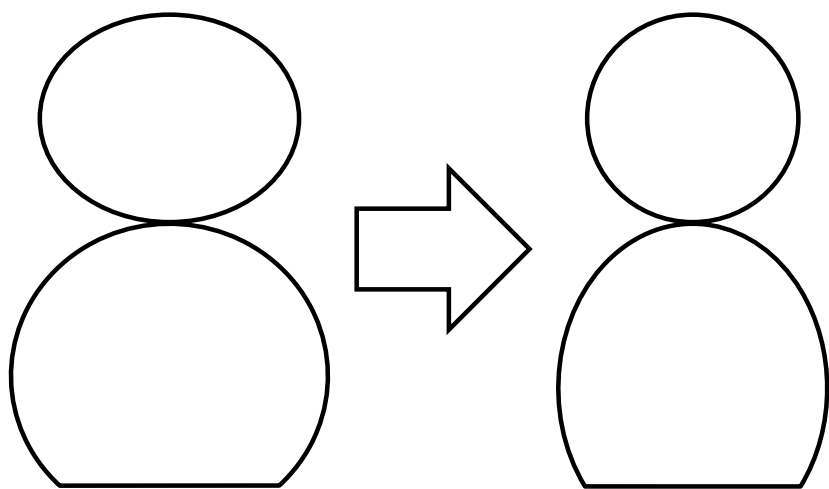




ダイエット手帳
by Penguin-box.jp

2015年10月～12月

はじめに

この手帳は、Penguin-box.jpの中の人が作成、使用している食事・活動量の記入欄付きリフィルが綴じ手帳になったらノートカバーに収まって便利じゃね？と思って誕生しました。週間のみのため、月間タイプの手帳との併用がおすすめです。

特徴

- ・食事・活動量の記入欄がダイエット&リバウンド防止をアシスト
- ・日ごとの記入スペースが広い見開き1週間のホリゾンタル形式を採用
- ・持ち歩きにかさばらない3か月仕様

The image displays two sample pages from the Penguin-box journal. The left page is a weekly layout with callouts for '食事' (Meal), '活動量' (Activity), and 'メモ' (Memo). The right page is a daily layout with callouts for '充実の記入欄' (Full writing area) and '天気&デイリータスク達成度' (Weather & Daily task completion).

使い方

1) 充実の記入欄

25個の目盛を利用して欄を分割したり時刻を記入したりできます。

【例】

The example shows a daily layout with a timeline from 9 to 18. The left side is labeled '予定' (Schedule) and the right side is labeled '実績' (Actual). The timeline includes entries for 10:00-11:00 (定例mtg @ A-123) and 15:00-16:00 (グループ進捗確認).

2) 食事・活動量

一日の記録を付けます。

活動量は、歩数[Steps]、距離[km]、時間[min]、Ex値、総消費カロリー[kcal]、活動消費カロリー[kcal]、脂肪燃焼グラム[g]、体重[kg]、体脂肪率[%]、睡眠時間[H]を記録できます。

3) デイリータスク&達成度

右下のデイリータスク欄へ日課を記入し、達成度欄へその日の達成度を記録します。

達成度は、達成できたら○、そこそこできたら○、イマイチだったら△、できなかったら×、あるいはパーセントで付けても良いでしょう。

28 (Mon)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

29 (Tue)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

30 (Wed)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

1 (Thu)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C E		
				Fat Burned		Total g g		B		D F		
6 (Tue)												
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C E		
				Fat Burned		Total g g		B		D F		
7 (Wed)												
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C E		
				Fat Burned		Total g g		B		D F		
8 (Thu)												
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C E		
				Fat Burned		Total g g		B		D F		

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12 (Mon)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

13 (Tue)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

14 (Wed)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

15 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

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17 (Sat)

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	Daily Task
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19 (Mon)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

20 (Tue)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

21 (Wed)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

22 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

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24 (Sat)

25 (Sun)

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C	F

26 (Mon)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

27 (Tue)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

28 (Wed)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

29 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

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7	(Sat)
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Breakfast	Dinner	Steps	steps		Weight	kg			
			km	min	Body Fat p.c.	%			
		Ex			Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal		Weather				
		Activity Related	kcal		A				
		Fat Burned	Total g	g	B				
					C				
					D				
					E				
					F				

	Daily Task
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2015.11

16 (Mon)

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Breakfast	Dinner	Steps	steps		Weight	kg			
			km	min	Body Fat p.c.	%			
		Ex			Sleep	H			
Lunch	Snack	Energy	Total	kcal	Weather				
		Expenditure	Activity Related	kcal	A		C	E	
		Fat Burned	Total	g g	B		D	F	

17 (Tue)

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Breakfast	Dinner	Steps	steps		Weight	kg					
			km	min	Body Fat p.c.	%					
Lunch	Snack	Ex			Sleep	H					
		Energy Expenditure	Total	kcal	Weather						
			Activity Related	kcal	A		C		E		
				Fat Burned	Total	g	g	B		D	

18 (Wed)

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Breakfast	Dinner	Steps	steps		Weight		kg	
			km	min	Body Fat p.c.		%	
Lunch	Snack	Ex			Sleep		H	
		Energy Expenditure	Total	kcal	Weather			
			Activity Related	kcal	A		C	E
		Fat Burned	Total	g	g	B		D

19 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg				
			km	min	Body Fat p.c.	%			
Lunch	Snack	Ex	Sleep		H				
		Energy Expenditure	Total	kcal	Weather				
			Activity Related	kcal	A		C		E
			Fat Burned	Total	g	g	B		D

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Breakfast	Dinner	Steps	steps		Weight	kg				
			km	min	Body Fat p.c.	%				
		Ex	Sleep			H				
Lunch	Snack	Energy	Total	kcal	Weather					
		Expenditure	Activity Related	kcal	A		C		E	
		Fat Burned	Total	g	B		D		F	

Breakfast	Dinner	Steps	steps		Weight	kg				
			km	min	Body Fat p.c.	%				
		Ex	Sleep			H				
Lunch	Snack	Energy	Total	kcal	Weather					
		Expenditure	Activity Related		kcal	A		C		E
		Fat Burned	Total	g	g	B		D		F

Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex	Sleep		H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
		Activity Related	kcal	A				
		Fat Burned	Total g g	B				
				D			F	

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2015.11

23 (Mon)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

24 (Tue)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

25 (Wed)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

26 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C		E
				Fat Burned		Total g g		B		D		F
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C		E
				Fat Burned		Total g g		B		D		F
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C		E
				Fat Burned		Total g g		B		D		F
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Breakfast		Dinner		Steps		steps		Weight		kg		
						km min		Body Fat p.c.		%		
				Ex				Sleep		H		
Lunch		Snack		Energy Expenditure		Total kcal		Weather				
				Activity Related		kcal		A		C		E
				Fat Burned		Total g g		B		D		F

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Breakfast		Dinner		Steps		steps		Weight		kg			
						km min		Body Fat p.c.		%			
				Ex				Sleep		H			
Lunch		Snack		Energy Expenditure		Total kcal		Weather					
				Activity Related		kcal		A		C		E	
				Fat Burned		Total g g		B		D		F	
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Breakfast		Dinner		Steps		steps		Weight		kg			
						km min		Body Fat p.c.		%			
				Ex				Sleep		H			
Lunch		Snack		Energy Expenditure		Total kcal		Weather					
				Activity Related		kcal		A		C		E	
				Fat Burned		Total g g		B		D		F	
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Breakfast		Dinner		Steps		steps		Weight		kg			
						km min		Body Fat p.c.		%			
				Ex				Sleep		H			
Lunch		Snack		Energy Expenditure		Total kcal		Weather					
				Activity Related		kcal		A		C		E	
				Fat Burned		Total g g		B		D		F	
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Breakfast		Dinner		Steps		steps		Weight		kg			
						km min		Body Fat p.c.		%			
				Ex				Sleep		H			
Lunch		Snack		Energy Expenditure		Total kcal		Weather					
				Activity Related		kcal		A		C		E	
				Fat Burned		Total g g		B		D		F	

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14 (Mon)

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Breakfast	Dinner	Steps	steps		Weight	kg			
			km	min	Body Fat p.c.	%			
		Ex			Sleep	H			
Lunch	Snack	Energy	Total	kcal	Weather				
		Expenditure	Activity Related	kcal	A		C	E	
		Fat Burned	Total	g	B		D	F	

15 (Tue)

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Breakfast	Dinner	Steps	steps		Weight		kg		
			km	min	Body Fat p.c.		%		
		Ex			Sleep		H		
Lunch	Snack	Energy	Total	kcal	Weather				
		Expenditure	Activity Related	kcal	A		C	E	
		Fat Burned	Total	g	g	B		D	F

16 (Wed)

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Breakfast	Dinner	Steps	steps		Weight		kg		
			km	min	Body Fat p.c.		%		
		Ex			Sleep		H		
Lunch	Snack	Energy	Total	kcal	Weather				
		Expenditure	Activity Related	kcal	A		C	E	
		Fat Burned	Total	g	g	B		D	F

17 (Thu)

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Breakfast	Dinner	Steps	steps		Weight		kg		
			km	min	Body Fat p.c.		%		
		Ex			Sleep		H		
Lunch	Snack	Energy	Total	kcal	Weather				
		Expenditure	Activity Related	kcal	A		C	E	
		Fat Burned	Total	g	g	B		D	F

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21 (Mon)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

22 (Tue)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

23 (Wed)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

24 (Thu)

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Breakfast	Dinner	Steps	steps	Weight					kg
			km min	Body Fat p.c.					%
		Ex		Sleep					H
Lunch	Snack	Energy Expenditure	Total kcal	Weather					
			Activity Related kcal	A		C		E	
		Fat Burned	Total g g	B		D		F	

[illegible]

Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
		Activity Related	kcal	A	C		E	
		Fat Burned	Total g g	B	D		F	

[illegible]

Breakfast	Dinner	Steps	steps		Weight	kg		
			km	min	Body Fat p.c.	%		
		Ex			Sleep	H		
Lunch	Snack	Energy Expenditure	Total	kcal	Weather			
				kcal	A			
		Fat Burned	Total	g	B	D	E	F

[illegible]

Breakfast	Dinner	Steps	steps		Weight	kg			
			km	min	Body Fat p.c.	%			
		Ex			Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal		Weather				
		Activity Related	kcal		A				
		Fat Burned	Total g	g	B				
					C				
					D				
					E				
					F				

A	D
B	E
C	F

D

E

F

28 (Mon)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

29 (Tue)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

30 (Wed)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

31 (Thu)

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Breakfast	Dinner	Steps	steps	Weight	kg			
			km min	Body Fat p.c.	%			
		Ex		Sleep	H			
Lunch	Snack	Energy Expenditure	Total kcal	Weather				
			Activity Related kcal	A		C		E
		Fat Burned	Total g g	B		D		F

Penguin-box.jp
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