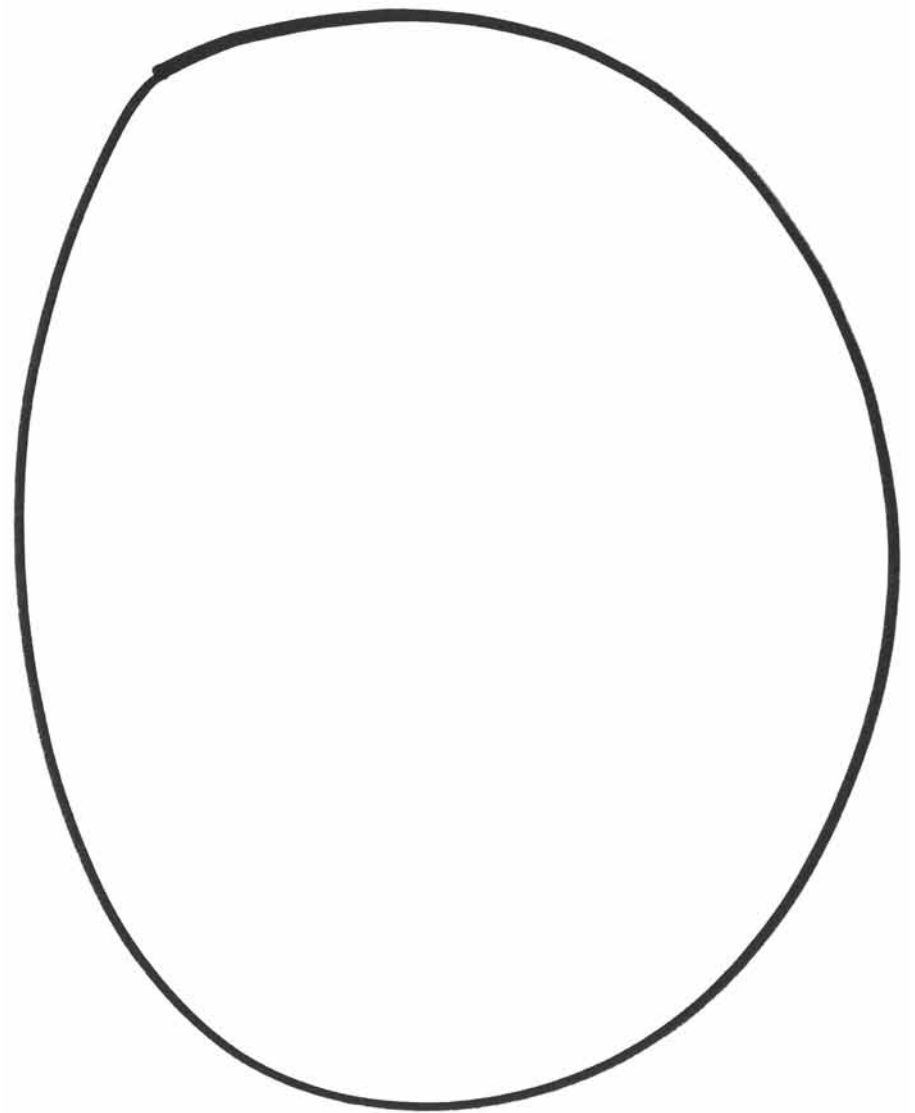
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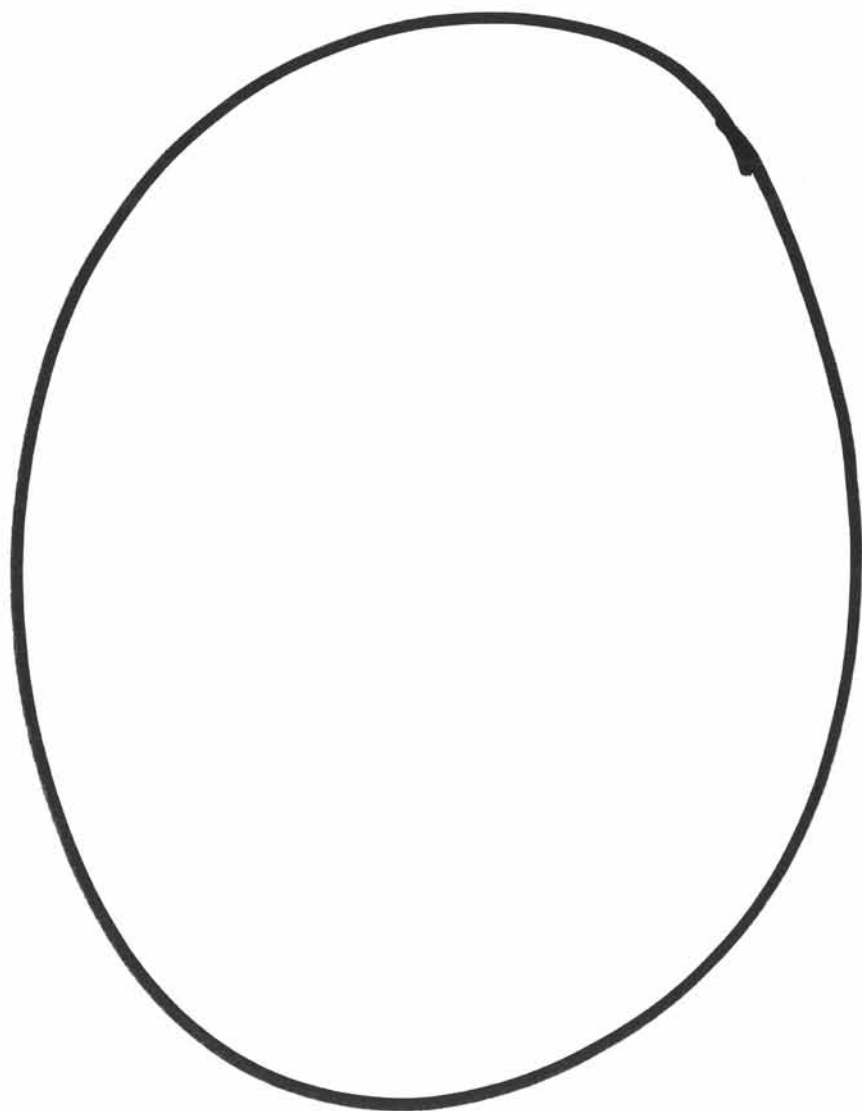
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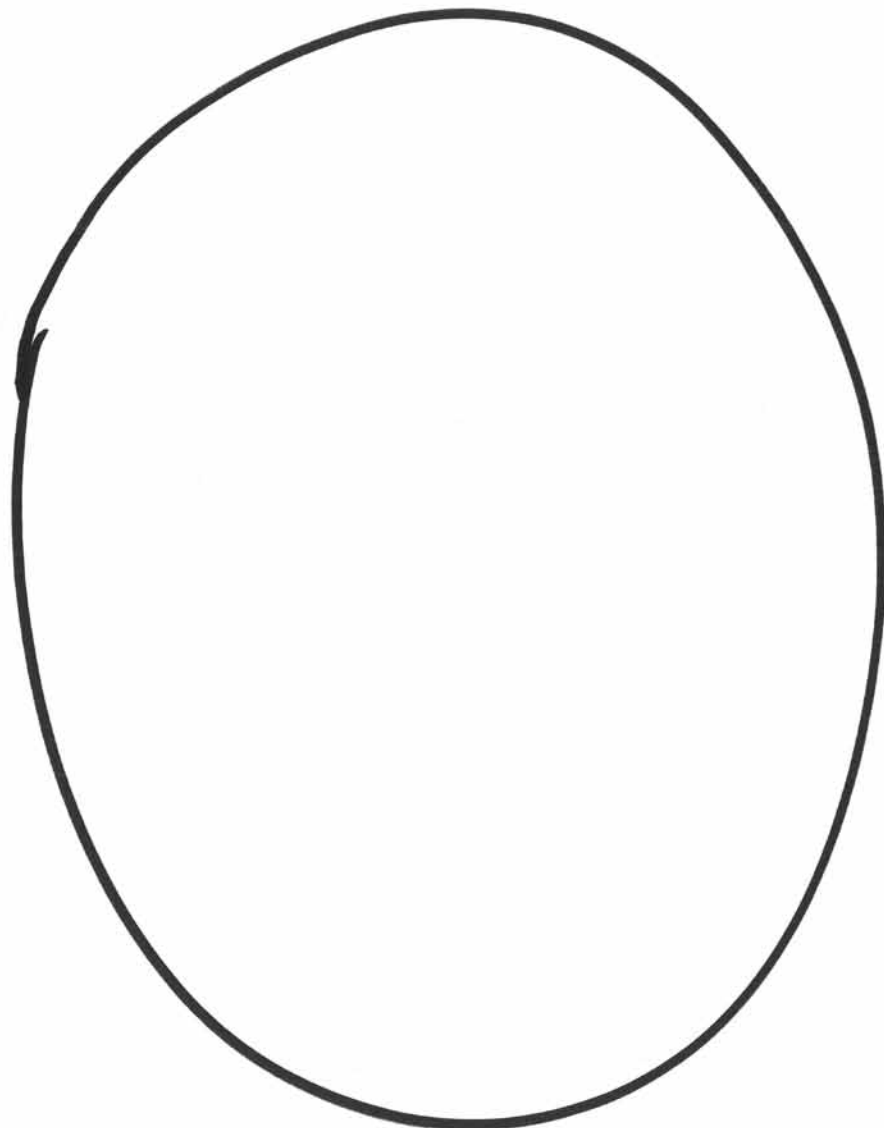
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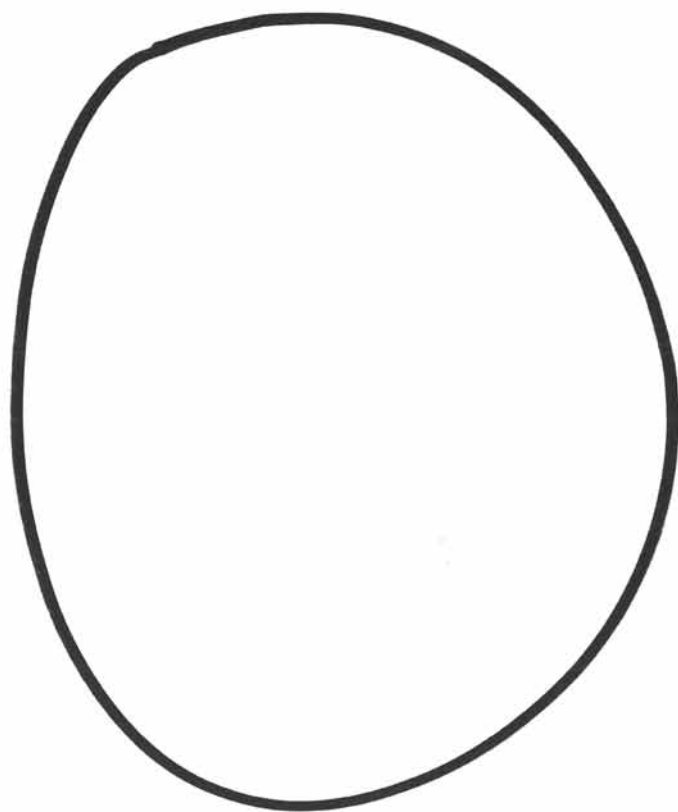
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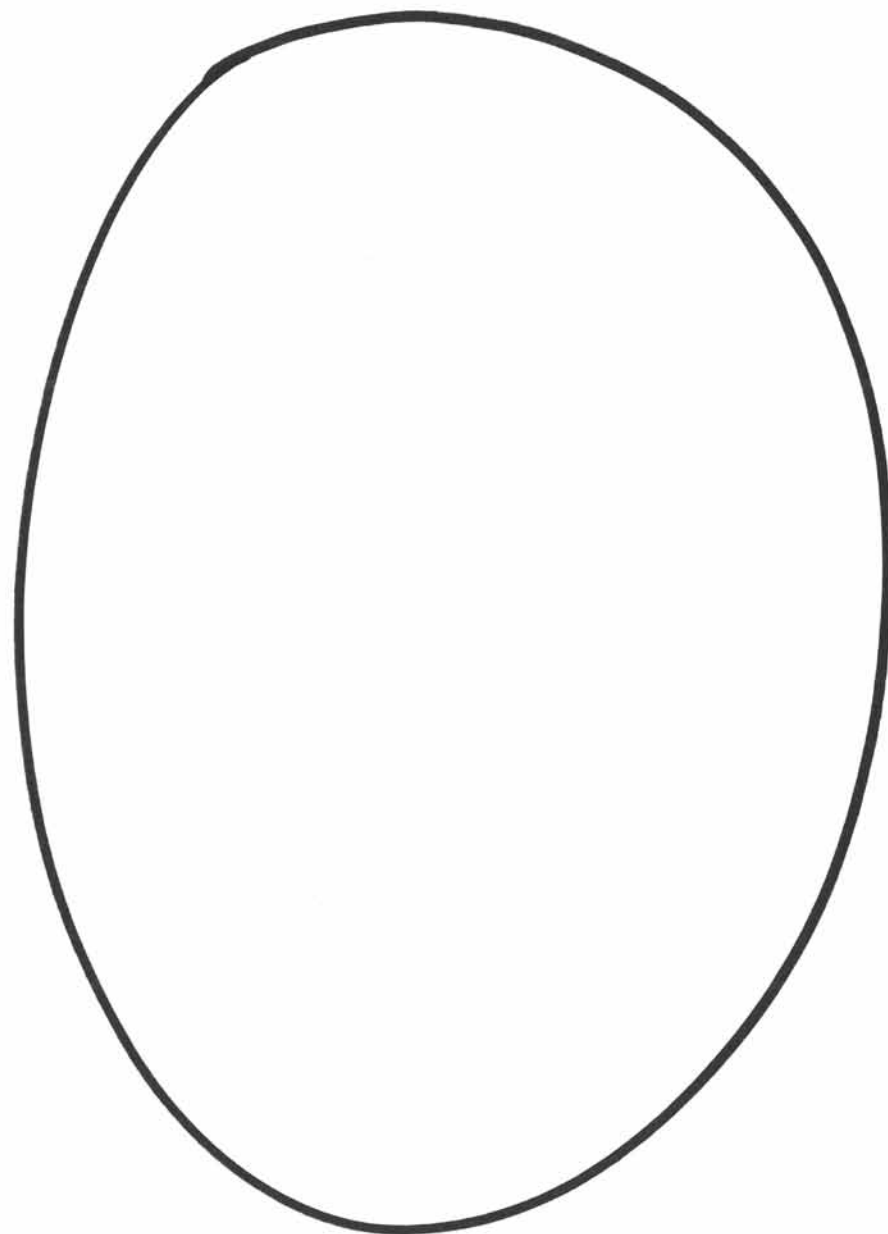
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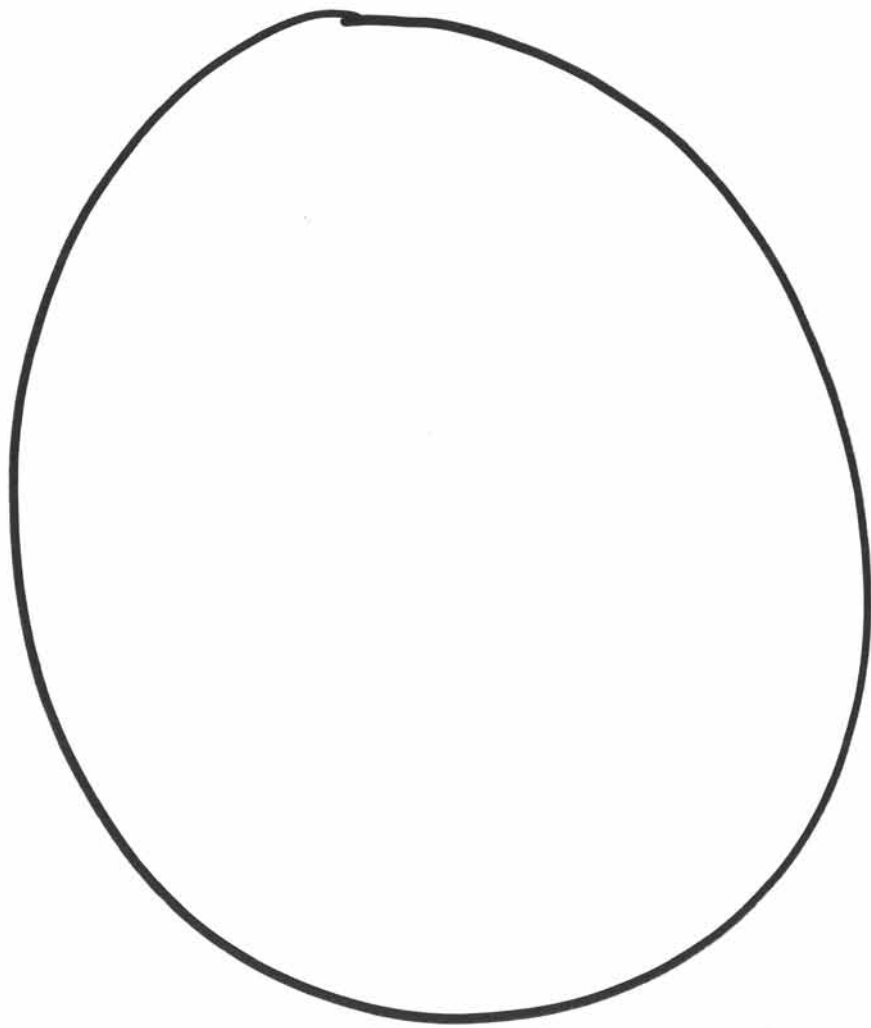
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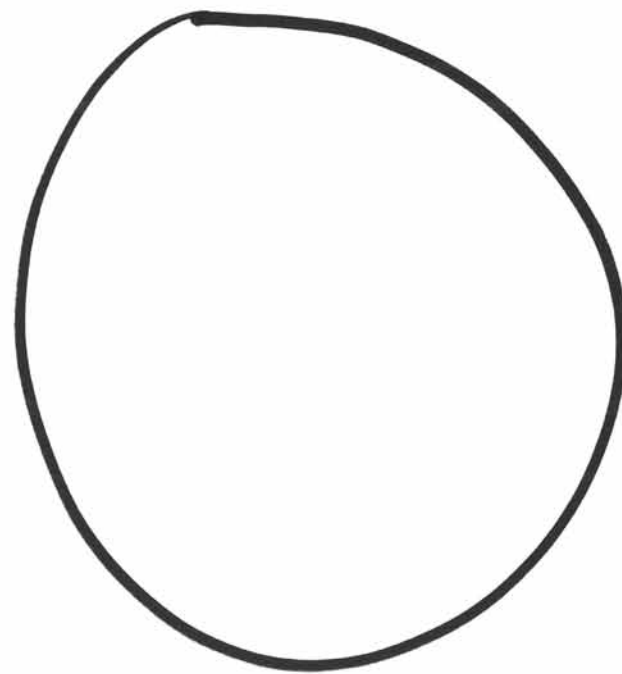
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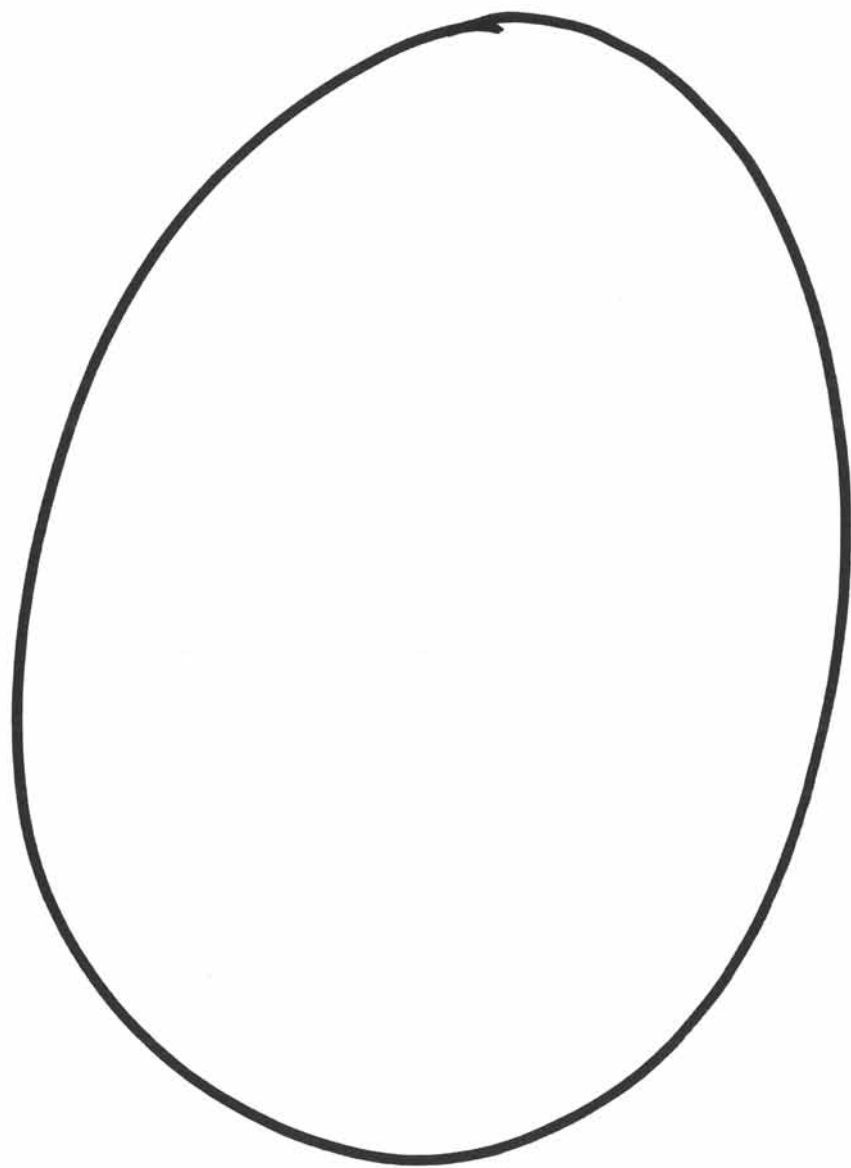
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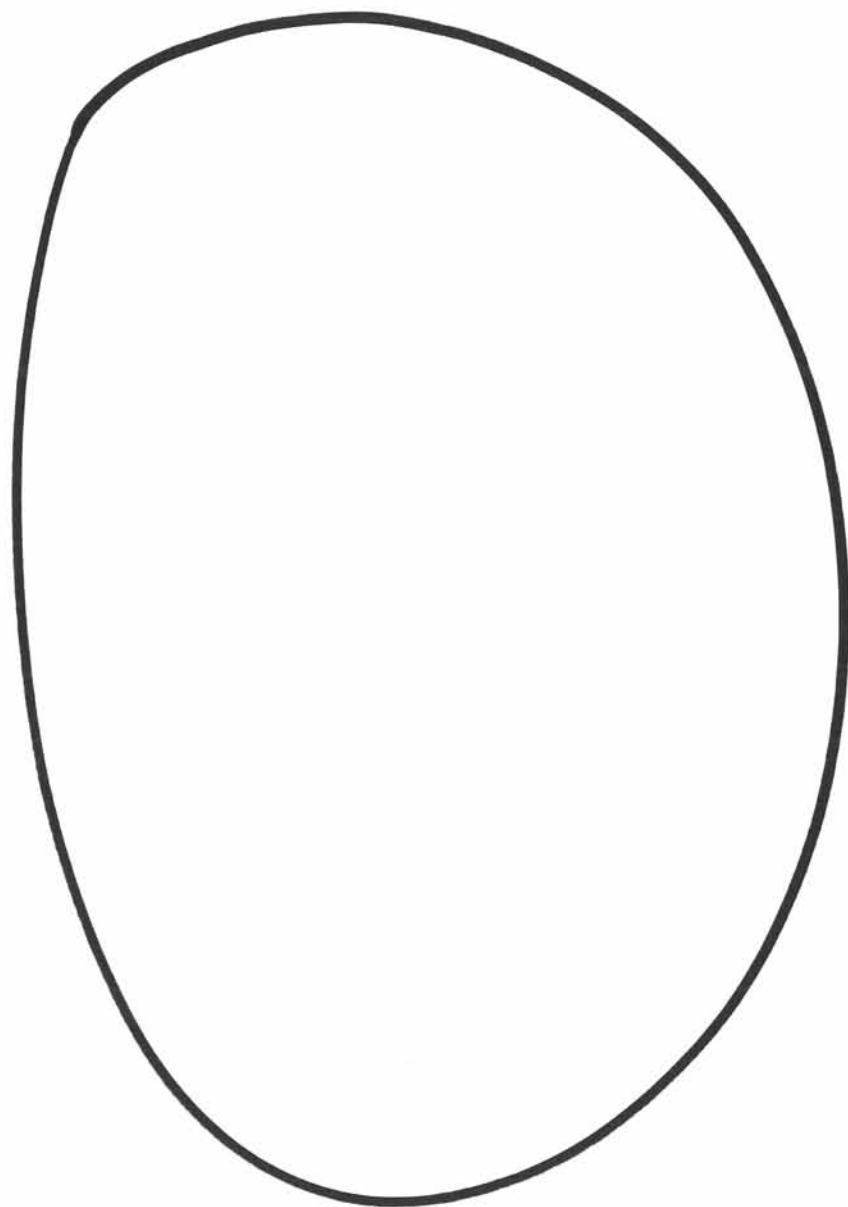
Day 363



Day 364



Day 365



Jeppe Hein Today, I'm feeling...

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