1	JANU	JARY	2015
ж.	体重	18 18 14	体脂肪率 / ゆ / ゆ
1 тни		0100001000010	
2 FRI		000000000000000000000000000000000000000	
3 SAT		000000000000000000000000000000000000000	000000000000000000000000000000000000000
4 sun		000000000000000000000000000000000000000	опососнососно-
5 MON		000000000000000000000000000000000000000	<u></u>
6 TUE		000000000000000000000000000000000000000	<u></u>
7 WED		000000000000000000000000000000000000000	<u>опососнососно</u>
8 тни		000000000000000000000000000000000000000	опососоно опососоно опососоно опососоно опососоно опососоно опососоно опососоно опососоно опососно опосоно отосоно отосоно отосоно отосоно отосоно отосоно отосоно отосоно отосоно отосо
9 FRI		000000000000000000000000000000000000000	. опососонососно.
10 SAT		000000000000000000000000000000000000000	<u></u>
11 sun			
12 MON			. 0000000000000000000000000000000000000
13 TUE			. 0000000000000000000000000000000000000
14 WED			• • • • • • • • • • • • • • • • • • • •
15 THU			
16 FRI		000000000000000000000000000000000000000	
17 SAT		000000000000000000000000000000000000000	
18 sun		000000000000000000000000000000000000000	
19 мом			
20 TUE			
21 WED			
22 THU			
23 FRI			• • • • • • • • • • • • • • • • • • • •
24 SAT			• • • • • • • • • • • • • • • • • • • •
25 sun			••••••••••••
26 MON			• • • • • • • • • • • • • • • • • • • •
27 TUE		000000000000000000000000000000000000000	• • • • • • • • • • • • • • • • • • • •
28 WED			000000000000000000000000000000000000000
29 тни		000000000000000000000000000000000000000	000000000000000000000000000000000000000
30 FRI		000000000000000000000000000000000000000	•••••••••••
31 SAT			. 0000000000000000000000000000000000000

2015 **FEBRUARY** 120 体脂肪率 体重 **1** sun **2** MON 3 TUE 4 WED 5 THU FRI 7 SAT 8 SUN 9 MON **10** TUE **11** WED юпоооопооопо юпосостососто

2015 MARCH 40 40 , 体脂肪率 体重 **1** sun **2** MON TUE 4 WED 5 THU FRI 7 SAT SUN 9 MON **10** TUE **11** WED **12** THU 13 FRI **14** SAT | **15** SUN 16 MON 17 TUE **18** WED 19 THU 20 FRI **21** SAT **22** SUN 23 MON **24** TUE **25** WED 26 THU 27 FRI 28 SAT 29 SUN

30 MON . OFFOCOOFFOCOOFFO . OFFOCOOFFOCOOFFO

APRIL 2015 400 40 体脂肪率 体重 1 WED THU FRI 4 SAT 5 SUN **6** MON 7 TUE WED 9 THU 10 FRI **11** SAT **12** SUN **13** MON **14** TUE юпосостососто **15** WED **16** THU **17** FRI **18** SAT **19** SUN 20 MON **21** TUE 22 WED 23 THU 24 FRI 25 SAT **26** SUN 27 MON 28 TUE

29 WED

MAY 2015 400 40 , 体脂肪率 体重 FRI SAT SUN 4 MON 5 TUE 6 WED THU 8 FRI 9 SAT 10 SUN **11** MON **12** TUE **13** WED | **14** THU **15** FRI **16** SAT **17** SUN **18** MON 19 TUE 20 WED **21** THU 22 FRI 23 SAT **24** SUN 25 MON **26** TUE **27** WED 28 THU 29 FRI **30** SAT **31** SUN

7	JULY		2015
	/ + ₹	10 10 1	\$ /+050+## /o/o /o/o /o
1 WE	体重	200000000000000000000000000000000000000	体脂肪率
2 TH	-) 	
3 FR	•) 	000000000000000000000000000000000000000
4 sa	-) 	000000000000000000000000000000000000000
5 su	-		
6 мо	-		000000000000000000000000000000000000000
7 TU	-		
8 WE	:D	000000000000000000000000000000000000000	000000000000000000000000000000000000000
9 тн	U .	000000000000000000000000000000000000000	000000000000000000000000000000000000000
10 FR	RI .		
11 sa	т .		
12 su	N .		
13 мо	N .	000000000000000000000000000000000000000	. 0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-
14 TU	E .	000000000000000000000000000000000000000	••••••••••
15 WE	D .	000000000000000000000000000000000000000	
16 TH	U .	000000000000000000000000000000000000000	
17 FR	el .	000000000000000000000000000000000000000	. 0000000000000000000000000000000000000
18 sa	т .	000000000000000000000000000000000000000	. 0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-
19 su	N .	000000000000000000000000000000000000000	
20 мо	N .	000000000000000000000000000000000000000	
21 TU	E .	000000000000000000000000000000000000000	
22 WE	D .		• • • • • • • • • • • • • • • • • • • •
23 тн	U .		
24 FR	H	000000000000000000000000000000000000000	
25 SA	т	000000000000000000000000000000000000000	
26 su	N .	000000000000000000000000000000000000000	. 0-10-00-00-00-00-00-00-00-00-00-00-00-00
27 мо	N .	000000000000000000000000000000000000000	. 0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0
28 TU	Ε .	000000000000000000000000000000000000000	. 0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0
29 WE	D .	000000000000000000000000000000000000000	. 0000000000000000000000000000000000000
30 тн	U .		. 0000000000000000000000000000000000000
31 FR			. 0000000000000000000000000000000000000
mem	0		

28 FRI . O DO O O

10 THU		
11 FRI	о поосопоосопо	о пососнососно
12 SAT	о поосопоосопо	о поосопоосопо
13 SUN	000000000000000000000000000000000000000	о поосопоосопо
14 MON	000000000000000000000000000000000000000	000000000000000000000000000000000000000
15 TUE	о поосопоосопо	о поосопоосопо
16 WED	о поосопососно	о поосопосоон о(
17 THU	о поосопоосопо	о поосопосоон о(
18 FRI	000000000000000000000000000000000000000	о поосопосоон о
19 SAT	000000000000000000000000000000000000000	о поосопоосопо (
20 sun	о поосопососно	о поосопососно
21 MON	о пососнососно	о поосопосоон о(
22 TUE	о поосопососно	о поосоносоон о(
23 WED	000000000000000000000000000000000000000	о поосоносоон о(
24 тни	000000000000000000000000000000000000000	о поосопососн о
25 FRI	о поосопососно	о поосопосоон о(
26 SAT	о поосопососно	о пососнососно (
27 sun	о поосопососно	о поосоносоон о(
28 MON	000000000000000000000000000000000000000	о поосопоосопо (
29 TUE	000000000000000000000000000000000000000	о поосопосоон о
30 WED	о поосопососно	о поосопососно
	о поосопоосопо (о поосопососн о(
memo		

2015 **OCTOBER** 120 体脂肪率 体重 THU FRI SAT 4 SUN 5 MON TUE 7 WED THU 9 FRI 10 SAT **11** SUN **12** MON **13** TUE юпосостососто **14** WED **15** THU 16 FRI **17** SAT 18 SUN 19 MON 20 TUE **21** WED **22** THU 23 FRI **24** SAT **25** SUN 26 MON **27** TUE **28** WED 29 THU 30 FRI **31** SAT

2015 **DECEMBER** 体重 体脂肪率 TUE 2 WED THU 4 FRI 5 SAT 6 SUN 7 MON 8 TUE 9 WED **10** THU 11 FRI **12** SAT **13** SUN **14** MON юпосостососто **15** TUE **16** WED **17** THU 18 FRI **19** SAT 20 SUN **21** MON **22** TUE **23** WED **24** THU 25 FRI 26 SAT **27** SUN **28** MON

29 TUE . O DO O DO O O DO O O DO O O DO O O D

1	-	JANU	JARY		2016
Ť		体重	120	体体	脂肪率
1	FRI			₽~ [
2	SAT		000000000000000000000000000000000000000	₽0- [. 0000000000000000000000000000000000000
3	SUN		000000000000000000000000000000000000000	₽0- [. 0000000000000000000000000000000000000
4	MON		00	₽0 [. 0000000000000000000000000000000000000
5	TUE		 000000000000000000000000000000000000	₽0 [. 0000000000000000000000000000000000000
6	WED		\	₽0 [. 0000000000000000000000000000000000000
7	THU) 00000000000	₽0 [. 0000000000000000000000000000000000000
8	FRI		\	₽0- [. 0000000000000000000000000000000000000
9	SAT		\	₽0- [. 0000000000000000000000000000000000000
10	SUN		000000000000000000000000000000000000000	₽ [. 0000000000000000000000000000000000000
11	MON			₽ [• • • • • • • • • • • • • • • • • • • •
12	TUE			₽ [•••••••••••••
13	WED			₽ [••••••••••••
14	THU			₽ [• • • • • • • • • • • • • • • • • • • •
15	FRI			₽ _	
16	SAT			₽	• • • • • • • • • • • • • • • • • • • •
17	SUN			₽0-	• • • • • • • • • • • • • • • • • • • •
18	MON			₽0 [• • • • • • • • • • • • • • • • • • • •
19	TUE		 	₽0-	• • • • • • • • • • • • • • • • • • • •
20	WED	_	 	₽ _	• • • • • • • • • • • • • • • • • • • •
21	THU	_	 	₽	• • • • • • • • • • • • • • • • • • • •
	FRI			₽	•••••••••••
23	SAT		0000000000	₽	• • • • • • • • • • • • • • • • • • • •
24	SUN		0000000000	₽ _	• • • • • • • • • • • • • • • • • • • •
25	MON		0000000000	₽	• • • • • • • • • • • • • • • • • • • •
26	TUE		0000000000	₽	• • • • • • • • • • • • • • • • • • • •
	WED		000000000000	₽Ф [_	•
	THU		00000000000		
	FRI		0000000000		. 0000000000000000000000000000000000000
	SAT			₽ _	.
31	SUN			BO [. 000000000000000000000000000000000000

FEBRUARY

2016

	体重	120 /120	体服	旨肪率	00	000	0/0
1	MON.				<u> </u>	1	
2	TUE.		<u>-</u>		□	-□-0-0-0-0	-0-0
3	WED.	000000000000000000000000000000000000000	٠ <u> </u>		□		-0-0
4	THU.	000000000000	۰ <u> </u>		□		-0-
5	FRI .	000000000000000000000000000000000000000	٠ <u> </u>		□		-0-
6	SAT .	000000000000000000000000000000000000000	ф <u></u>	.)0-	□		-0-0
7	SUN.	000000000000000000000000000000000000000	ф <u></u>	.)0-	□		-0-0
8	MON.	00000000000	→	. 0-	□		-0-0-
9	TUE.	000000000000000000000000000000000000000	→	.)-0-	□		-0-0-
10	WED.		О	. 0-	□		-0-0-
11	THU.	поооопоооопо	ф <u></u>	. 0-	□		-0-0-
12	FRI .	поосонососно	- С	. 0-	□		-0-0-
13	SAT .		О	. 0-	□		-0-0-
14	SUN		О	.)-	□		-0-0-
15	MON.		О	.)-	□		-0-0-
16	TUE.	поооопоооопо(С	.)0-	□		-0-0-
17	WED.		С	.)	□	-□-0-0-0	-0-0-
18	THU.	00000000000	С	.) 0-	□		-0-0-
19	FRI .	000000000000	С	.) 0-	□		-0-0-
20	SAT.		ф <u></u>	.) 0-	□	-□-0-0-0-0	-0-0-
21	SUN	000000000000000000000000000000000000000	С	.)-	□		-0-0-
22	MON.	 	С	.)-	□		-0-0-
23	TUE.	00000000000	<u> </u>	0-	□	-□-0-0-0	-0-0
24	WED.	00000000000	→		□		-0-0-
25	THU.	000000000000000000000000000000000000000	О		□	-□-0-0-0-0	-0-0-
26	FRI .	000000000000000000000000000000000000000	О)-	□	-□-0-0-0-0	-0-
27	SAT.	 	С	.)-	□		-0-0-
28	SUN.	00000000000	<u> </u>		□	-□-0-0-0	-0-0
29	MON.	00000000000	<u> </u>	0-	□		-0-0
		000000000000000000000000000000000000000	٠ <u> </u>	0-	□	-□-0-0-0-0	-0-0-
		000000000000000000000000000000000000000	← []	}~	□	-□	-0-0-

2016 MARCH 60 40 , 体脂肪率 体重 **1** TUE WED THU 4 FRI 5 SAT 6 SUN **7** MON TUE 9 WED **10** THU 11 FRI **12** SAT **13** SUN **14** MON **15** TUE **16** WED **17** THU 18 FRI **19** SAT 20 SUN **21** MON **22** TUE **23** WED **24** THU 25 FRI 26 SAT **27** SUN 28 MON 29 TUE 30 WED

31 THU