

3か月手帳
by Penguin-box.jp

2016年1月～3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 pages from a horizontal-format journal. The left page is for '2012.12 31 (Mon)' and the right page is for '4 (Fri)'. Both pages have a yellow header bar. The left page has callouts for '食事' (Food) and '活動量' (Activity) pointing to specific input areas. The right page has callouts for '充実の記入欄' (Ample input area) and '天気&デイリータスク達成度' (Weather & Daily task completion rate) pointing to the top and bottom sections respectively. A 'メモ' (Memo) callout points to a large empty box on the bottom left, and a 'デイリータスク' (Daily task) callout points to a table on the bottom right.

Daily Task	
A	D
B	E
C	F

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 page for '28 (Fri)'. It features a timeline from 9 to 18. Time slots are marked with '← 定例 →' (Regular) and '← G進捗 →' (G Progress). Specific tasks are listed: '10:00-11:00 定例mtg @ A-123' and '15:00-16:00 グループ進捗確認'. Below the timeline, two boxes indicate '左側：予定' (Left: Schedule) and '右側：実績' (Right: Actual/Status). The status for the 10:00-11:00 slot is '〇〇の議事録作成 完' (Meeting minutes completed).

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

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

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4 (Mon)

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

5 (Tue)

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

6 (Wed)

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

7 (Thu)

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

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9	(Sat)
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11 (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	

12 (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	

13 (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	

14 (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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18 (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

19 (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

20 (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

21 (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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25 (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
26 (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
27 (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
28 (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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1 (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		
2 (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		
3 (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		
4 (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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A	D
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8 (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	

9 (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	

10 (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	

11 (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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15 (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	

16 (Tue)

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

17 (Wed)

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

18 (Thu)

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

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20 (Sat)

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21 (Sun)

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22 (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

23 (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

24 (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

25 (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	

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

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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	B				
			g	g	D			F	

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29 (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	

1 (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	

2 (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	

3 (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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7 (Mon)

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

8 (Tue)

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

9 (Wed)

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

10 (Thu)

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

15 (Tue)

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

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A	D
B	E
C	F

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

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A	D
B	E
C	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		

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