一日の生活リズムを記入しましょう

例

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| 睡眠 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 21時から5時 |  |  |  |  |  |
| 食事 |  |  |  |  |  |  | ○ |  |  |  |  |  | ○ |  |  |  |  |  | ○ |  |  |  |  |  |  |  |
| 運動 |  |  |  |  |  |  |  | 散歩 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 趣味 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | パソコン |  |  |  |  |  |  |  |  |  |  |  |
| 家事・仕事 |  |  |  |  |  |  |  |  |  | 掃除 |  |  |  |  |  |  |  | 食器洗い |  |  |  |  |  |  |  |  |
| 体調 |  |  |  |  |  | 良い〇 |  |  |  |  |  |  |  |  |  | 悪い× |  |  |  |  |  |  |  |  |  |  |

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| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 趣味 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 家事・仕事 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 睡眠 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 趣味 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 家事・仕事 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 食事 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 趣味 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 家事・仕事 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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一日の生活リズムを記入しましょう

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| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 家事・仕事 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 運動 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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