

# Book Folding Pattern

## Designed by livresplies.fr

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|                   |            |
|-------------------|------------|
| Name:             | joggeuse   |
| No. of Folds:     | 150        |
| Book Height (cm): | 22         |
| Method:           | Cut & Fold |



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| Fold | Measure, Mark, Cut & Fold Points |      |  |  |  |  |  |  |  |  |  |  |  |  |
|------|----------------------------------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| 1    | 16.2                             | 17.2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 2    | 16.1                             | 17.4 |  |  |  |  |  |  |  |  |  |  |  |  |
| 3    | 15.5                             | 17.6 |  |  |  |  |  |  |  |  |  |  |  |  |
| 4    | 15.2                             | 17.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 5    | 15.0                             | 17.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 6    | 14.9                             | 17.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 7    | 14.8                             | 17.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 8    | 14.8                             | 17.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 9    | 14.8                             | 17.6 |  |  |  |  |  |  |  |  |  |  |  |  |
| 10   | 14.8                             | 17.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 11   | 14.8                             | 17.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| 12   | 14.8                             | 16.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 13   | 14.9                             | 16.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 14   | 15.0                             | 16.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 15   | 15.0                             | 16.6 |  |  |  |  |  |  |  |  |  |  |  |  |
| 16   | 15.1                             | 16.5 |  |  |  |  |  |  |  |  |  |  |  |  |
| 17   | 15.2                             | 16.4 |  |  |  |  |  |  |  |  |  |  |  |  |
| 18   | 15.2                             | 16.3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 19   | 15.2                             | 16.3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 20   | 15.2                             | 16.3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 21   | 15.2                             | 16.3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 22   | 15.1                             | 16.2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 23   | 15.1                             | 16.2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 24   | 15.1                             | 16.2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 25   | 15.0                             | 16.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 26   | 15.0                             | 16.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 27   | 14.9                             | 16.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 28   | 14.9                             | 16.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| 29   | 14.9                             | 16.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| 30   | 14.8                             | 16.0 |  |  |  |  |  |  |  |  |  |  |  |  |
| 31   | 14.8                             | 16.0 |  |  |  |  |  |  |  |  |  |  |  |  |

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|------|----------------------------------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| 32   | 14.8                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 33   | 14.8                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 34   | 14.8                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 35   | 14.7                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 36   | 14.7                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 37   | 14.7                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 38   | 14.6                             | 15.9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 39   | 14.6                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 40   | 14.5                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 41   | 14.4                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 42   | 14.4                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 43   | 14.4                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 44   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 45   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 46   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 47   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 48   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 49   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 50   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 51   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 52   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 53   | 14.3                             | 15.8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 54   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 55   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 56   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 57   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 58   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 59   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 60   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 61   | 14.3                             | 15.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 62   | 14.3                             | 15.6 |  |  |  |  |  |  |  |  |  |  |  |  |

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|------|----------------------------------|-----|------|------|------|------|------|------|------|------|--|--|--|--|
| 63   | 6.8                              | 7.3 | 14.3 | 15.6 |      |      |      |      |      |      |  |  |  |  |
| 64   | 6.8                              | 7.3 | 14.3 | 15.6 |      |      |      |      |      |      |  |  |  |  |
| 65   | 6.6                              | 7.4 | 14.2 | 15.6 |      |      |      |      |      |      |  |  |  |  |
| 66   | 4.4                              | 4.6 | 6.5  | 7.4  | 14.1 | 15.6 |      |      |      |      |  |  |  |  |
| 67   | 3.6                              | 3.8 | 4.3  | 4.5  | 6.4  | 7.5  | 13.9 | 15.5 |      |      |  |  |  |  |
| 68   | 3.5                              | 3.8 | 4.1  | 4.4  | 6.3  | 7.6  | 13.7 | 15.5 |      |      |  |  |  |  |
| 69   | 3.4                              | 4.3 | 4.5  | 4.8  | 6.3  | 7.7  | 12.9 | 15.5 |      |      |  |  |  |  |
| 70   | 3.3                              | 4.8 | 6.2  | 7.8  | 12.5 | 15.5 |      |      |      |      |  |  |  |  |
| 71   | 3.0                              | 4.9 | 6.1  | 7.8  | 12.3 | 15.5 |      |      |      |      |  |  |  |  |
| 72   | 2.8                              | 5.2 | 5.3  | 5.5  | 6.0  | 7.8  | 10.1 | 10.6 | 12.0 | 15.4 |  |  |  |  |
| 73   | 2.7                              | 5.5 | 5.9  | 7.9  | 9.8  | 10.9 | 11.6 | 15.4 |      |      |  |  |  |  |
| 74   | 2.6                              | 5.4 | 5.8  | 8.0  | 9.6  | 15.4 |      |      |      |      |  |  |  |  |
| 75   | 2.5                              | 5.3 | 5.8  | 8.0  | 9.4  | 15.3 |      |      |      |      |  |  |  |  |
| 76   | 2.4                              | 5.3 | 5.7  | 8.1  | 9.3  | 15.3 |      |      |      |      |  |  |  |  |
| 77   | 2.4                              | 5.3 | 5.7  | 8.1  | 9.3  | 15.3 |      |      |      |      |  |  |  |  |
| 78   | 2.3                              | 5.2 | 5.6  | 8.2  | 9.2  | 15.2 |      |      |      |      |  |  |  |  |
| 79   | 2.3                              | 5.1 | 5.5  | 8.2  | 9.1  | 15.0 |      |      |      |      |  |  |  |  |
| 80   | 2.3                              | 5.0 | 5.5  | 8.3  | 9.1  | 14.9 |      |      |      |      |  |  |  |  |
| 81   | 2.3                              | 5.0 | 5.4  | 6.8  | 7.0  | 8.3  | 9.0  | 14.8 |      |      |  |  |  |  |
| 82   | 2.3                              | 5.0 | 5.3  | 6.6  | 7.1  | 8.3  | 8.8  | 14.7 |      |      |  |  |  |  |
| 83   | 2.3                              | 4.9 | 5.3  | 6.5  | 7.2  | 8.3  | 8.8  | 14.5 |      |      |  |  |  |  |
| 84   | 2.3                              | 4.8 | 5.2  | 6.4  | 7.3  | 8.4  | 8.6  | 14.4 |      |      |  |  |  |  |
| 85   | 2.3                              | 4.8 | 5.0  | 14.3 |      |      |      |      |      |      |  |  |  |  |
| 86   | 2.3                              | 4.6 | 4.9  | 14.1 |      |      |      |      |      |      |  |  |  |  |
| 87   | 2.4                              | 4.3 | 4.8  | 13.9 |      |      |      |      |      |      |  |  |  |  |
| 88   | 2.4                              | 4.1 | 4.6  | 13.7 |      |      |      |      |      |      |  |  |  |  |
| 89   | 2.3                              | 2.9 | 4.5  | 13.5 |      |      |      |      |      |      |  |  |  |  |
| 90   | 2.3                              | 2.9 | 4.4  | 13.3 |      |      |      |      |      |      |  |  |  |  |
| 91   | 2.3                              | 2.9 | 4.3  | 13.2 |      |      |      |      |      |      |  |  |  |  |
| 92   | 2.3                              | 3.0 | 4.1  | 13.1 |      |      |      |      |      |      |  |  |  |  |
| 93   | 2.3                              | 3.3 | 4.0  | 13.1 |      |      |      |      |      |      |  |  |  |  |

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|------|----------------------------------|------|------|------|------|------|------|------|------|------|--|--|--|--|
| 94   | 2.0                              | 3.5  | 3.8  | 13.3 |      |      |      |      |      |      |  |  |  |  |
| 95   | 1.8                              | 13.3 |      |      |      |      |      |      |      |      |  |  |  |  |
| 96   | 1.8                              | 13.5 |      |      |      |      |      |      |      |      |  |  |  |  |
| 97   | 1.6                              | 13.7 |      |      |      |      |      |      |      |      |  |  |  |  |
| 98   | 1.6                              | 13.8 |      |      |      |      |      |      |      |      |  |  |  |  |
| 99   | 1.5                              | 13.9 |      |      |      |      |      |      |      |      |  |  |  |  |
| 100  | 1.5                              | 14.1 |      |      |      |      |      |      |      |      |  |  |  |  |
| 101  | 1.4                              | 14.2 |      |      |      |      |      |      |      |      |  |  |  |  |
| 102  | 1.4                              | 14.3 |      |      |      |      |      |      |      |      |  |  |  |  |
| 103  | 1.4                              | 14.4 |      |      |      |      |      |      |      |      |  |  |  |  |
| 104  | 1.4                              | 14.8 |      |      |      |      |      |      |      |      |  |  |  |  |
| 105  | 1.4                              | 4.5  | 4.7  | 10.1 | 10.5 | 15.0 | 15.7 | 16.2 |      |      |  |  |  |  |
| 106  | 1.4                              | 4.3  | 4.8  | 9.7  | 10.7 | 16.5 |      |      |      |      |  |  |  |  |
| 107  | 1.4                              | 4.3  | 4.8  | 9.3  | 10.8 | 16.8 |      |      |      |      |  |  |  |  |
| 108  | 1.4                              | 4.3  | 4.9  | 9.0  | 11.0 | 17.1 |      |      |      |      |  |  |  |  |
| 109  | 1.5                              | 4.3  | 5.0  | 8.7  | 11.3 | 17.3 |      |      |      |      |  |  |  |  |
| 110  | 1.5                              | 4.3  | 5.1  | 8.5  | 11.5 | 17.4 |      |      |      |      |  |  |  |  |
| 111  | 1.5                              | 4.3  | 5.3  | 8.4  | 11.8 | 17.7 |      |      |      |      |  |  |  |  |
| 112  | 1.5                              | 4.3  | 5.5  | 8.4  | 11.9 | 17.9 |      |      |      |      |  |  |  |  |
| 113  | 1.6                              | 4.3  | 5.8  | 6.9  | 7.3  | 8.3  | 12.1 | 18.3 |      |      |  |  |  |  |
| 114  | 1.6                              | 4.3  | 5.8  | 6.8  | 7.3  | 8.3  | 12.3 | 18.4 |      |      |  |  |  |  |
| 115  | 1.7                              | 4.1  | 6.0  | 6.6  | 7.3  | 8.3  | 12.7 | 18.7 | 19.8 | 20.5 |  |  |  |  |
| 116  | 1.7                              | 3.8  | 7.3  | 8.3  | 12.9 | 19.3 | 19.5 | 20.5 |      |      |  |  |  |  |
| 117  | 1.8                              | 3.7  | 7.3  | 8.2  | 13.3 | 20.6 |      |      |      |      |  |  |  |  |
| 118  | 1.8                              | 3.7  | 7.3  | 8.2  | 13.4 | 20.6 |      |      |      |      |  |  |  |  |
| 119  | 1.9                              | 3.0  | 3.3  | 3.6  | 7.3  | 8.1  | 13.8 | 20.6 |      |      |  |  |  |  |
| 120  | 7.3                              | 8.1  | 13.9 | 20.6 |      |      |      |      |      |      |  |  |  |  |
| 121  | 7.3                              | 8.1  | 14.2 | 20.6 |      |      |      |      |      |      |  |  |  |  |
| 122  | 7.3                              | 8.0  | 15.5 | 20.6 |      |      |      |      |      |      |  |  |  |  |
| 123  | 7.2                              | 8.0  | 16.7 | 20.6 |      |      |      |      |      |      |  |  |  |  |
| 124  | 7.2                              | 7.9  | 17.4 | 20.6 |      |      |      |      |      |      |  |  |  |  |

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|------|----------------------------------|------|------|------|------|------|--|--|--|--|--|--|--|--|
| 125  | 7.2                              | 7.8  | 18.1 | 20.6 |      |      |  |  |  |  |  |  |  |  |
| 126  | 7.1                              | 7.8  | 18.6 | 20.6 |      |      |  |  |  |  |  |  |  |  |
| 127  | 6.8                              | 7.8  | 18.7 | 20.6 |      |      |  |  |  |  |  |  |  |  |
| 128  | 6.5                              | 7.7  | 18.7 | 20.5 |      |      |  |  |  |  |  |  |  |  |
| 129  | 6.4                              | 7.7  | 18.8 | 20.5 |      |      |  |  |  |  |  |  |  |  |
| 130  | 6.3                              | 7.6  | 18.8 | 20.5 |      |      |  |  |  |  |  |  |  |  |
| 131  | 6.2                              | 7.6  | 18.9 | 20.5 |      |      |  |  |  |  |  |  |  |  |
| 132  | 6.1                              | 7.5  | 18.9 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 133  | 6.1                              | 6.4  | 6.6  | 7.5  | 19.0 | 20.3 |  |  |  |  |  |  |  |  |
| 134  | 6.5                              | 7.4  | 19.0 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 135  | 6.4                              | 7.4  | 19.0 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 136  | 6.3                              | 7.3  | 19.1 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 137  | 6.3                              | 7.3  | 19.1 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 138  | 6.3                              | 6.5  | 6.7  | 7.3  | 19.1 | 20.3 |  |  |  |  |  |  |  |  |
| 139  | 6.8                              | 7.1  | 19.1 | 20.3 |      |      |  |  |  |  |  |  |  |  |
| 140  | 19.2                             | 20.2 |      |      |      |      |  |  |  |  |  |  |  |  |
| 141  | 19.2                             | 20.2 |      |      |      |      |  |  |  |  |  |  |  |  |
| 142  | 19.2                             | 20.1 |      |      |      |      |  |  |  |  |  |  |  |  |
| 143  | 19.2                             | 20.0 |      |      |      |      |  |  |  |  |  |  |  |  |
| 144  | 19.1                             | 20.0 |      |      |      |      |  |  |  |  |  |  |  |  |
| 145  | 19.1                             | 19.9 |      |      |      |      |  |  |  |  |  |  |  |  |
| 146  | 19.0                             | 19.8 |      |      |      |      |  |  |  |  |  |  |  |  |
| 147  | 19.0                             | 19.8 |      |      |      |      |  |  |  |  |  |  |  |  |
| 148  | 19.0                             | 19.8 |      |      |      |      |  |  |  |  |  |  |  |  |
| 149  | 19.1                             | 19.7 |      |      |      |      |  |  |  |  |  |  |  |  |
| 150  | 19.1                             | 19.5 |      |      |      |      |  |  |  |  |  |  |  |  |