

10月健康記録データ

目標体重(kg) 62

日付	体重	体脂肪
10/1	67.0	24.5
10/2	67.5	24.1
10/3	66.6	24.6
10/4	66.8	24.3
10/5	66.6	24.5
10/6	66.4	24.1
10/7	66.1	24.0
10/8	65.7	24.3
10/9	65.2	24.1
10/10	66.0	23.8
10/11	65.6	23.5
10/12	65.1	23.4
10/13	65.5	23.6
10/14	65.0	23.2
10/15	64.8	23.4
10/16	64.5	23.6
10/17	65.1	23.4
10/18	64.3	23.2
10/19	64.2	23.5
10/20	64.9	23.1
10/21	64.6	22.8
10/22	64.2	22.7
10/23	64.6	23.1
10/24	65.1	23.4
10/25	64.8	23.2
10/26	64.7	22.9
10/27	64.5	22.7
10/28	64.7	22.7
10/29	64.3	22.5
10/30	64.1	22.6
10/31	64.0	22.5

