|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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） |
|  | |  |  | |  | |  | |  |  | | |  |
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|  | |  |  | |  | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 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 | | | | | | | | | | | | | | |

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