歩数記録表　【　　　　　　　年　　　月】

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 日にち | 曜日 | 天気 | 体重 | | 歩数 | | 日にち | 曜日 | 天気 | 体重 | | 歩数 | |
| 1 |  |  |  | Kg |  | 歩 | 16 |  |  |  | Kg |  | 歩 |
| 2 |  |  |  | Kg |  | 歩 | 17 |  |  |  | Kg |  | 歩 |
| 3 |  |  |  | Kg |  | 歩 | 18 |  |  |  | Kg |  | 歩 |
| 4 |  |  |  | Kg |  | 歩 | 19 |  |  |  | Kg |  | 歩 |
| 5 |  |  |  | Kg |  | 歩 | 20 |  |  |  | Kg |  | 歩 |
| 6 |  |  |  | Kg |  | 歩 | 21 |  |  |  | Kg |  | 歩 |
| 7 |  |  |  | Kg |  | 歩 | 22 |  |  |  | Kg |  | 歩 |
| 8 |  |  |  | Kg |  | 歩 | 23 |  |  |  | Kg |  | 歩 |
| 9 |  |  |  | Kg |  | 歩 | 24 |  |  |  | Kg |  | 歩 |
| 10 |  |  |  | Kg |  | 歩 | 25 |  |  |  | Kg |  | 歩 |
| 11 |  |  |  | Kg |  | 歩 | 26 |  |  |  | Kg |  | 歩 |
| 12 |  |  |  | Kg |  | 歩 | 27 |  |  |  | Kg |  | 歩 |
| 13 |  |  |  | Kg |  | 歩 | 28 |  |  |  | Kg |  | 歩 |
| 14 |  |  |  | Kg |  | 歩 | 29 |  |  |  | Kg |  | 歩 |
| 15 |  |  |  | Kg |  | 歩 | 30 |  |  |  | Kg |  | 歩 |
|  |  |  |  |  |  |  | 31 |  |  |  | Kg |  | 歩 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 備考 |  | | | | | | |  | **1カ月平均** |  | **Kg** |  | **歩** |
|  | **1カ月合計** | **―** | |  | **歩** |