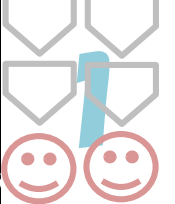
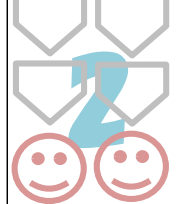
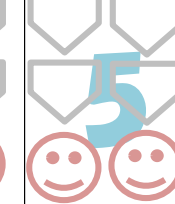
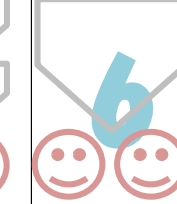
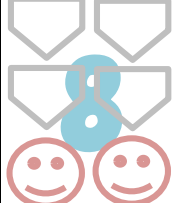
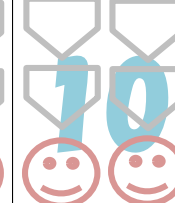
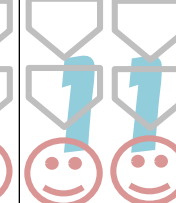
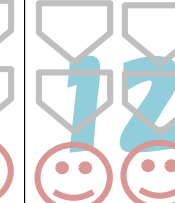
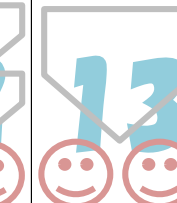
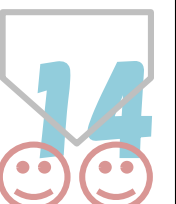
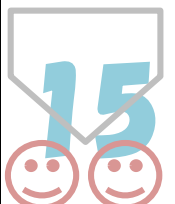
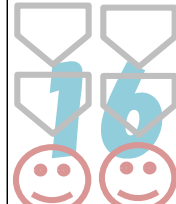
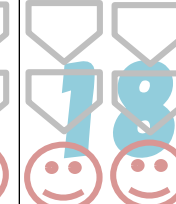
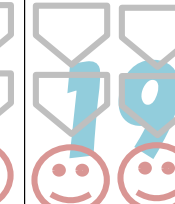
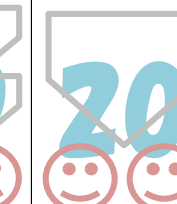
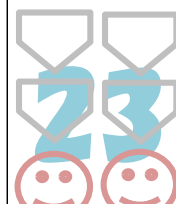
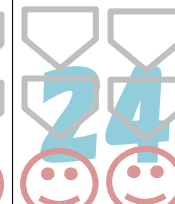
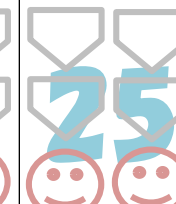
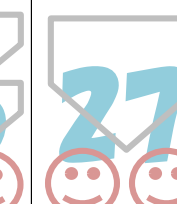
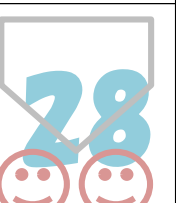
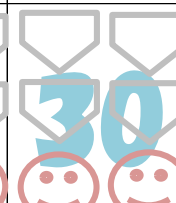


ITSスタジアムカード

「運動・食事・睡眠を見直して体力アップ!」

7月

なまえ

日	月	火	水	木	金	土
	 1  	 2  	 3  	 4  	 5  	 6  
 7  	 8  	 9  	 10  	 11  	 12  	 13  
 14  	 15  	 16  	 17  	 18  	 19  	 20  
 21  	 22  	 23  	 24  	 25  	 26  	 27  
 28  	 29  	 30  	 31  			



15分程度運動したら色をぬりましょう。1日1時間を目標に！
(大きいのは60分)



朝食を食べたとき色をぬりましょう。

6～8時間以上睡眠をとったとき色をぬりましょう。

