**令和７年1月**

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| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **水** | **元旦** |  |  |  |  |
| **2** | **木** |  |  |  |  |  |
| **3** | **金** |  |  |  |  |  |
| **4** | **土** |  |  |  |  |  |
| **5** | **日** |  |  |  |  |  |
| **6** | **月** |  |  |  |  |  |
| **7** | **火** |  |  |  |  |  |
| **8** | **水** |  |  |  |  |  |
| **9** | **木** |  |  |  |  |  |
| **10** | **金** |  |  |  |  |  |
| **11** | **土** |  |  |  |  |  |
| **12** | **日** |  |  |  |  |  |
| **13** | **月** | **成人の日** |  |  |  |  |
| **14** | **火** |  |  |  |  |  |
| **15** | **水** |  |  |  |  |  |
| **16** | **木** |  |  |  |  |  |
| **17** | **金** |  |  |  |  |  |
| **18** | **土** |  |  |  |  |  |
| **19** | **日** |  |  |  |  |  |
| **20** | **月** |  |  |  |  |  |
| **21** | **火** |  |  |  |  |  |
| **22** | **水** |  |  |  |  |  |
| **23** | **木** |  |  |  |  |  |
| **24** | **金** |  |  |  |  |  |
| **25** | **土** |  |  |  |  |  |
| **26** | **日** |  |  |  |  |  |
| **27** | **月** |  |  |  |  |  |
| **28** | **火** |  |  |  |  |  |
| **29** | **水** |  |  |  |  |  |
| **30** | **木** |  |  |  |  |  |
| **31** | **金** |  |  |  |  |  |

**令和７年2月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **土** |  |  |  |  |  |
| **2** | **日** |  |  |  |  |  |
| **3** | **月** |  |  |  |  |  |
| **4** | **火** |  |  |  |  |  |
| **5** | **水** |  |  |  |  |  |
| **6** | **木** |  |  |  |  |  |
| **7** | **金** |  |  |  |  |  |
| **8** | **土** |  |  |  |  |  |
| **9** | **日** |  |  |  |  |  |
| **10** | **月** |  |  |  |  |  |
| **11** | **火** | **建国記念の日** |  |  |  |  |
| **12** | **水** |  |  |  |  |  |
| **13** | **木** |  |  |  |  |  |
| **14** | **金** |  |  |  |  |  |
| **15** | **土** |  |  |  |  |  |
| **16** | **日** |  |  |  |  |  |
| **17** | **月** |  |  |  |  |  |
| **18** | **火** |  |  |  |  |  |
| **19** | **水** |  |  |  |  |  |
| **20** | **木** |  |  |  |  |  |
| **21** | **金** |  |  |  |  |  |
| **22** | **土** |  |  |  |  |  |
| **23** | **日** | **天皇誕生日** |  |  |  |  |
| **24** | **月** | **振替休日** |  |  |  |  |
| **25** | **火** |  |  |  |  |  |
| **26** | **水** |  |  |  |  |  |
| **27** | **木** |  |  |  |  |  |
| **28** | **金** |  |  |  |  |  |
|  |  |  |  |  |  |  |
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**令和７年3月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **土** |  |  |  |  |  |
| **2** | **日** |  |  |  |  |  |
| **3** | **月** |  |  |  |  |  |
| **4** | **火** |  |  |  |  |  |
| **5** | **水** |  |  |  |  |  |
| **6** | **木** |  |  |  |  |  |
| **7** | **金** |  |  |  |  |  |
| **8** | **土** |  |  |  |  |  |
| **9** | **日** |  |  |  |  |  |
| **10** | **月** |  |  |  |  |  |
| **11** | **火** |  |  |  |  |  |
| **12** | **水** |  |  |  |  |  |
| **13** | **木** |  |  |  |  |  |
| **14** | **金** |  |  |  |  |  |
| **15** | **土** |  |  |  |  |  |
| **16** | **日** |  |  |  |  |  |
| **17** | **月** |  |  |  |  |  |
| **18** | **火** |  |  |  |  |  |
| **19** | **水** |  |  |  |  |  |
| **20** | **木** | **春分の日** |  |  |  |  |
| **21** | **金** |  |  |  |  |  |
| **22** | **土** |  |  |  |  |  |
| **23** | **日** |  |  |  |  |  |
| **24** | **月** |  |  |  |  |  |
| **25** | **火** |  |  |  |  |  |
| **26** | **水** |  |  |  |  |  |
| **27** | **木** |  |  |  |  |  |
| **28** | **金** |  |  |  |  |  |
| **29** | **土** |  |  |  |  |  |
| **30** | **日** |  |  |  |  |  |
| **31** | **月** |  |  |  |  |  |

**令和７年4月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **火** |  |  |  |  |  |
| **2** | **水** |  |  |  |  |  |
| **3** | **木** |  |  |  |  |  |
| **4** | **金** |  |  |  |  |  |
| **5** | **土** |  |  |  |  |  |
| **6** | **日** |  |  |  |  |  |
| **7** | **月** |  |  |  |  |  |
| **8** | **火** |  |  |  |  |  |
| **9** | **水** |  |  |  |  |  |
| **10** | **木** |  |  |  |  |  |
| **11** | **金** |  |  |  |  |  |
| **12** | **土** |  |  |  |  |  |
| **13** | **日** |  |  |  |  |  |
| **14** | **月** |  |  |  |  |  |
| **15** | **火** |  |  |  |  |  |
| **16** | **水** |  |  |  |  |  |
| **17** | **木** |  |  |  |  |  |
| **18** | **金** |  |  |  |  |  |
| **19** | **土** |  |  |  |  |  |
| **20** | **日** |  |  |  |  |  |
| **21** | **月** |  |  |  |  |  |
| **22** | **火** |  |  |  |  |  |
| **23** | **水** |  |  |  |  |  |
| **24** | **木** |  |  |  |  |  |
| **25** | **金** |  |  |  |  |  |
| **26** | **土** |  |  |  |  |  |
| **27** | **日** |  |  |  |  |  |
| **28** | **月** |  |  |  |  |  |
| **29** | **火** | **昭和の日** |  |  |  |  |
| **30** | **水** |  |  |  |  |  |
|  |  |  |  |  |  |  |

**令和７年5月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **木** |  |  |  |  |  |
| **2** | **金** |  |  |  |  |  |
| **3** | **土** | **憲法記念日** |  |  |  |  |
| **4** | **日** | **みどりの日** |  |  |  |  |
| **5** | **月** | **こどもの日** |  |  |  |  |
| **6** | **火** | **振替休日** |  |  |  |  |
| **7** | **水** |  |  |  |  |  |
| **8** | **木** |  |  |  |  |  |
| **9** | **金** |  |  |  |  |  |
| **10** | **土** |  |  |  |  |  |
| **11** | **日** |  |  |  |  |  |
| **12** | **月** |  |  |  |  |  |
| **13** | **火** |  |  |  |  |  |
| **14** | **水** |  |  |  |  |  |
| **15** | **木** |  |  |  |  |  |
| **16** | **金** |  |  |  |  |  |
| **17** | **土** |  |  |  |  |  |
| **18** | **日** |  |  |  |  |  |
| **19** | **月** |  |  |  |  |  |
| **20** | **火** |  |  |  |  |  |
| **21** | **水** |  |  |  |  |  |
| **22** | **木** |  |  |  |  |  |
| **23** | **金** |  |  |  |  |  |
| **24** | **土** |  |  |  |  |  |
| **25** | **日** |  |  |  |  |  |
| **26** | **月** |  |  |  |  |  |
| **27** | **火** |  |  |  |  |  |
| **28** | **水** |  |  |  |  |  |
| **29** | **木** |  |  |  |  |  |
| **30** | **金** |  |  |  |  |  |
| **31** | **土** |  |  |  |  |  |

**令和７年6月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **日** |  |  |  |  |  |
| **2** | **月** |  |  |  |  |  |
| **3** | **火** |  |  |  |  |  |
| **4** | **水** |  |  |  |  |  |
| **5** | **木** |  |  |  |  |  |
| **6** | **金** |  |  |  |  |  |
| **7** | **土** |  |  |  |  |  |
| **8** | **日** |  |  |  |  |  |
| **9** | **月** |  |  |  |  |  |
| **10** | **火** |  |  |  |  |  |
| **11** | **水** |  |  |  |  |  |
| **12** | **木** |  |  |  |  |  |
| **13** | **金** |  |  |  |  |  |
| **14** | **土** |  |  |  |  |  |
| **15** | **日** |  |  |  |  |  |
| **16** | **月** |  |  |  |  |  |
| **17** | **火** |  |  |  |  |  |
| **18** | **水** |  |  |  |  |  |
| **19** | **木** |  |  |  |  |  |
| **20** | **金** |  |  |  |  |  |
| **21** | **土** |  |  |  |  |  |
| **22** | **日** |  |  |  |  |  |
| **23** | **月** |  |  |  |  |  |
| **24** | **火** |  |  |  |  |  |
| **25** | **水** |  |  |  |  |  |
| **26** | **木** |  |  |  |  |  |
| **27** | **金** |  |  |  |  |  |
| **28** | **土** |  |  |  |  |  |
| **29** | **日** |  |  |  |  |  |
| **30** | **月** |  |  |  |  |  |
|  |  |  |  |  |  |  |

**令和７年7月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **火** |  |  |  |  |  |
| **2** | **水** |  |  |  |  |  |
| **3** | **木** |  |  |  |  |  |
| **4** | **金** |  |  |  |  |  |
| **5** | **土** |  |  |  |  |  |
| **6** | **日** |  |  |  |  |  |
| **7** | **月** |  |  |  |  |  |
| **8** | **火** |  |  |  |  |  |
| **9** | **水** |  |  |  |  |  |
| **10** | **木** |  |  |  |  |  |
| **11** | **金** |  |  |  |  |  |
| **12** | **土** |  |  |  |  |  |
| **13** | **日** |  |  |  |  |  |
| **14** | **月** |  |  |  |  |  |
| **15** | **火** |  |  |  |  |  |
| **16** | **水** |  |  |  |  |  |
| **17** | **木** |  |  |  |  |  |
| **18** | **金** |  |  |  |  |  |
| **19** | **土** |  |  |  |  |  |
| **20** | **日** |  |  |  |  |  |
| **21** | **月** | **海の日** |  |  |  |  |
| **22** | **火** |  |  |  |  |  |
| **23** | **水** |  |  |  |  |  |
| **24** | **木** |  |  |  |  |  |
| **25** | **金** |  |  |  |  |  |
| **26** | **土** |  |  |  |  |  |
| **27** | **日** |  |  |  |  |  |
| **28** | **月** |  |  |  |  |  |
| **29** | **火** |  |  |  |  |  |
| **30** | **水** |  |  |  |  |  |
| **31** | **木** |  |  |  |  |  |

**令和７年8月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **金** |  |  |  |  |  |
| **2** | **土** |  |  |  |  |  |
| **3** | **日** |  |  |  |  |  |
| **4** | **月** |  |  |  |  |  |
| **5** | **火** |  |  |  |  |  |
| **6** | **水** |  |  |  |  |  |
| **7** | **木** |  |  |  |  |  |
| **8** | **金** |  |  |  |  |  |
| **9** | **土** |  |  |  |  |  |
| **10** | **日** |  |  |  |  |  |
| **11** | **月** | **山の日** |  |  |  |  |
| **12** | **火** |  |  |  |  |  |
| **13** | **水** |  |  |  |  |  |
| **14** | **木** |  |  |  |  |  |
| **15** | **金** |  |  |  |  |  |
| **16** | **土** |  |  |  |  |  |
| **17** | **日** |  |  |  |  |  |
| **18** | **月** |  |  |  |  |  |
| **19** | **火** |  |  |  |  |  |
| **20** | **水** |  |  |  |  |  |
| **21** | **木** |  |  |  |  |  |
| **22** | **金** |  |  |  |  |  |
| **23** | **土** |  |  |  |  |  |
| **24** | **日** |  |  |  |  |  |
| **25** | **月** |  |  |  |  |  |
| **26** | **火** |  |  |  |  |  |
| **27** | **水** |  |  |  |  |  |
| **28** | **木** |  |  |  |  |  |
| **29** | **金** |  |  |  |  |  |
| **30** | **土** |  |  |  |  |  |
| **31** | **日** |  |  |  |  |  |

**令和７年9月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **月** |  |  |  |  |  |
| **2** | **火** |  |  |  |  |  |
| **3** | **水** |  |  |  |  |  |
| **4** | **木** |  |  |  |  |  |
| **5** | **金** |  |  |  |  |  |
| **6** | **土** |  |  |  |  |  |
| **7** | **日** |  |  |  |  |  |
| **8** | **月** |  |  |  |  |  |
| **9** | **火** |  |  |  |  |  |
| **10** | **水** |  |  |  |  |  |
| **11** | **木** |  |  |  |  |  |
| **12** | **金** |  |  |  |  |  |
| **13** | **土** |  |  |  |  |  |
| **14** | **日** |  |  |  |  |  |
| **15** | **月** | **敬老の日** |  |  |  |  |
| **16** | **火** |  |  |  |  |  |
| **17** | **水** |  |  |  |  |  |
| **18** | **木** |  |  |  |  |  |
| **19** | **金** |  |  |  |  |  |
| **20** | **土** |  |  |  |  |  |
| **21** | **日** |  |  |  |  |  |
| **22** | **月** |  |  |  |  |  |
| **23** | **火** | **秋分の日** |  |  |  |  |
| **24** | **水** |  |  |  |  |  |
| **25** | **木** |  |  |  |  |  |
| **26** | **金** |  |  |  |  |  |
| **27** | **土** |  |  |  |  |  |
| **28** | **日** |  |  |  |  |  |
| **29** | **月** |  |  |  |  |  |
| **30** | **火** |  |  |  |  |  |
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**令和７年10月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **水** |  |  |  |  |  |
| **2** | **木** |  |  |  |  |  |
| **3** | **金** |  |  |  |  |  |
| **4** | **土** |  |  |  |  |  |
| **5** | **日** |  |  |  |  |  |
| **6** | **月** |  |  |  |  |  |
| **7** | **火** |  |  |  |  |  |
| **8** | **水** |  |  |  |  |  |
| **9** | **木** |  |  |  |  |  |
| **10** | **金** |  |  |  |  |  |
| **11** | **土** |  |  |  |  |  |
| **12** | **日** |  |  |  |  |  |
| **13** | **月** | **スポーツの日** |  |  |  |  |
| **14** | **火** |  |  |  |  |  |
| **15** | **水** |  |  |  |  |  |
| **16** | **木** |  |  |  |  |  |
| **17** | **金** |  |  |  |  |  |
| **18** | **土** |  |  |  |  |  |
| **19** | **日** |  |  |  |  |  |
| **20** | **月** |  |  |  |  |  |
| **21** | **火** |  |  |  |  |  |
| **22** | **水** |  |  |  |  |  |
| **23** | **木** |  |  |  |  |  |
| **24** | **金** |  |  |  |  |  |
| **25** | **土** |  |  |  |  |  |
| **26** | **日** |  |  |  |  |  |
| **27** | **月** |  |  |  |  |  |
| **28** | **火** |  |  |  |  |  |
| **29** | **水** |  |  |  |  |  |
| **30** | **木** |  |  |  |  |  |
| **31** | **金** |  |  |  |  |  |

**令和７年11月**

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|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **土** |  |  |  |  |  |
| **2** | **日** |  |  |  |  |  |
| **3** | **月** | **文化の日** |  |  |  |  |
| **4** | **火** |  |  |  |  |  |
| **5** | **水** |  |  |  |  |  |
| **6** | **木** |  |  |  |  |  |
| **7** | **金** |  |  |  |  |  |
| **8** | **土** |  |  |  |  |  |
| **9** | **日** |  |  |  |  |  |
| **10** | **月** |  |  |  |  |  |
| **11** | **火** |  |  |  |  |  |
| **12** | **水** |  |  |  |  |  |
| **13** | **木** |  |  |  |  |  |
| **14** | **金** |  |  |  |  |  |
| **15** | **土** |  |  |  |  |  |
| **16** | **日** |  |  |  |  |  |
| **17** | **月** |  |  |  |  |  |
| **18** | **火** |  |  |  |  |  |
| **19** | **水** |  |  |  |  |  |
| **20** | **木** |  |  |  |  |  |
| **21** | **金** |  |  |  |  |  |
| **22** | **土** |  |  |  |  |  |
| **23** | **日** | **勤労感謝の日** |  |  |  |  |
| **24** | **月** | **振替休日** |  |  |  |  |
| **25** | **火** |  |  |  |  |  |
| **26** | **水** |  |  |  |  |  |
| **27** | **木** |  |  |  |  |  |
| **28** | **金** |  |  |  |  |  |
| **29** | **土** |  |  |  |  |  |
| **30** | **日** |  |  |  |  |  |
|  |  |  |  |  |  |  |

**令和７年12月**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **朝** | **昼** | **夜** | **メモ** |
| **1** | **月** |  |  |  |  |  |
| **2** | **火** |  |  |  |  |  |
| **3** | **水** |  |  |  |  |  |
| **4** | **木** |  |  |  |  |  |
| **5** | **金** |  |  |  |  |  |
| **6** | **土** |  |  |  |  |  |
| **7** | **日** |  |  |  |  |  |
| **8** | **月** |  |  |  |  |  |
| **9** | **火** |  |  |  |  |  |
| **10** | **水** |  |  |  |  |  |
| **11** | **木** |  |  |  |  |  |
| **12** | **金** |  |  |  |  |  |
| **13** | **土** |  |  |  |  |  |
| **14** | **日** |  |  |  |  |  |
| **15** | **月** |  |  |  |  |  |
| **16** | **火** |  |  |  |  |  |
| **17** | **水** |  |  |  |  |  |
| **18** | **木** |  |  |  |  |  |
| **19** | **金** |  |  |  |  |  |
| **20** | **土** |  |  |  |  |  |
| **21** | **日** |  |  |  |  |  |
| **22** | **月** |  |  |  |  |  |
| **23** | **火** |  |  |  |  |  |
| **24** | **水** |  |  |  |  |  |
| **25** | **木** |  |  |  |  |  |
| **26** | **金** |  |  |  |  |  |
| **27** | **土** |  |  |  |  |  |
| **28** | **日** |  |  |  |  |  |
| **29** | **月** |  |  |  |  |  |
| **30** | **火** |  |  |  |  |  |
| **31** | **水** |  |  |  |  |  |