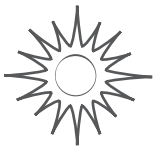
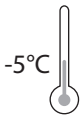
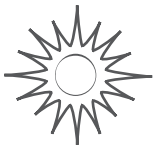
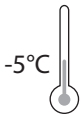
numbers					FROID  -5°C	CHAUD +30°C	
1	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐

numbers					FROID  -5°C	CHAUD +30°C	
1	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐