

A close-up photograph of a person's right leg, wearing a black athletic sock and a grey and white knee brace. The person is also wearing a blue long-sleeved shirt and black leggings. The background is a lush green field with trees in the distance. The text is overlaid on the lower left side of the image.

**MorgonJogg med  
Donny! Funkar Bra!  
Körde bara lilla  
Triathlonrundan.  
Å för Er som Undrar!  
Årets PhysioCHraft  
Triathlon blir den  
31 juli.  
Häng På!**

A wide-angle photograph of a calm lake under a heavy, grey, overcast sky. The water is dark and reflects the light from the sky. In the distance, a range of green mountains is partially obscured by mist or low clouds. On the right side of the frame, a small shoreline with several trees is visible. The overall mood is quiet and atmospheric.

**Lite Grå Morgon.  
Inte mycket fågel idag.  
Men Alltid Lika Vackert!**



**Vad tror Ni att jag  
tänker skriva nu?  
Finns Ju Bara.....  
UNDERBART!!!  
12,6 ´ i vattnet.  
Massor med  
Vatten.  
Bara allra översta  
trappsteget över  
vattenytan.**



A photograph of a sky with a rainbow and clouds, with trees visible at the bottom. The sky is a mix of blue and grey, with a faint rainbow visible in the center. The clouds are soft and white. The trees at the bottom are dark green and silhouetted against the sky.

**Regn, Åska och Solsken har  
avlöst varandra under dagen.**



**På väg hem från dagens jobb i Båstad  
kunde jag konstatera att det är  
Fullmåne i natt!**



**Ett litet kvällsbesök vid sjön.**

A serene night landscape featuring a full moon partially obscured by a thin layer of clouds, positioned behind a dense forest of tall, thin trees. The scene is reflected in a calm body of water in the foreground, creating a mirror-like effect. The sky is a deep, clear blue, and the overall atmosphere is quiet and contemplative.

**Troligen en Kreativ natt i natt.  
Lika bra att ta blocket för idéer med  
sig till sängen!**