体重・歩数記録表　　　　　　　　　　　　　No.

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| 体　　重（㎏） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 体脂肪率（％） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 腹　　囲（㎝） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 日記やいいわけ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |