年　月

## 今月頭の自分

| 体重 | 体脂肪率 | 腹囲 |
| --- | --- | --- |
| kg | % | cm |

+2kg
kg

+1kg
kg

±0kg
kg

−1kg
kg

−2kg
kg

−3kg
kg

−4kg
kg

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| いいわけ | | | | | | | | | | | | | |
| 何かしらの運動をしたか？ | | | | | | | | | | | | | |

76bitCafe式

# 計るだけダイエット記録用紙

## ●カ月後の目標

| 体重 | 体脂肪率 | 腹囲 |
| --- | --- | --- |
| kg | % | cm |

| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| | | | | | | | | | | | | | | | | |