

DAFTAR LAMPIRAN

- Lampiran 1** Surat Izin Penelitian Universitas Esa Unggul
- Lampiran 2** Surat Izin Penelitian PT Kimia Farma (Persero) Tbk.
- Lampiran 3** *Ethical Approval*
- Lampiran 4** *Informed Consent*
- Lampiran 5** Kuesioner Penelitian
- Lampiran 6** Pedoman Gerakan Aktivitas *Stretching*
- Lampiran 7** Lembar Observasi
- Lampiran 8** Data Hasil Penelitian
- Lampiran 9** Dokumentasi Lapangan