| 日付 | | | | | | | | | | | | | | | | 月 | | | | | | | | | | | | | | | |
|--|------|-----|------|-----|------|------|-------|------|-----|-----|----|----|------|----|-----|-----|-----|------|----|----|-----|----|------|----|----|------|-----|------|-----|------|----|
| ויו וו | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 【実施状況】 できた:○ 一部取り組んだ:△ また明日にした:× | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【食事のバランス】 できた:○ 一部取り組んだ:△ また明日にした:× | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 体 重 | Kg | Kg | . Kg | Kg | g Kg | g Kg | Kg Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | Kg | g Kg | Kg | Kg | Kg | Kg | Kg |
| +1kgの体重 ()kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 現在の体重 ()kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| -1kgの体重 ()kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 血圧 | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | |
| 脈 拍 | mmHg | | | | | | | mmHg | | | | | mmHg | | | | | mmHg | | | | | mmHg | | | | | mmHg | | mmHg | |
| 歩 数 | 回/分 | 回/分 | 回/分 | 回/分 | | | | | 回/分 | 回/分 | | | 回/分 | | 回/分 | 回/分 | 回/分 | 回/分 | | | 回/分 | | 回/分 | | | | 回/分 | 回/分 | 回/分 | 回/分 | |
| ()歩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ()歩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ()歩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ()歩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 「体が軽くなった」等(例)「〇〇を食べすぎた」 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |