

ぐっすりチェックカレンダー

夜ねむる時間と、朝起きる時間を決めて、毎日同じリズムで過ごせるように心がけよう！



夜ねむる時間

時 分



朝起きる時間

時 分

目標すいみん時間

時間

9時間~10時間のすいみん時間を目標にして書き込んでね！

時間を守れたら 月 太陽 をぬりつぶしていこう！ 月 太陽



月

月曜日

火曜日

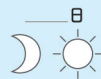
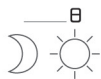
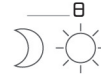
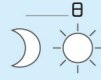
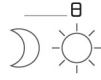
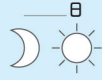
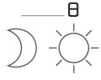
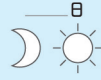
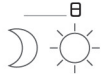
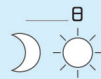
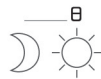
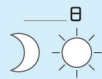
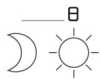
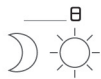
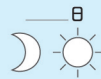
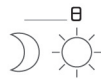
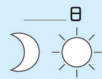
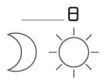
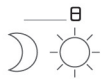
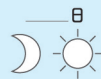
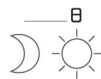
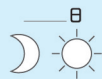
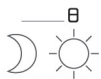
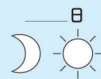
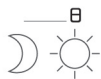
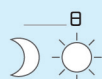
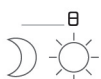
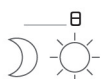
水曜日

木曜日

金曜日

土曜日

日曜日



月 太陽 りょうほうぬれた日

日 たっせい



すいみん習慣がついてきたかな？

次の月も引き続きすいみんチェックしてみよう！

月

月曜日

火曜日

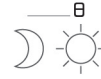
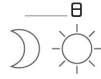
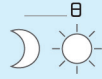
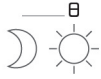
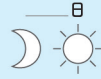
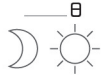
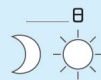
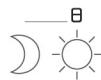
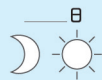
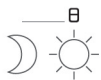
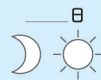
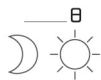
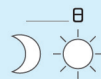
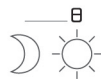
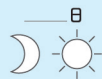
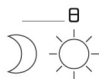
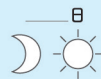
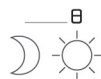
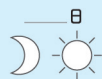
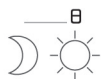
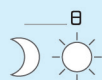
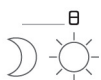
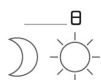
水曜日

木曜日

金曜日

土曜日

日曜日



月 太陽 りょうほうぬれた日

日 たっせい



毎日元気にすごせるようになったかな？またぐっすり
チェックカレンダーを印刷してチェックをつづけてね！