体重と腹囲の記録用紙

☆腹囲は立った状態で、おへそ周りを計測☆

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| -5kg |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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体重は一目盛り1kgです。腹囲は一目盛り1cmです。