



Tarikh: _____

Hari : _____

Malaysia Cergas

Tandakan (/) pada aktiviti yang meningkatkan suhu badan dan kecergasan badan.

1



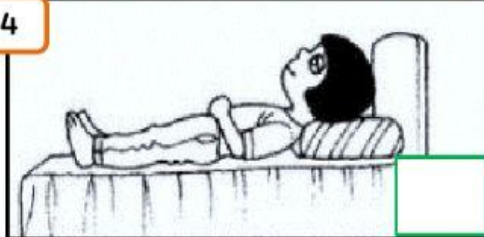
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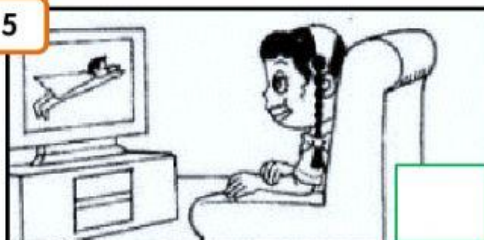
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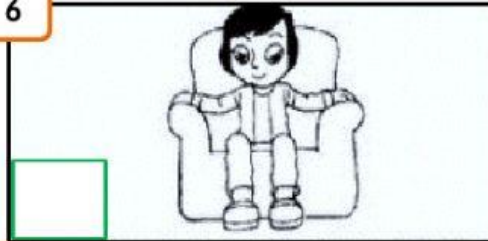
4



5



6



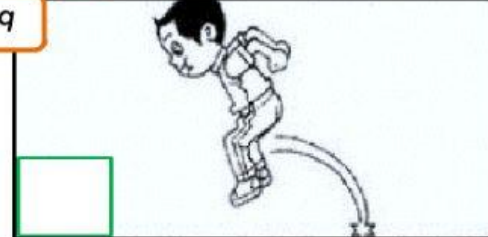
7



8



9



10

