**ダイエット運動チェックシート**　　**Diet Exercise Check Sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **年　　　　月** |  | **目標** |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 日付 | | 体重 | 運動メニュー | | | | |
| ラジオ体操 | ウォーキング |  |  |  |
| 1 | 月 | ｋｇ |  |  |  |  |  |
| 2 | 火 | ｋｇ |  |  |  |  |  |
| 3 | 水 | ｋｇ |  |  |  |  |  |
| 4 | 木 | ｋｇ |  |  |  |  |  |
| 5 | 金 | ｋｇ |  |  |  |  |  |
| 6 | 土 | ｋｇ |  |  |  |  |  |
| 7 | 日 | ｋｇ |  |  |  |  |  |
| 8 | 月 | ｋｇ |  |  |  |  |  |
| 9 | 火 | ｋｇ |  |  |  |  |  |
| 10 | 水 | ｋｇ |  |  |  |  |  |
| 11 | 木 | ｋｇ |  |  |  |  |  |
| 12 | 金 | ｋｇ |  |  |  |  |  |
| 13 | 土 | ｋｇ |  |  |  |  |  |
| 14 | 日 | ｋｇ |  |  |  |  |  |
| 15 | 月 | ｋｇ |  |  |  |  |  |
| 16 | 火 | ｋｇ |  |  |  |  |  |
| 17 | 水 | ｋｇ |  |  |  |  |  |
| 18 | 木 | ｋｇ |  |  |  |  |  |
| 19 | 金 | ｋｇ |  |  |  |  |  |
| 20 | 土 | ｋｇ |  |  |  |  |  |
| 21 | 日 | ｋｇ |  |  |  |  |  |
| 22 | 月 | ｋｇ |  |  |  |  |  |
| 23 | 火 | ｋｇ |  |  |  |  |  |
| 24 | 水 | ｋｇ |  |  |  |  |  |
| 25 | 木 | ｋｇ |  |  |  |  |  |
| 26 | 金 | ｋｇ |  |  |  |  |  |
| 27 | 土 | ｋｇ |  |  |  |  |  |
| 28 | 日 | ｋｇ |  |  |  |  |  |
| 29 | 月 | ｋｇ |  |  |  |  |  |
| 30 | 火 | ｋｇ |  |  |  |  |  |
| 31 | 水 | ｋｇ |  |  |  |  |  |