ウォーキングの実践

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| 歩数グラフ |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 10000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 9000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 8000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 7000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 6000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 5000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 4000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 3000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 2000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 1000 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 歩数 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 時間 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 距離 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 体重 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 累計歩数 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ※気づいたこと | | | | | | | | | | | | | |
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| 累計 | | 歩数 |  | | 万歩 | 距離 |  | | km | 日数 |  | | 日 |

※距離=歩幅×歩数(例えば、歩幅50cmで1,000歩歩くと0.5kmの距離になります)