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A horizontal sequence of 20 empty rectangular boxes arranged in two rows of ten. The second row ends with a question mark box.

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A horizontal sequence of 15 empty rectangular boxes, each designed to look like a speech bubble or thought cloud. They are arranged in a single row. To the right of the last box is a large, bold, black question mark.

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A decorative horizontal separator consisting of two rows of vertical bars. The top row contains five groups of three bars each, with a small gap between the groups. The bottom row contains four groups of four bars each, also with a small gap between the groups.

A horizontal row of ten empty rectangular boxes, each with a vertical line on its left side, intended for children to write numbers in.

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A horizontal row of 20 small, empty rectangular boxes arranged in five groups of four. This visual element likely represents a set of input fields or a grid for data entry.

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The image consists of two rows of rectangular boxes. The top row contains 10 boxes arranged horizontally, with a vertical line to its right and a comma at the end. The bottom row also contains 10 boxes arranged horizontally.

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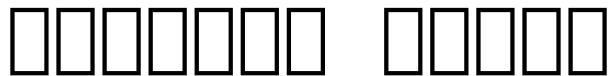
The diagram consists of five horizontal rows of rectangles. The first row contains 7 rectangles. The second row contains 1 rectangle. The third row contains 7 rectangles. The fourth row contains 2 rectangles. The fifth row contains 2 rectangles. Below the first row, there is a separate row containing 3 rectangles.

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The image consists of three separate horizontal rows of vertical black bars. Each row contains 10 bars of equal height. The first row is positioned at the bottom, the second in the middle, and the third at the top. These bars likely represent discrete data points or categories across three different time periods or conditions.



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The image consists of three identical horizontal rows of five empty rectangular boxes. Each row is separated by a small gap from the others. The boxes are white with thin black outlines.

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The image shows four distinct horizontal rows of seven empty rectangular boxes. Each row is separated by a small gap from the others. The boxes are white with black outlines, and they are all empty, containing no text or other markings.

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Использование этого документа означает принятие его условий. Важно помнить, что любые действия, предпринятые в соответствии с информацией из этого документа, должны быть направлены на улучшение качества жизни и снижение риска для здоровья. Рекомендуется обратиться к специалисту перед началом любых изменений в образе жизни.

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**Состав**      **Физическая активность**      **Питание**      **Сон**

**Состав**

Важно помнить, что здоровый образ жизни – это не только физическая активность, правильное питание и достаточный сон, но и общее состояние здоровья, включая психическое здоровье, социальную поддержку и безопасность.

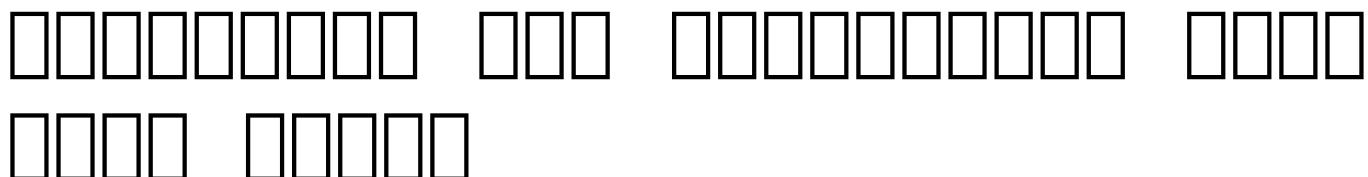
Физическая активность – это движение, которое помогает поддерживать здоровье и предотвращать различные заболевания. Правильное питание – это потребление полезных продуктов, таких как фрукты, овощи, зерновые и белковые продукты. Сон – это восстановительный процесс, который помогает организму восстановиться и готовиться к новому дню.

Здоровый образ жизни – это не только физическая активность, правильное питание и достаточный сон, но и общее состояние здоровья, включая психическое здоровье, социальную поддержку и безопасность. Важно помнить, что здоровый образ жизни – это не только физическая активность, правильное питание и достаточный сон, но и общее состояние здоровья, включая психическое здоровье, социальную поддержку и безопасность.

Здоровый образ жизни – это не только физическая активность, правильное питание и достаточный сон, но и общее состояние здоровья, включая психическое здоровье, социальную поддержку и безопасность.

A horizontal row of seven identical sets of square outlines. Each set consists of four squares arranged in a 2x2 grid. The sets are evenly spaced and aligned horizontally.

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