

○：禁煙チャレンジ（毎日喫煙していた人が8週間禁煙達成できたら20P）

|               |   |   |   |   |   |     |
|---------------|---|---|---|---|---|-----|
| 禁煙に取り組めた期間を記入 | 月 | 日 | ～ | 月 | 日 | 20P |
|---------------|---|---|---|---|---|-----|

○：休肝日チャレンジ（毎日飲酒していた人が週2日休肝日を8週間達成できたら20P）

|                  |   |   |   |   |   |     |
|------------------|---|---|---|---|---|-----|
| 休肝日チャレンジできた期間を記入 | 月 | 日 | ～ | 月 | 日 | 20P |
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○：四国八十八か所ウォーキング



●1日20分歩いた日に日付と○を付け、  
八十八か所制覇！！

10P

|     | 日付 | ○ |
|-----|----|---|
| 徳島県 | 1  |   |
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|     | 日付 | ○ |
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| 高知県 | 24 |   |
|     | 25 |   |
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|     | 日付 | ○ |
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| 愛媛県 | 40 |   |
|     | 41 |   |
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|     | 日付 | ○ |
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| 香川県 | 66 |   |
|     | 67 |   |
|     | 68 |   |
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|     | 88 |   |

# 神河町から東京まで歩いてウォーキング 585km

〔高速道路を歩いた場合の距離です。〕  
〔歩幅 1 歩60cmで計算すると975,000歩で東京到着〕

20P



合計歩数で東京に到着できたら **20 P** 獲得 (記録が足りなくなったら追加して下さい。)

| 月  |     |      | 月  |     |      | 月  |     |      | 月  |     |      |
|----|-----|------|----|-----|------|----|-----|------|----|-----|------|
| 日  | 歩 数 | 累計歩数 | 日  | 歩 数 | 累計歩数 | 日  | 歩 数 | 累計歩数 | 日  | 歩 数 | 累計歩数 |
| 1  |     |      | 1  |     |      | 1  |     |      | 1  |     |      |
| 2  |     |      | 2  |     |      | 2  |     |      | 2  |     |      |
| 3  |     |      | 3  |     |      | 3  |     |      | 3  |     |      |
| 4  |     |      | 4  |     |      | 4  |     |      | 4  |     |      |
| 5  |     |      | 5  |     |      | 5  |     |      | 5  |     |      |
| 6  |     |      | 6  |     |      | 6  |     |      | 6  |     |      |
| 7  |     |      | 7  |     |      | 7  |     |      | 7  |     |      |
| 8  |     |      | 8  |     |      | 8  |     |      | 8  |     |      |
| 9  |     |      | 9  |     |      | 9  |     |      | 9  |     |      |
| 10 |     |      | 10 |     |      | 10 |     |      | 10 |     |      |
| 11 |     |      | 11 |     |      | 11 |     |      | 11 |     |      |
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| 14 |     |      | 14 |     |      | 14 |     |      | 14 |     |      |
| 15 |     |      | 15 |     |      | 15 |     |      | 15 |     |      |
| 16 |     |      | 16 |     |      | 16 |     |      | 16 |     |      |
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| 20 |     |      | 20 |     |      | 20 |     |      | 20 |     |      |
| 21 |     |      | 21 |     |      | 21 |     |      | 21 |     |      |
| 22 |     |      | 22 |     |      | 22 |     |      | 22 |     |      |
| 23 |     |      | 23 |     |      | 23 |     |      | 23 |     |      |
| 24 |     |      | 24 |     |      | 24 |     |      | 24 |     |      |
| 25 |     |      | 25 |     |      | 25 |     |      | 25 |     |      |
| 26 |     |      | 26 |     |      | 26 |     |      | 26 |     |      |
| 27 |     |      | 27 |     |      | 27 |     |      | 27 |     |      |
| 28 |     |      | 28 |     |      | 28 |     |      | 28 |     |      |
| 29 |     |      | 29 |     |      | 29 |     |      | 29 |     |      |
| 30 |     |      | 30 |     |      | 30 |     |      | 30 |     |      |
| 31 |     |      | 31 |     |      | 31 |     |      | 31 |     |      |