記入日　　　　年　　　月　　　日氏名

**【平日の過ごし方】**

　　６　　８　　１０　　１２　　１４　　１６　　１８　　２０　　２２　　２４

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |

**【休日の過ごし方】**

　　６　　８　　１０　　１２　　１４　　１６　　１８　　２０　　２２　　２４

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |

**【余暇の過ごし方～お休みの日には何をするか～】**

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|  |

**【一週間の過ごし方】**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
| 午前 |  |  |  |  |  |  |  |
| 午後 |  |  |  |  |  |  |  |

※通っている場所や余暇活動などを記入しましょう。