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<https://n8n.kishlaru.ru/projects/B4TtMg9M7VkPZc5l/folders/V6q8TbUoiS7CfbHf/workflows>

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https://docs.google.com/spreadsheets/d/1GSUgJyNnxn5ZN_bFyQh4mMqrOUtM9l8qVWTtrTytiKQ/edit?gid=81960115#gid=81960115

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<https://miro.com/app/board/uXjVK1D6d1U=?moveToWidget=3458764666235799044&cot=14>

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<http://fitnessmama.school/pl/tasks/mission/process?id=2423996>