

Blank rounded rectangular box for notes.

朝体重: [ ] [ ] [ ] [ ]

夜体重: [ ] [ ] [ ] [ ]

睡眠時間  
就寝 [ ] [ ] [ ] [ ]  
起床 [ ] [ ] [ ] [ ]  
合計 [ ] [ ] [ ] [ ]

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合計 [ ] [ ] [ ] [ ]

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