午睡（おひるね）チェックシート （○歳児クラス）

令和 年 月 日（ ） 室温 ℃ 湿度 ％

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 園児名 | | 体温 | 午睡記録 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 備考 | |
| 12：00 | | 12：15 | | 12：30 | | 12：45 | | 13：00 | | 13：15 | | 13：30 | | 13：45 | | 14：00 | | 14：15 | | | 14：30 | | | 14：45 | | | 15：00 | | |
| 1 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 2 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 3 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 4 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 5 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 6 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 7 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 8 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 9 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 10 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 11 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 12 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 13 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 14 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 15 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 16 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 17 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 18 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 19 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |
| 20 |  |  | ℃ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |