



|                           | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| +1.0kg                    | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 |
|                           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| +0.5kg                    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| □ kg<br>今の体重を<br>四捨五入して記入 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| -0.5kg                    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| -1.0kg                    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| -1.5kg                    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                           | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 | 朝夕 |
| 最高血圧                      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 最低血圧                      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 歩数                        |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 運動<br>(何を・何分)             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 一言<br>メモ                  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

今月の反省