|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 日付 | 月 　 日 （　　） | 体重 | kg | 体脂肪 | % | 測定時間 | ： |
| 今日はどんなことを意識して過ごしますか？ | 今の体調を10段階で表すと？不良良

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

 |
| 朝食 | 有・無 | 昼食 | 有・無 | 夕食 | 有・無 | 補食・間食 | 有・無 |
| 時間（　　：　　） | 時間（　　：　　） | 時間（　　：　　） |
| 内容 | 量（目安） | 内容 | 量（目安） | 内容 | 量（目安） | 内容 | 量（目安） |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

 |  |  |  |
| 今日のコメント・気づき　　満足度を10段階で表すと？

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

 |

Copyright 2016© SENKEN All Rights Reserved