

月

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Daily Target of

Daily Target of

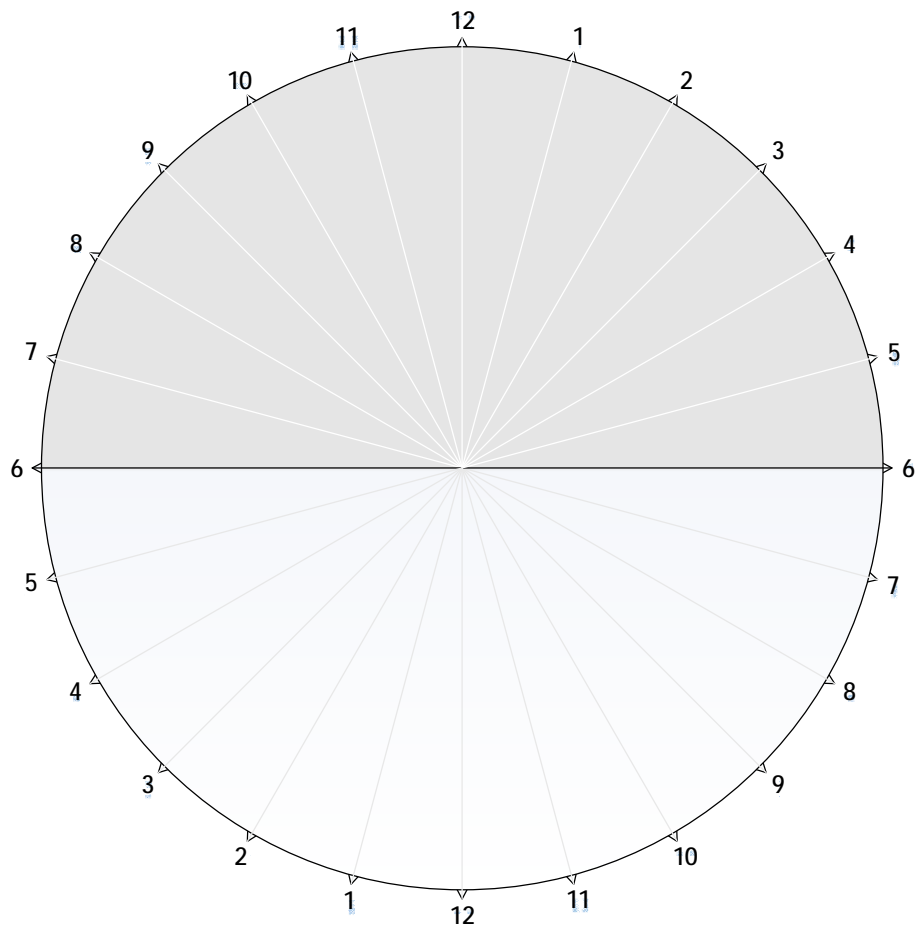
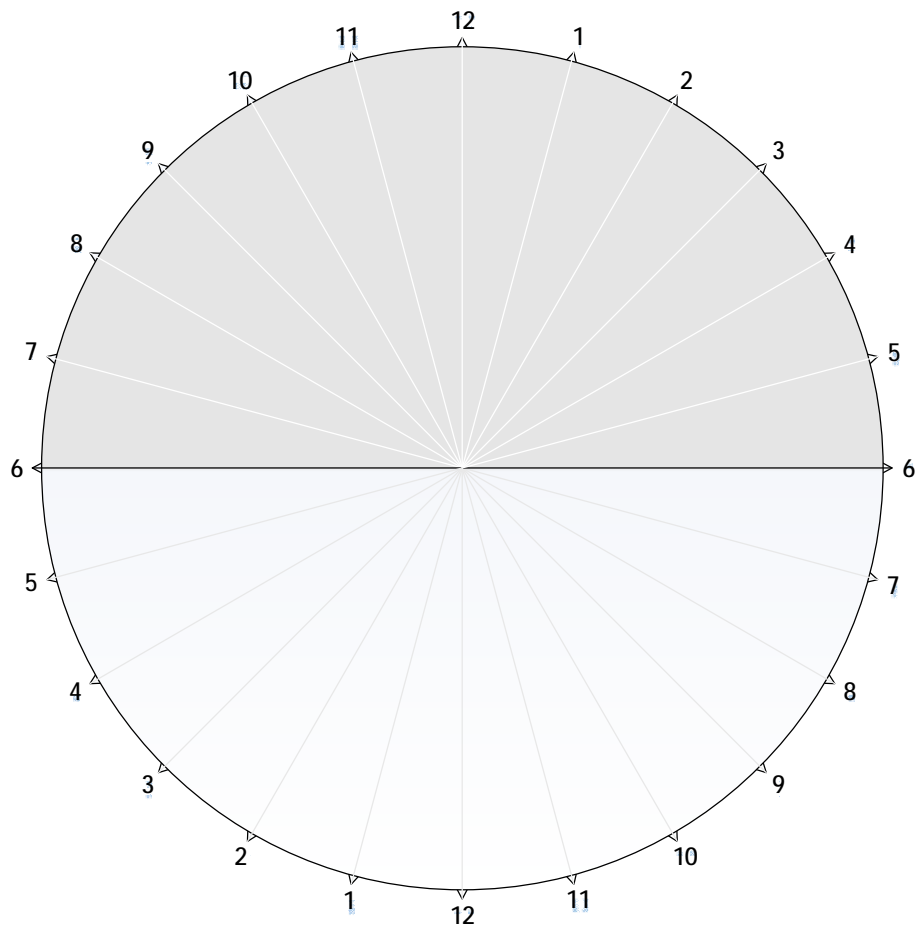
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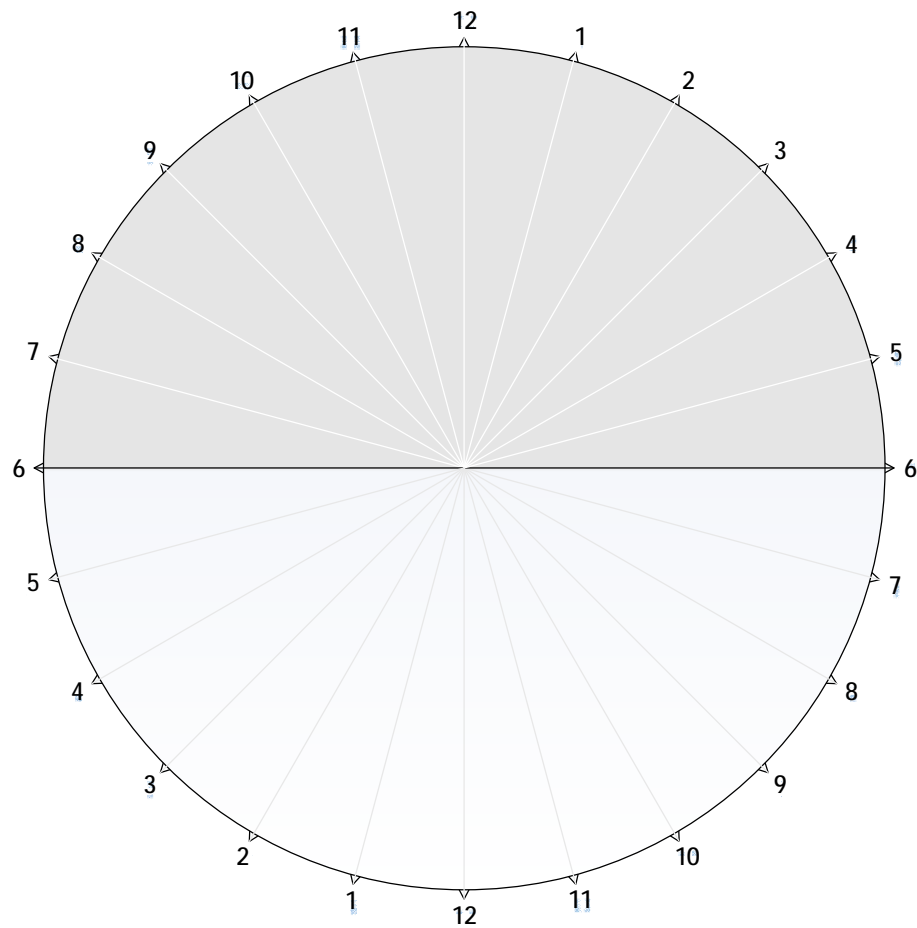
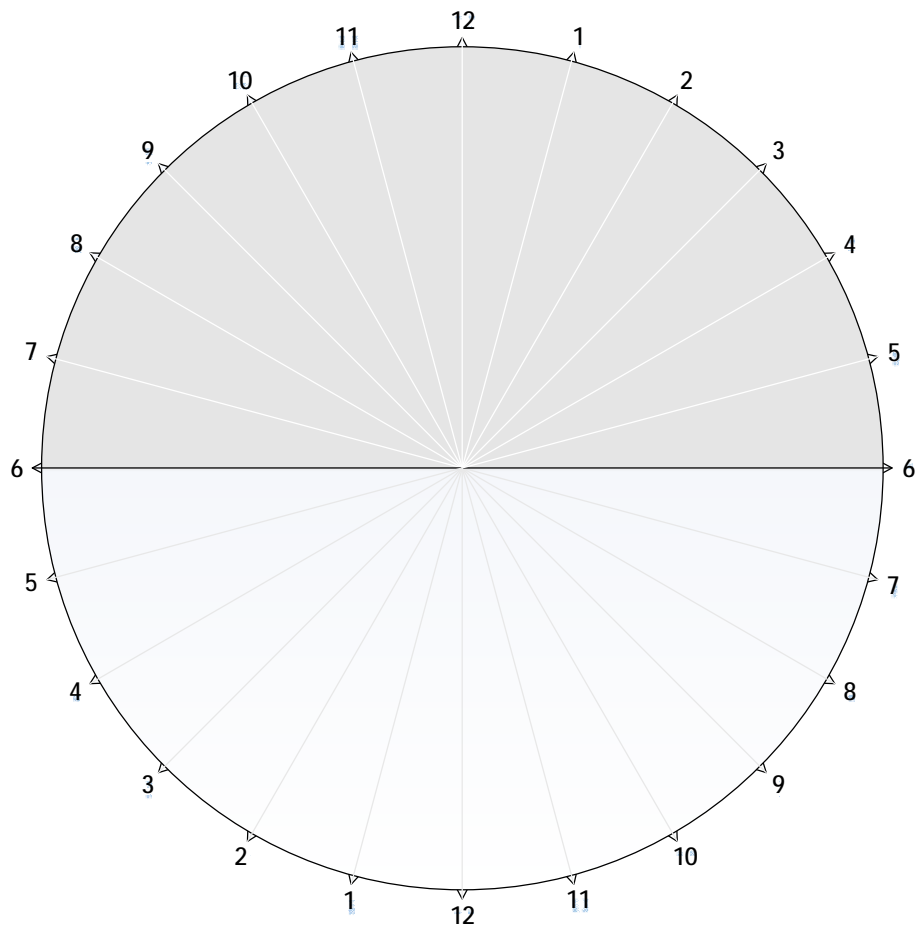
Daily Target of

Daily Target of

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\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

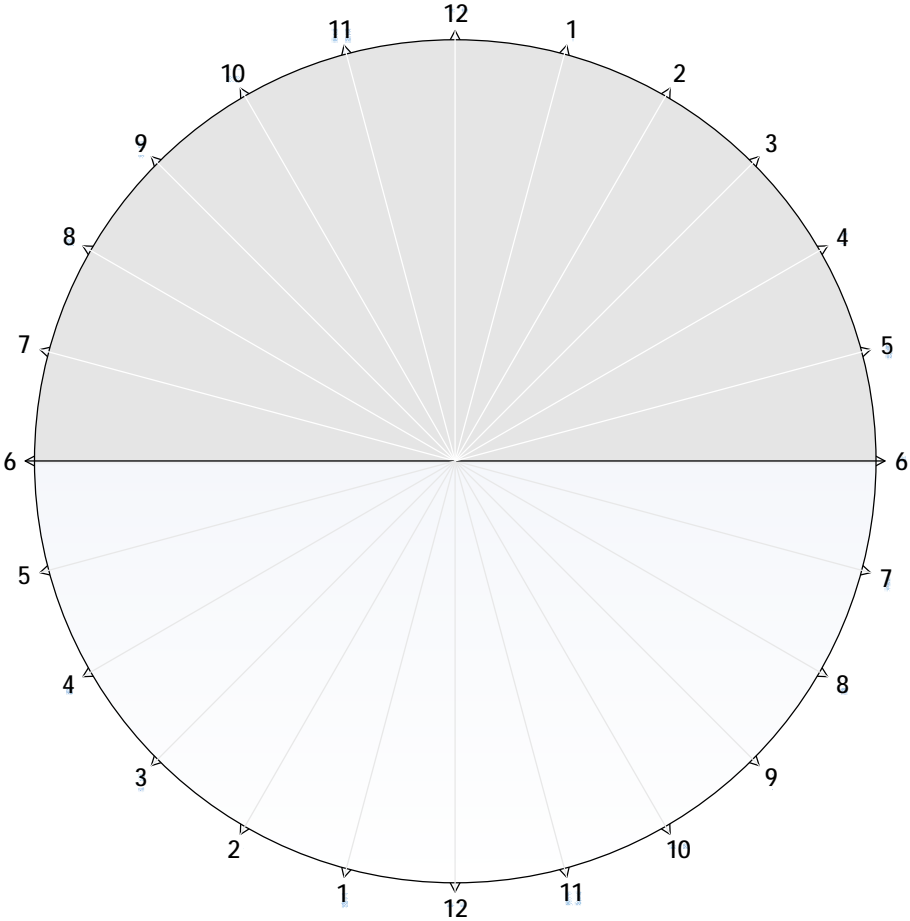
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



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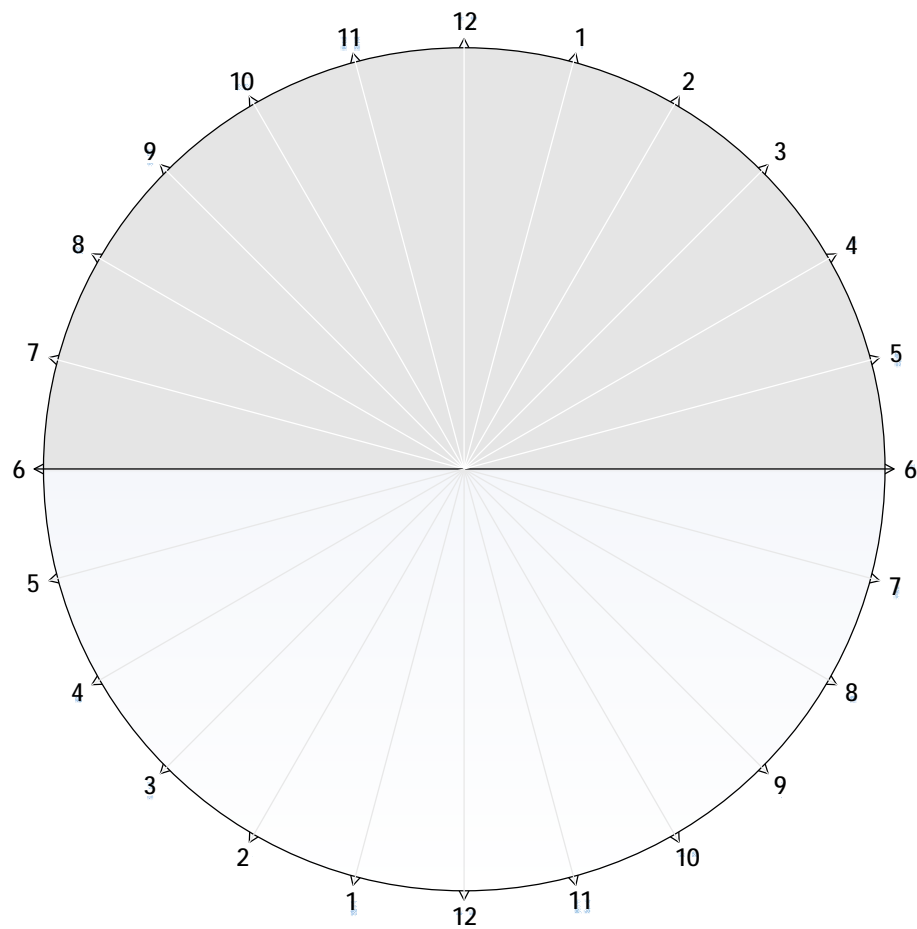
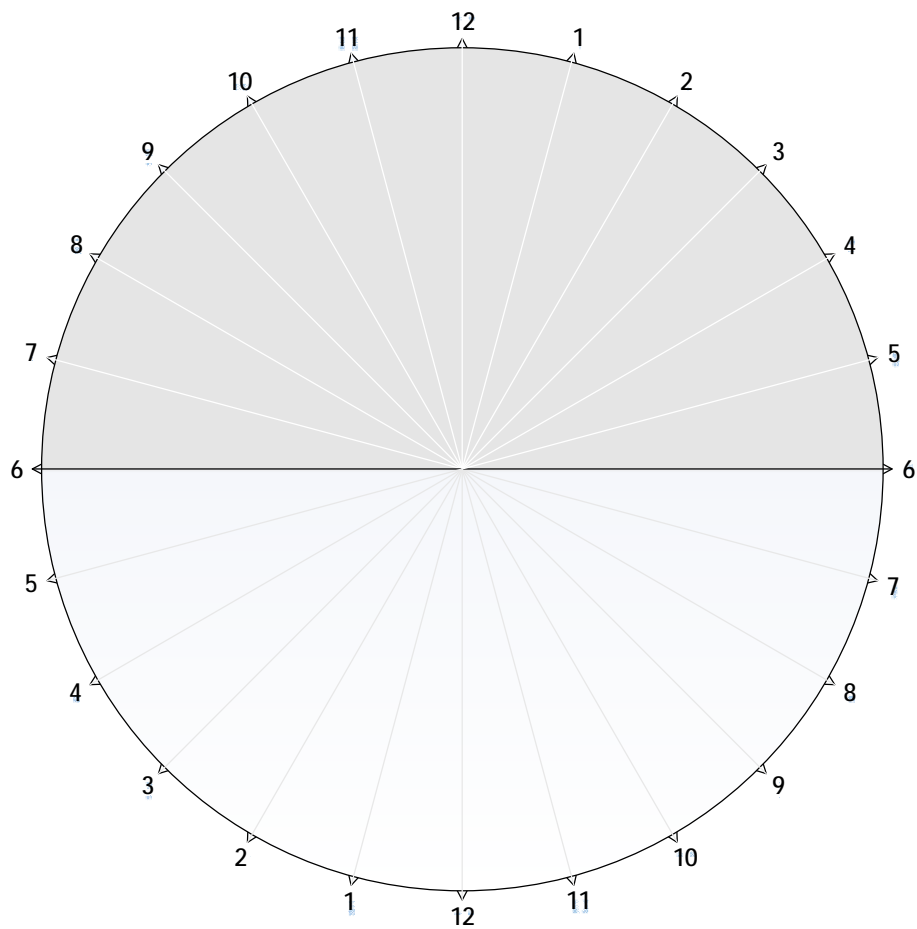
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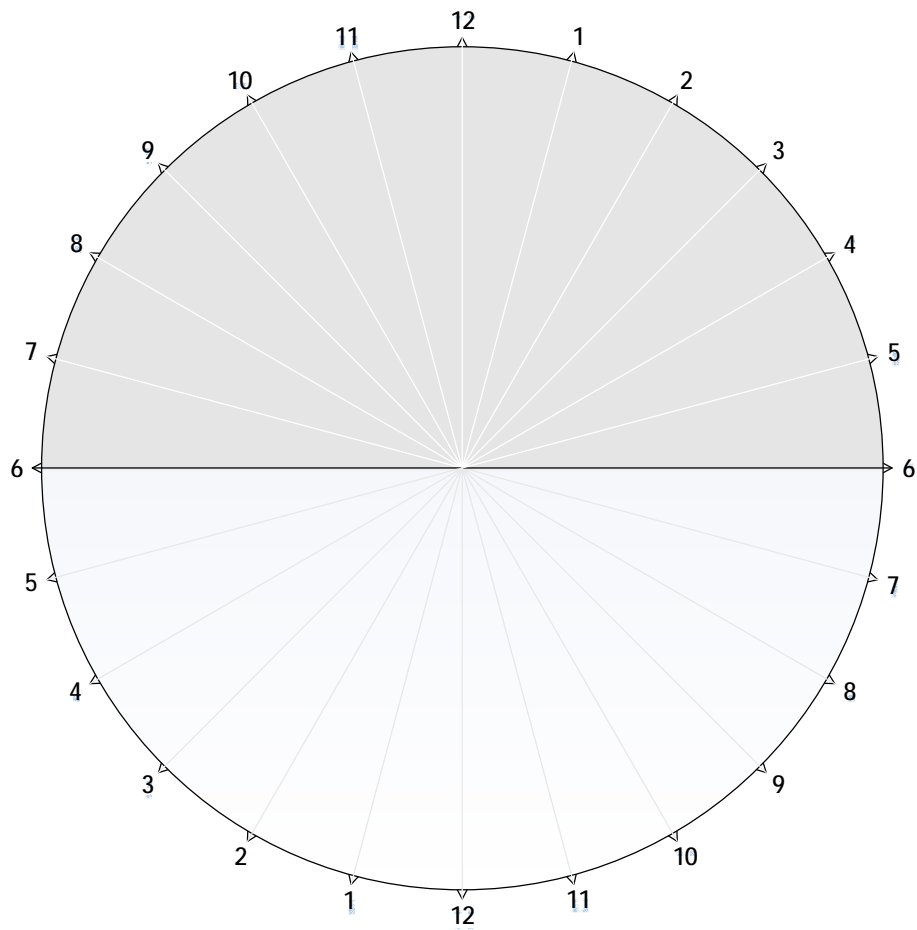
Daily Target of

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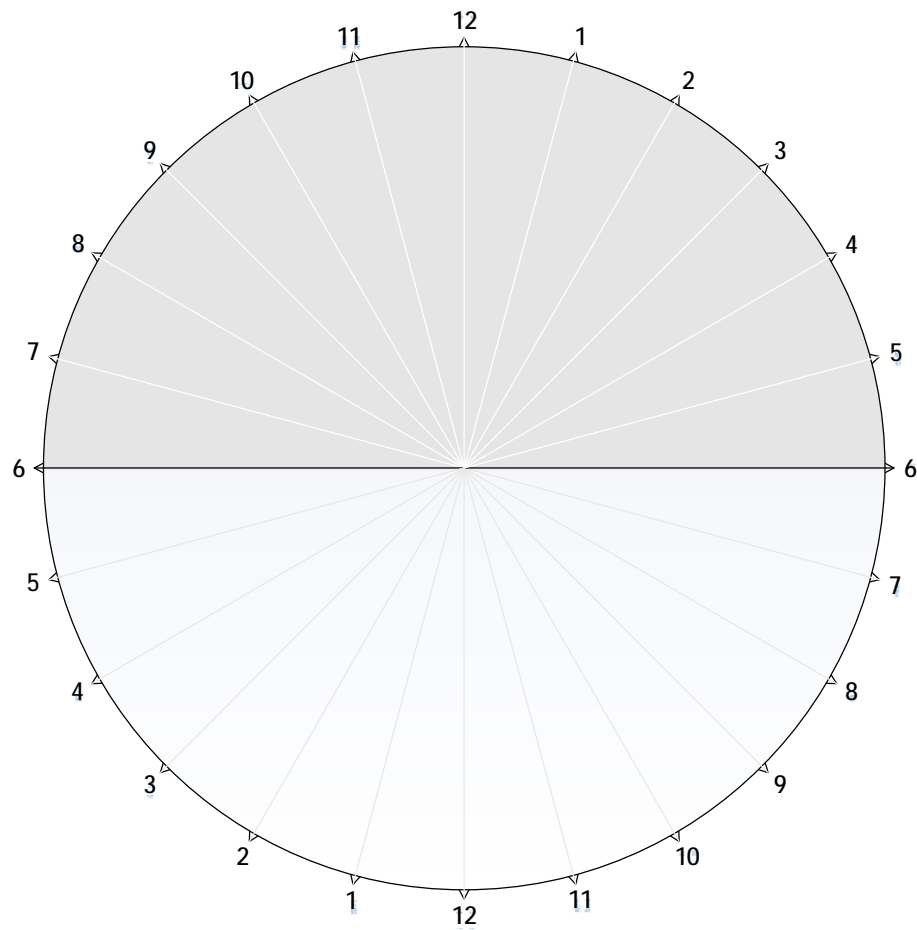
月 / 日 週

Daily Target of

Daily Target of



60



69

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

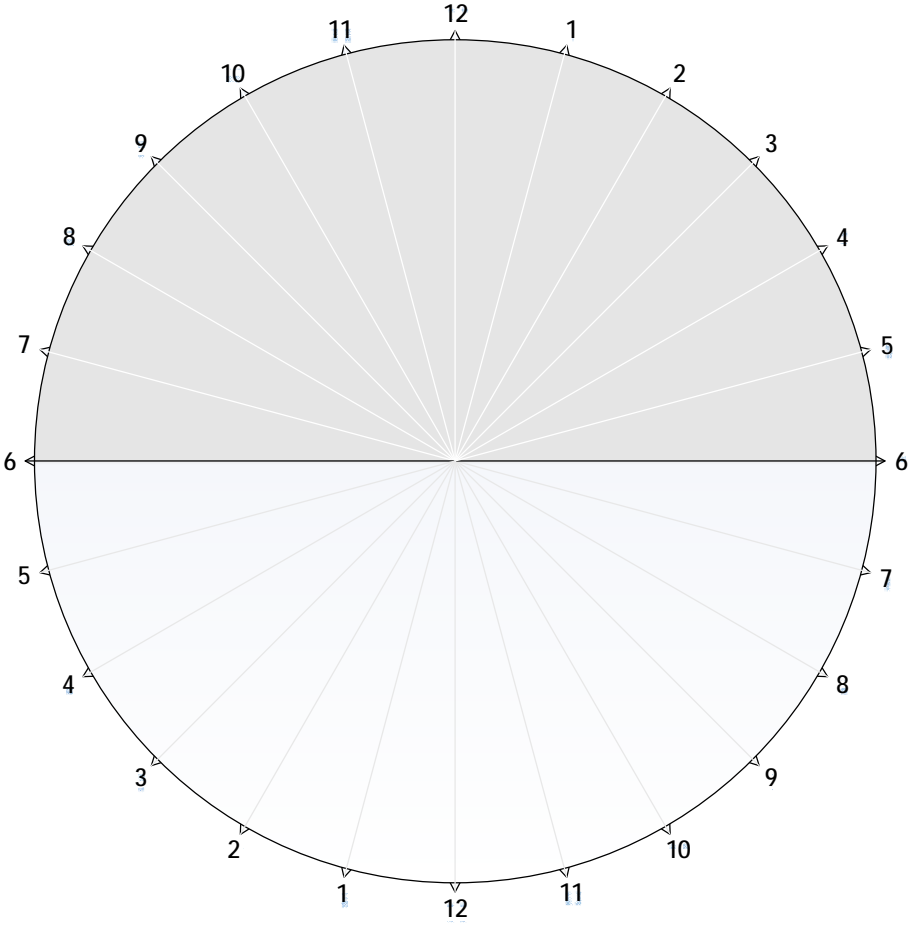
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



月 / 日 週

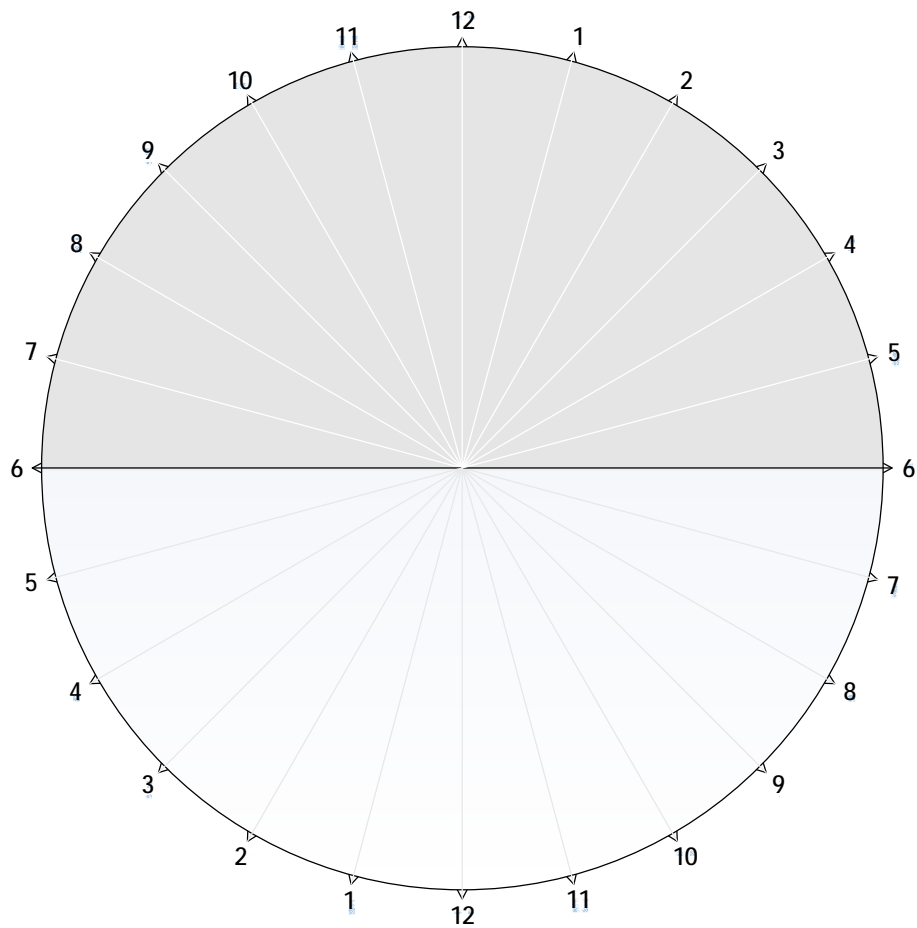
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Daily Target of

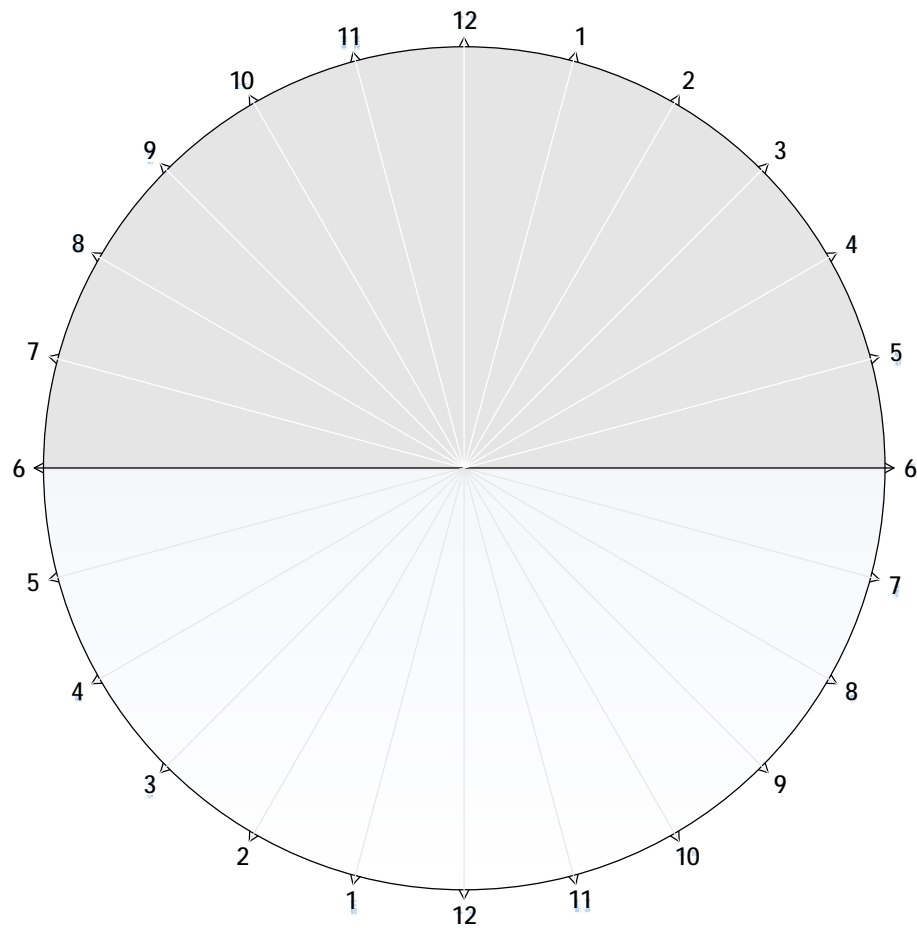
月 / 日 週

Daily Target of

Daily Target of



58



71

月 / 日 週

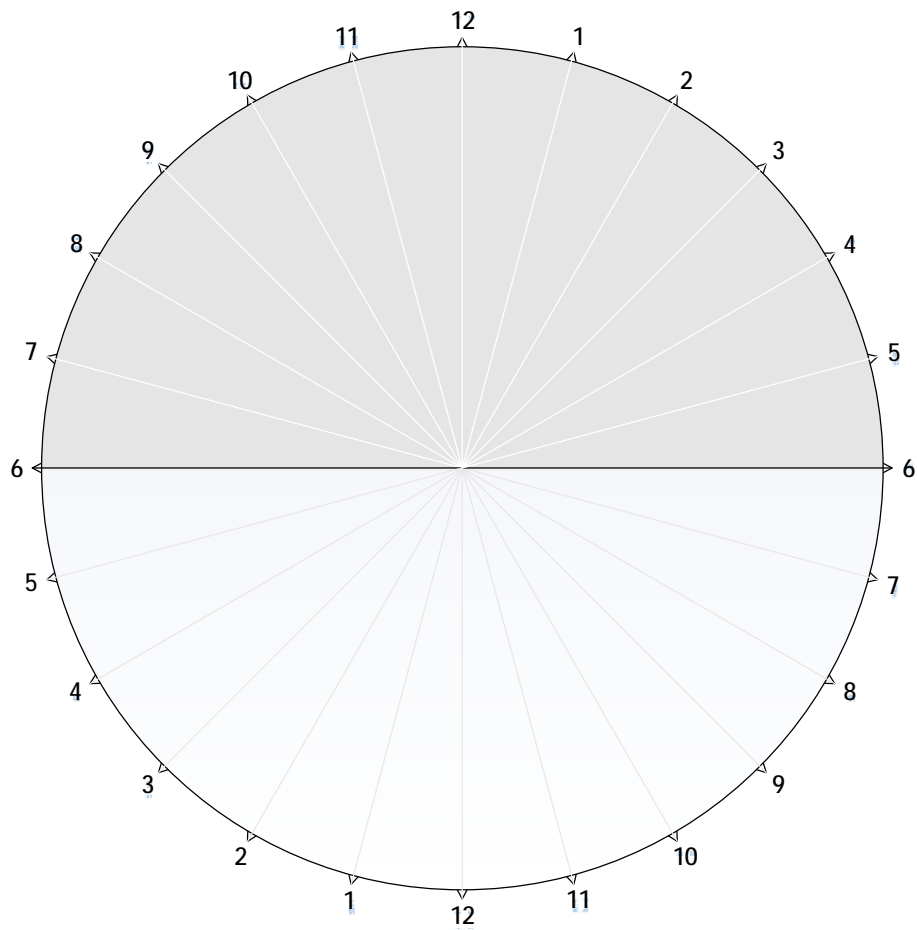
Daily Target of

Daily Target of

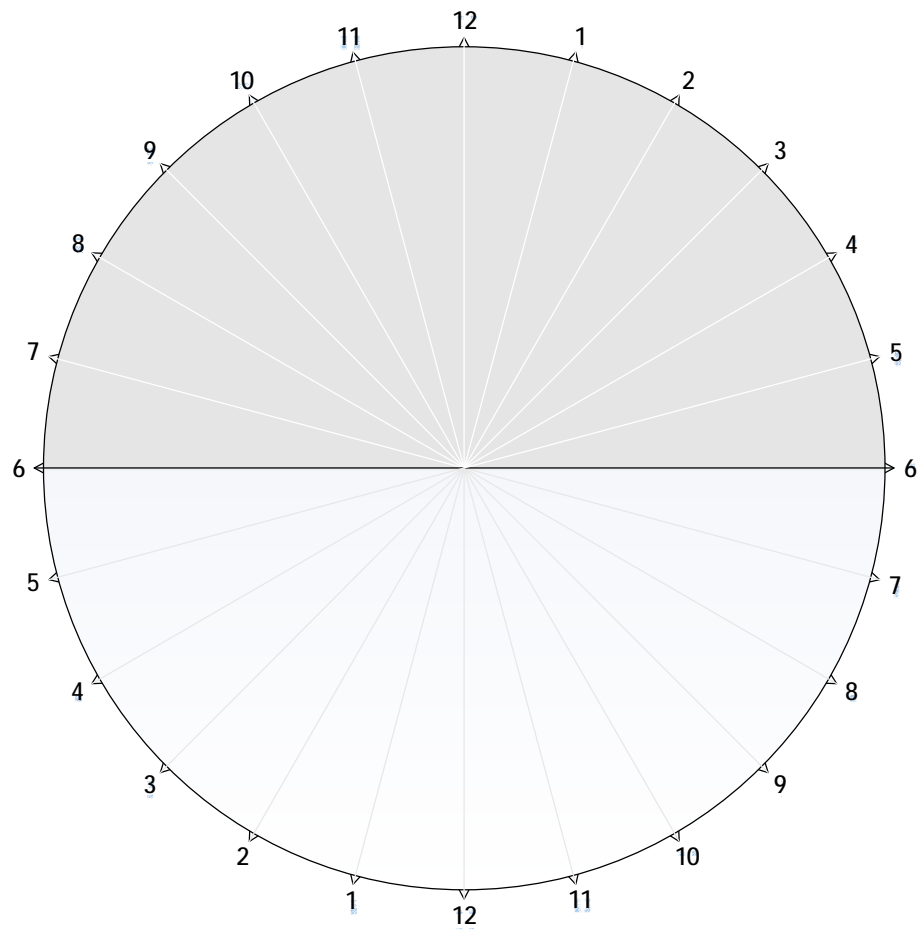
月 / 日 週

Daily Target of

Daily Target of



72



57



月

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Daily Target of

Daily Target of

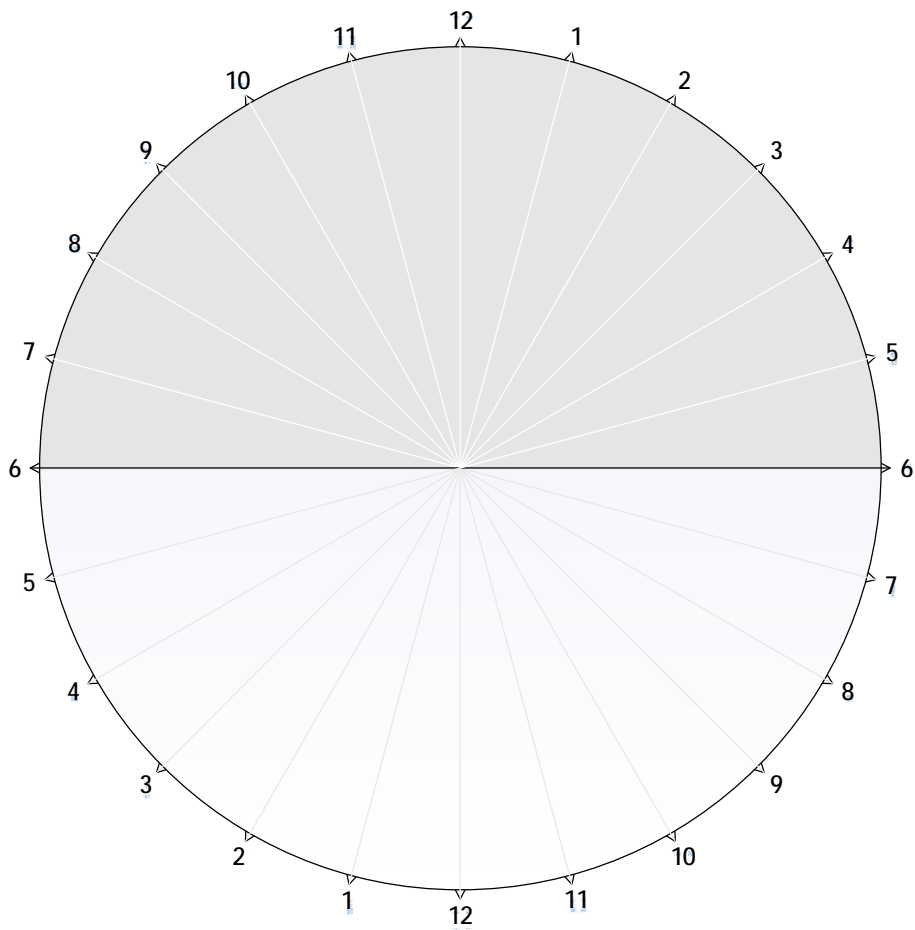
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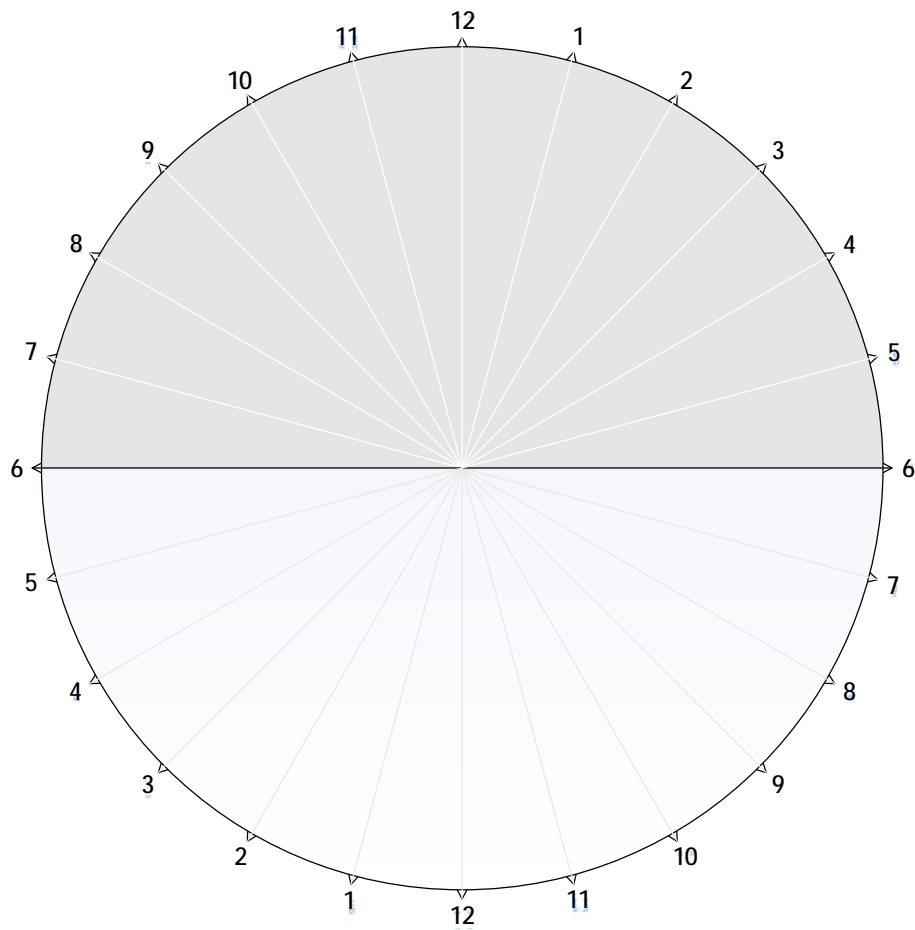
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Daily Target of

Daily Target of



56



73

月 / 日 週

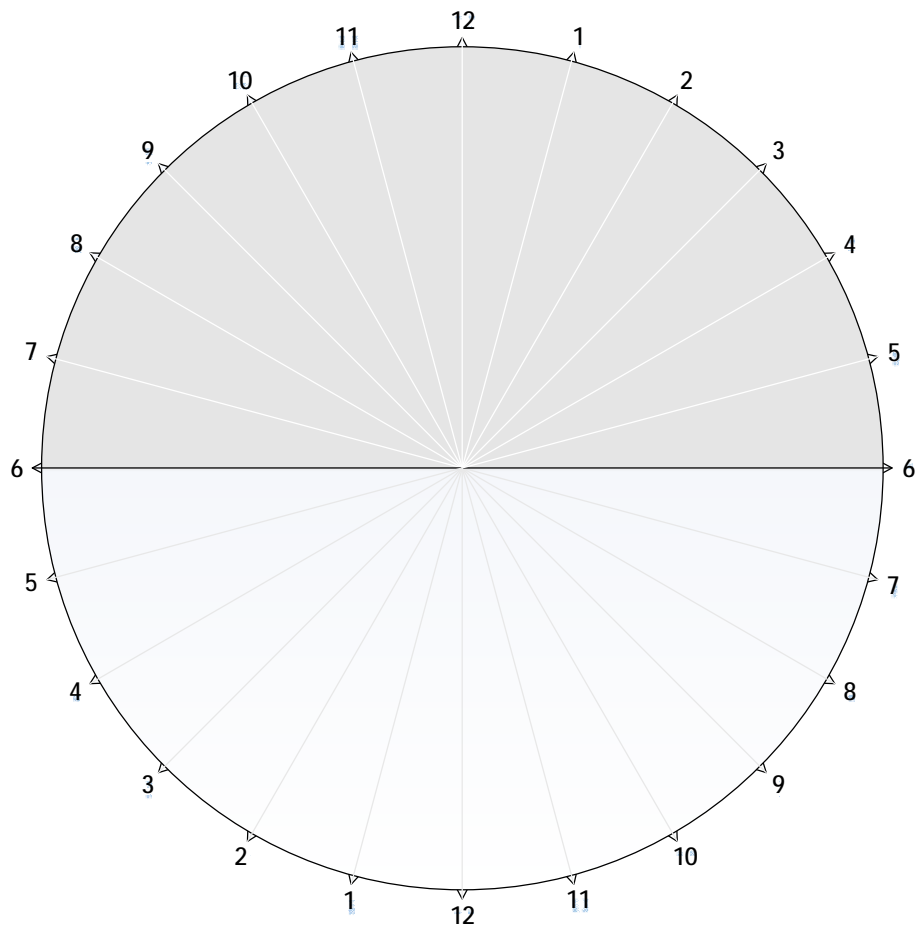
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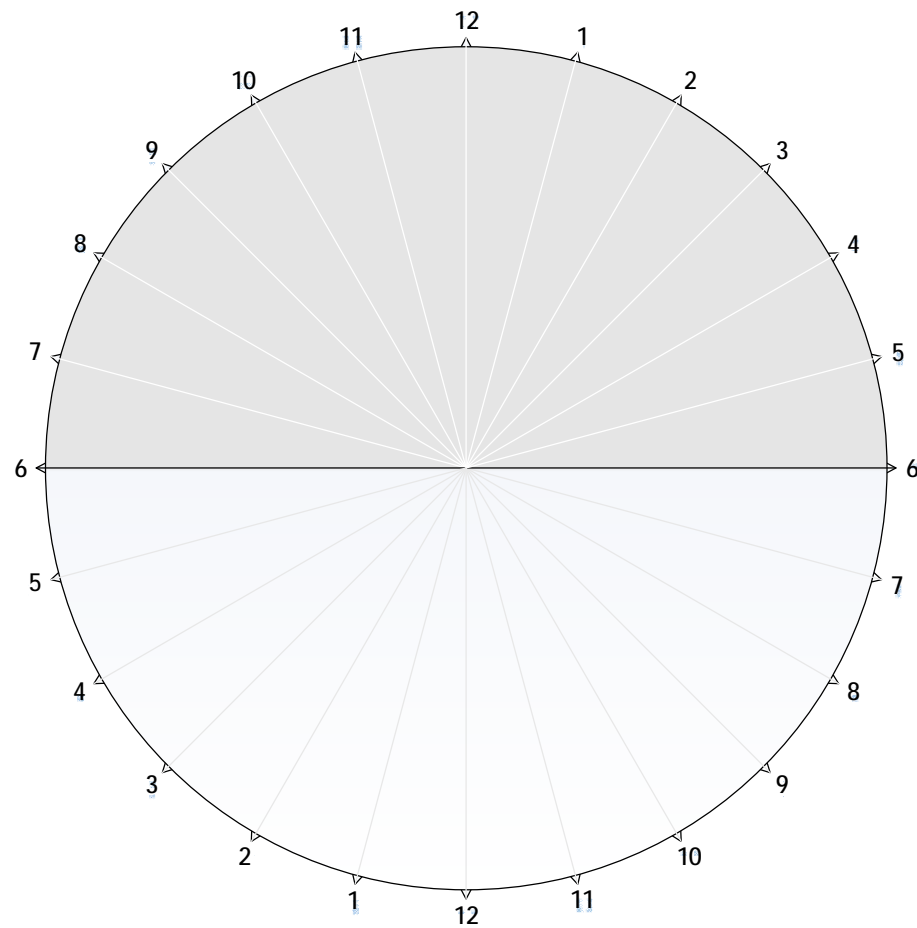
月 / 日 週

Daily Target of

Daily Target of



74



55

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

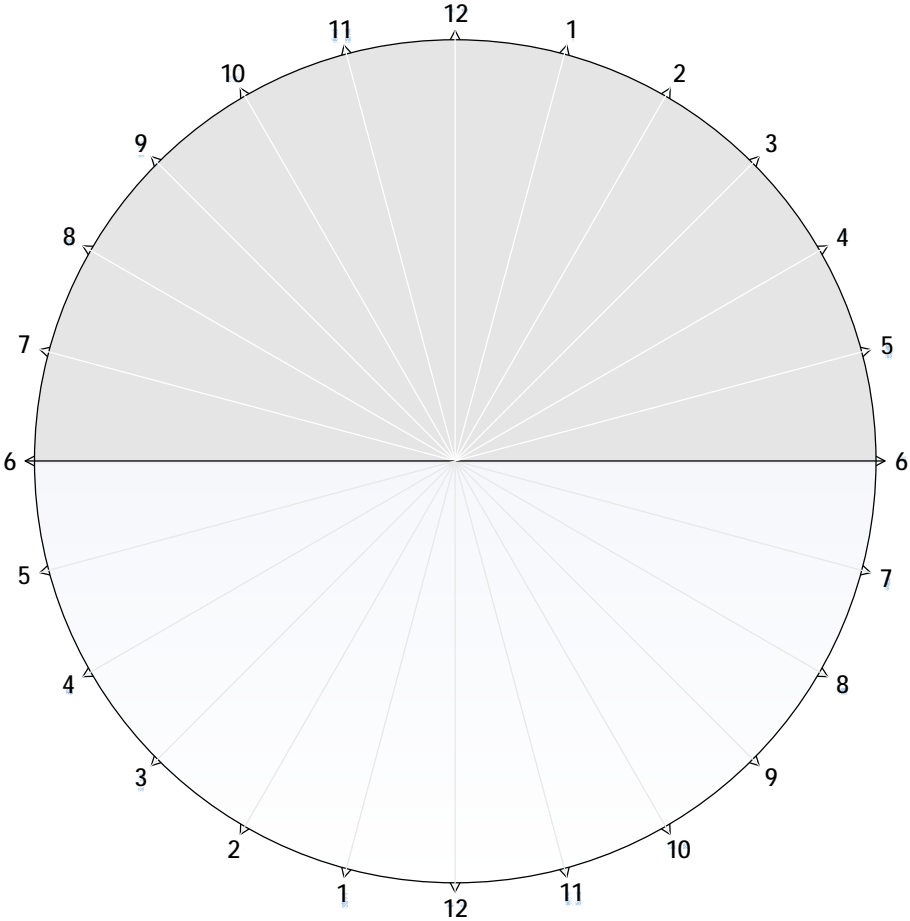
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



月 / 日 週

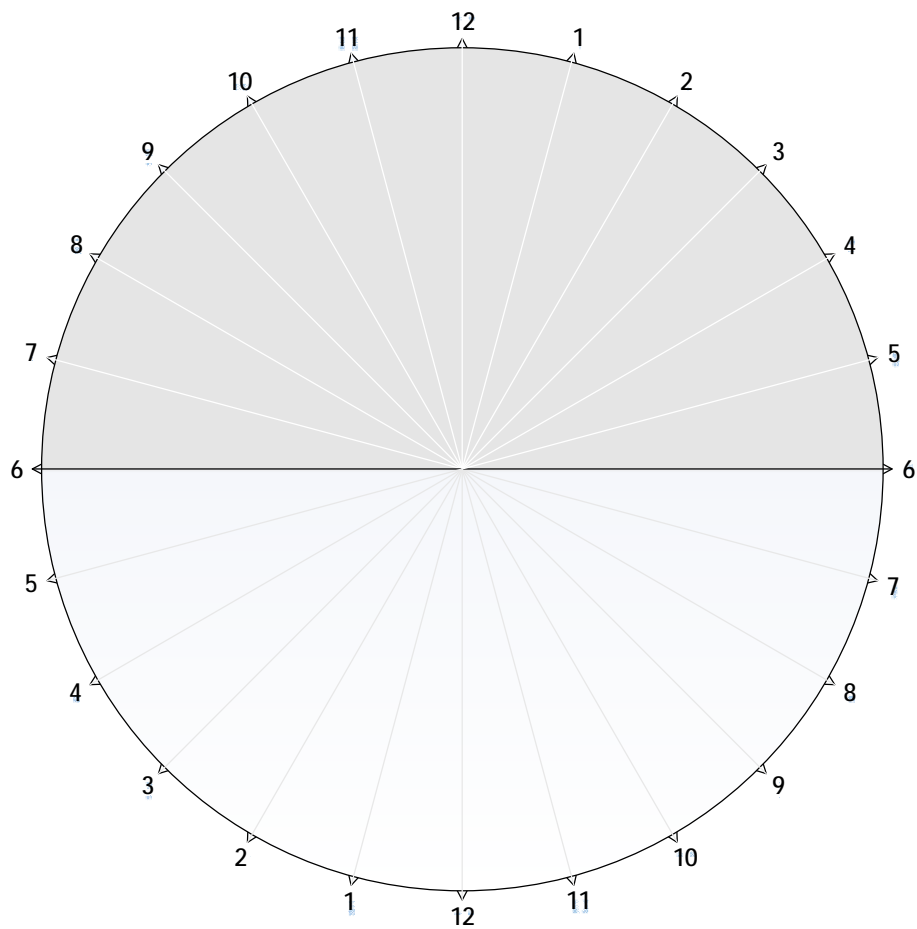
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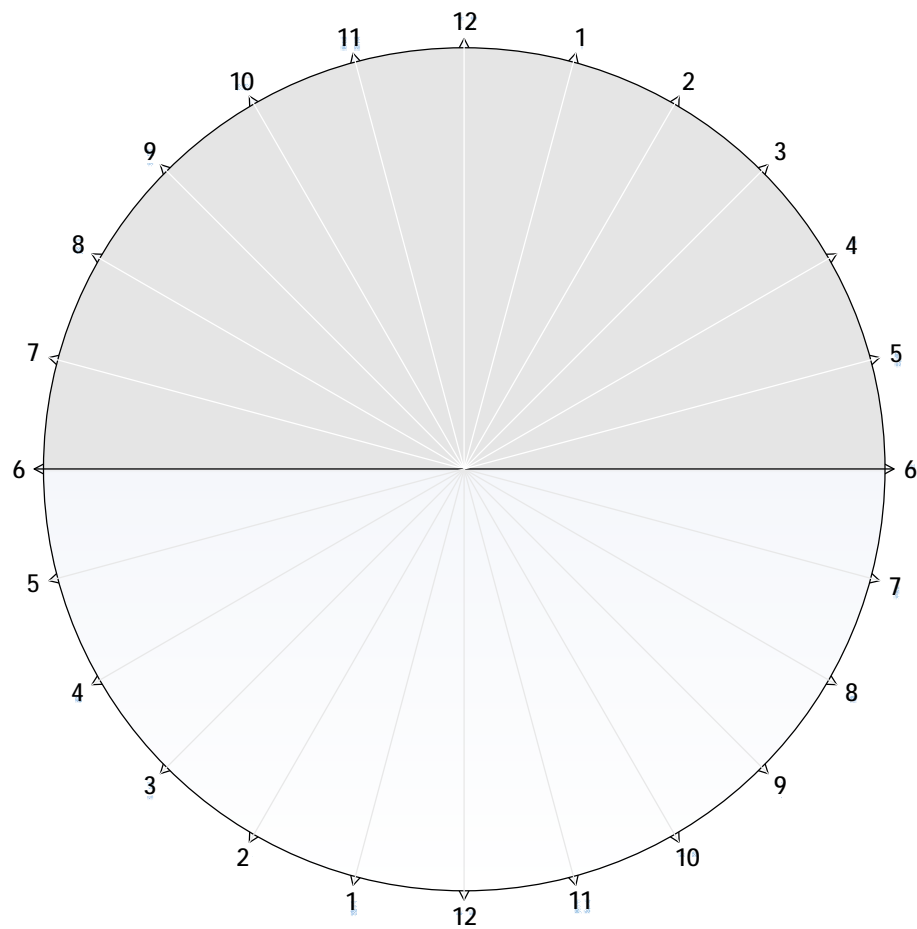
月 / 日 週

Daily Target of

Daily Target of



76



53

月 / 日 週

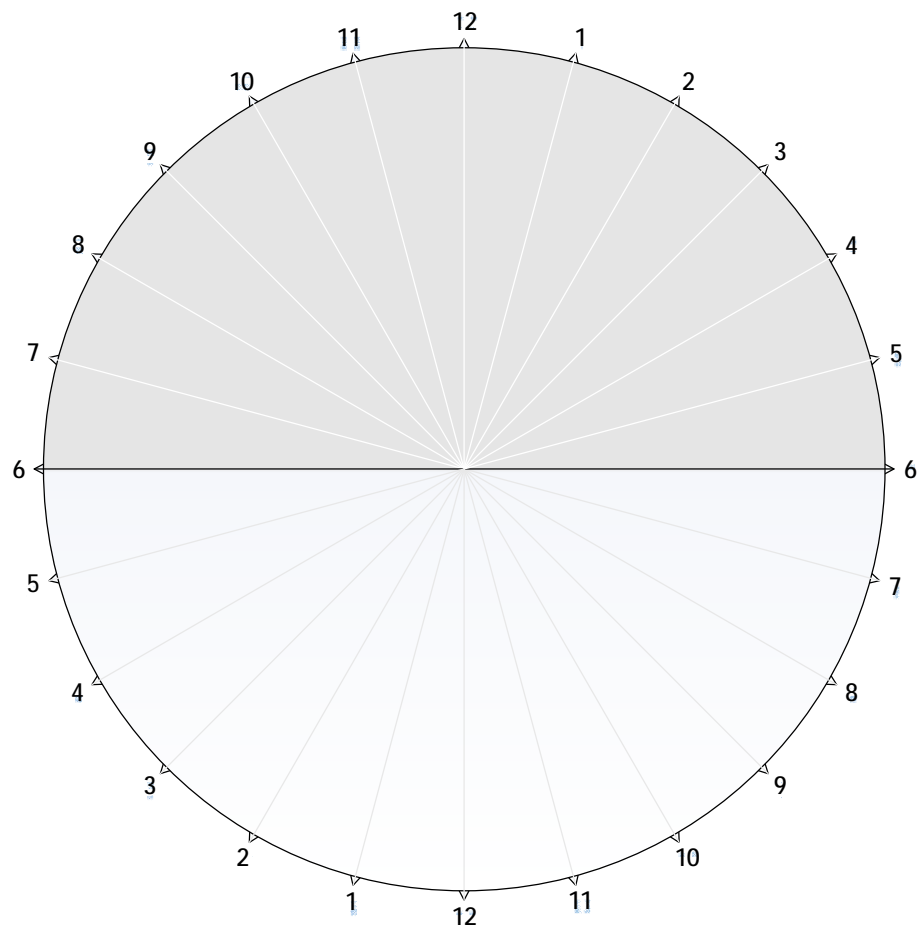
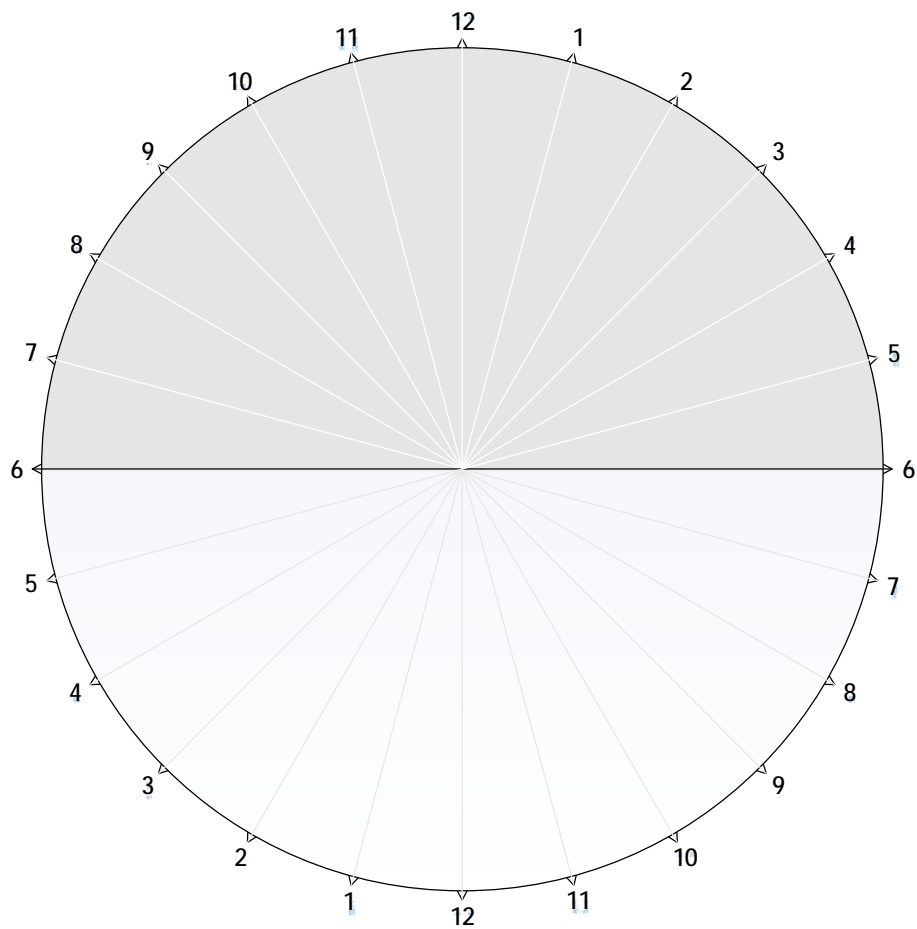
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

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\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

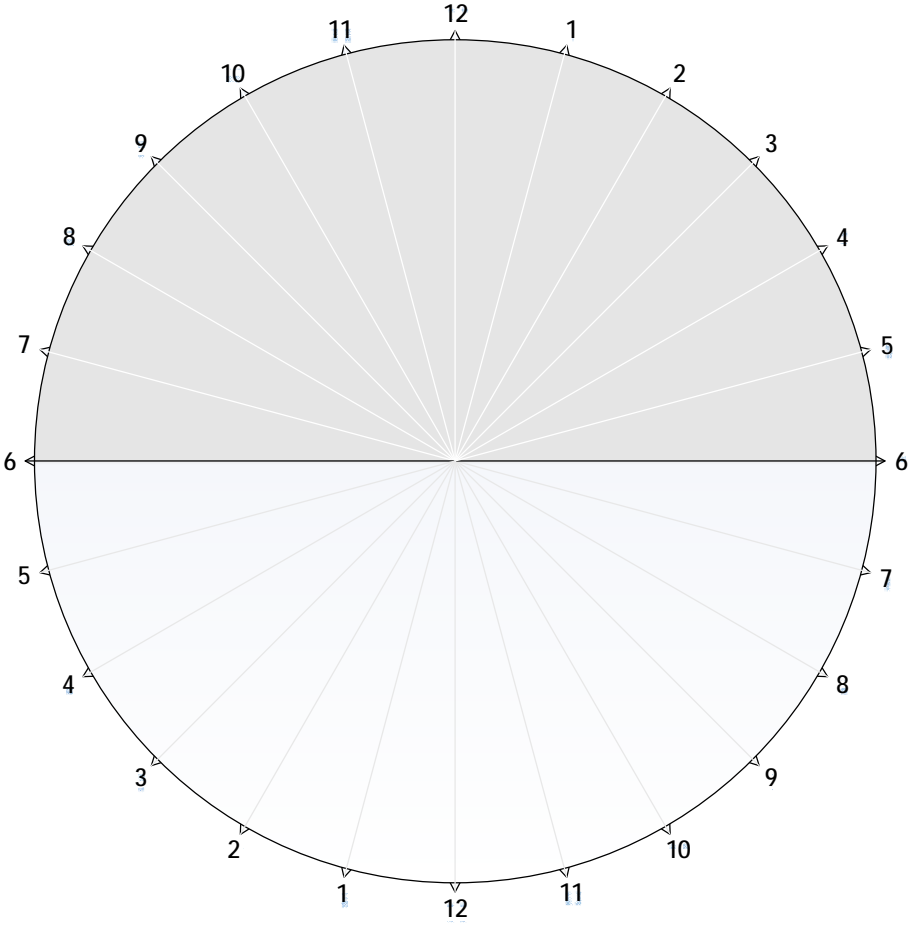
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



月 / 日 週

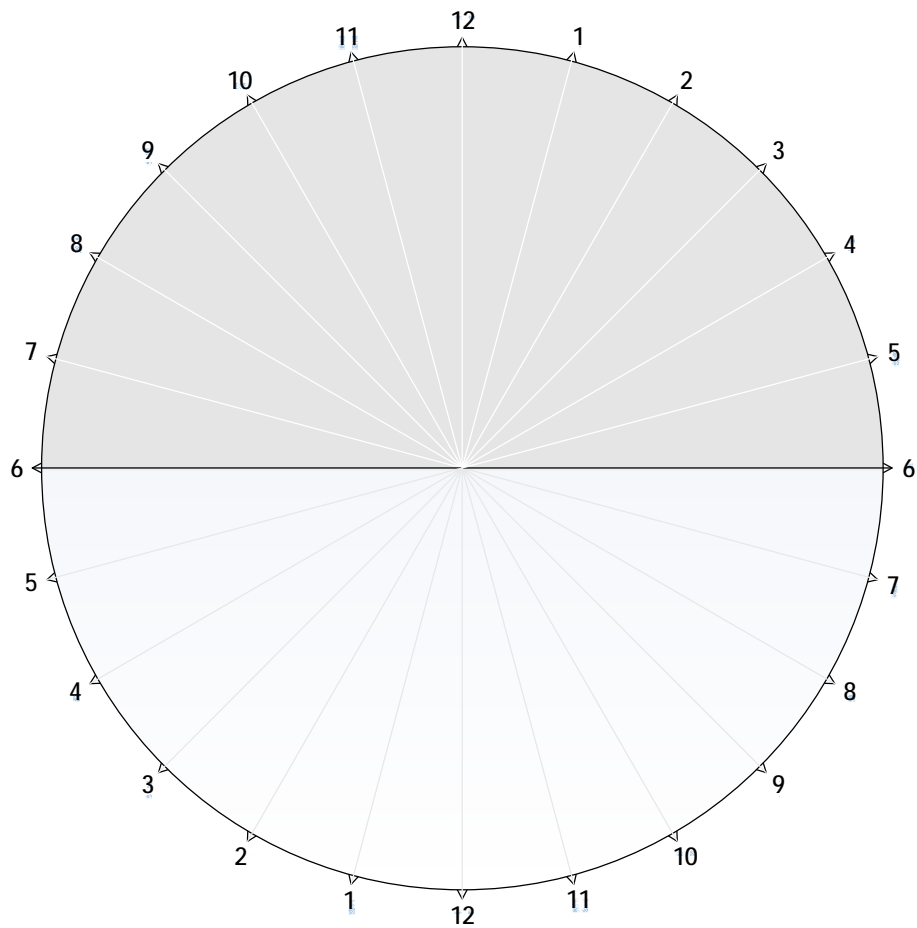
Daily Target of

Daily Target of

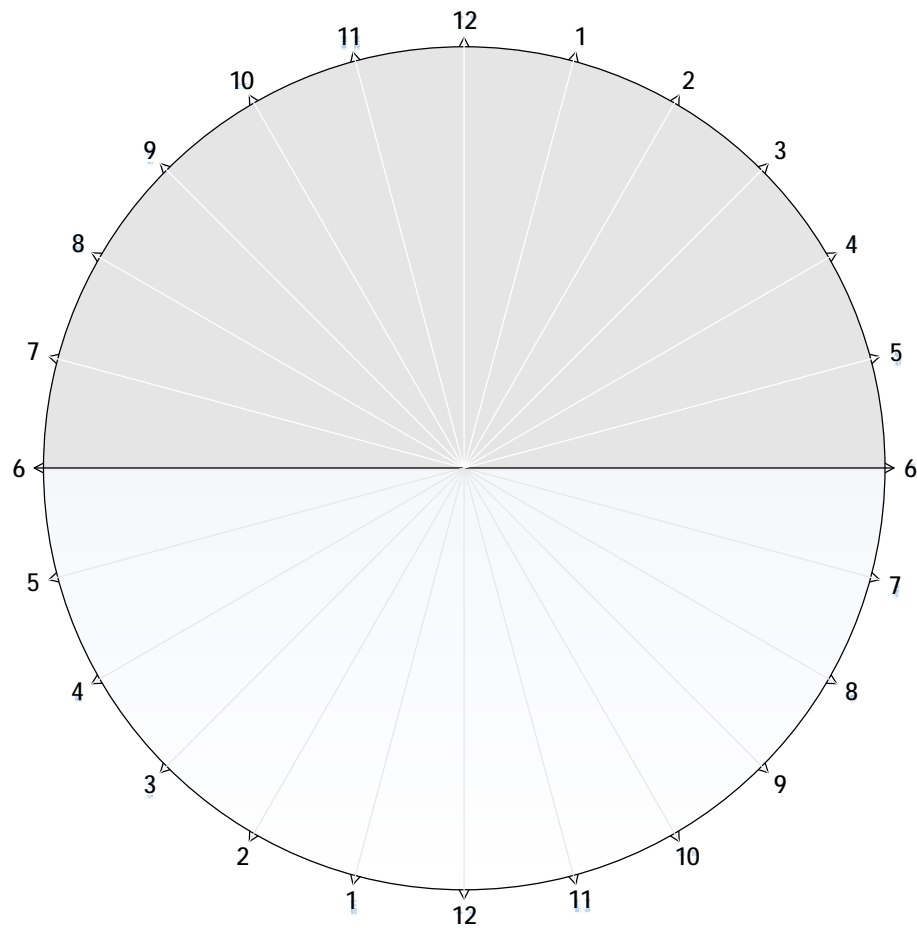
月 / 日 週

Daily Target of

Daily Target of



50



79

月 / 日 週

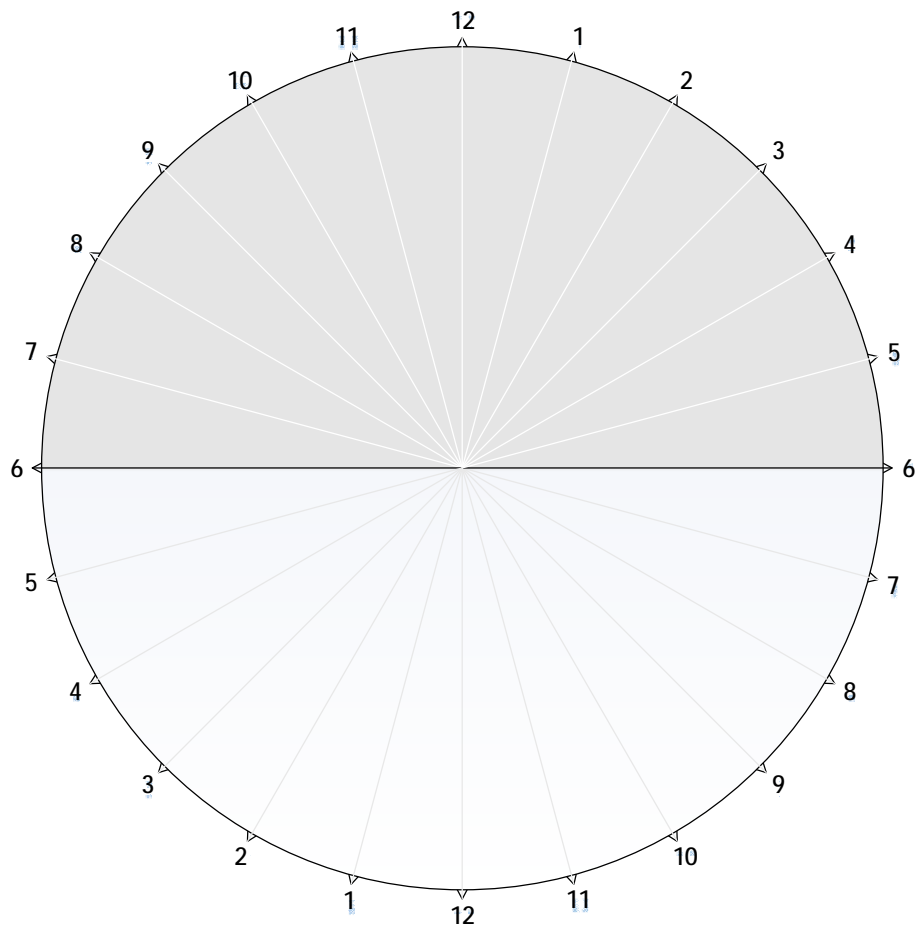
Daily Target of

Daily Target of

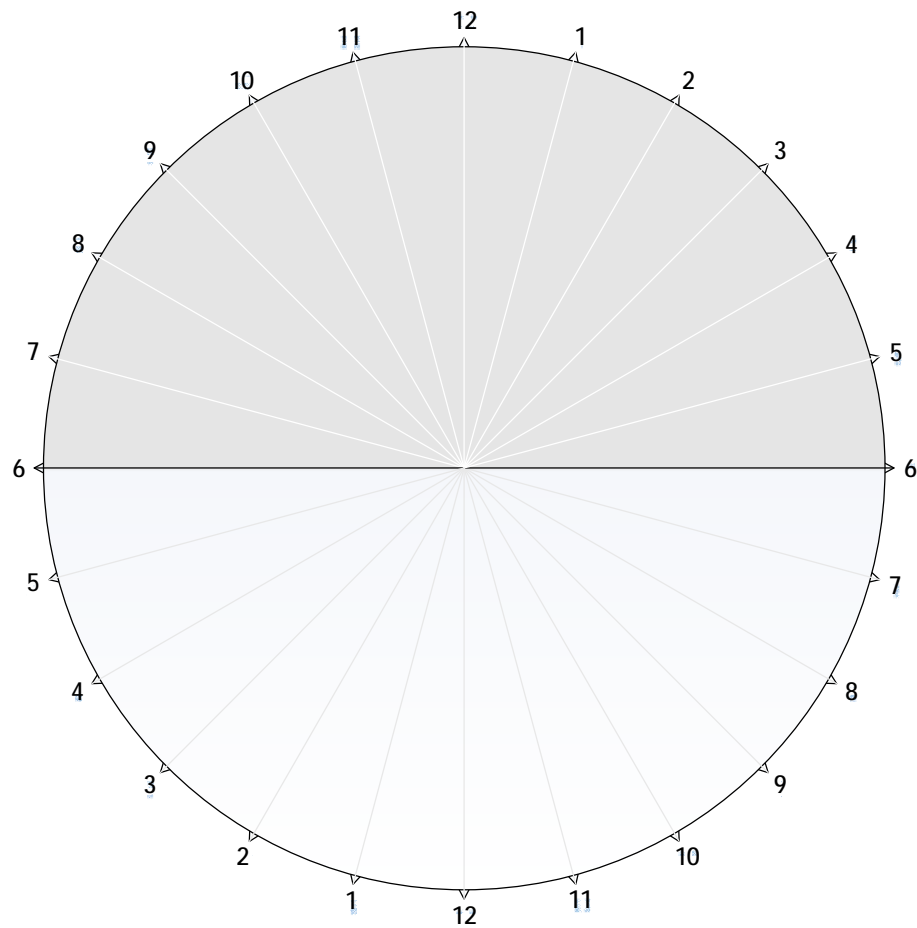
月 / 日 週

Daily Target of

Daily Target of



80



49



月

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Daily Target of

Daily Target of

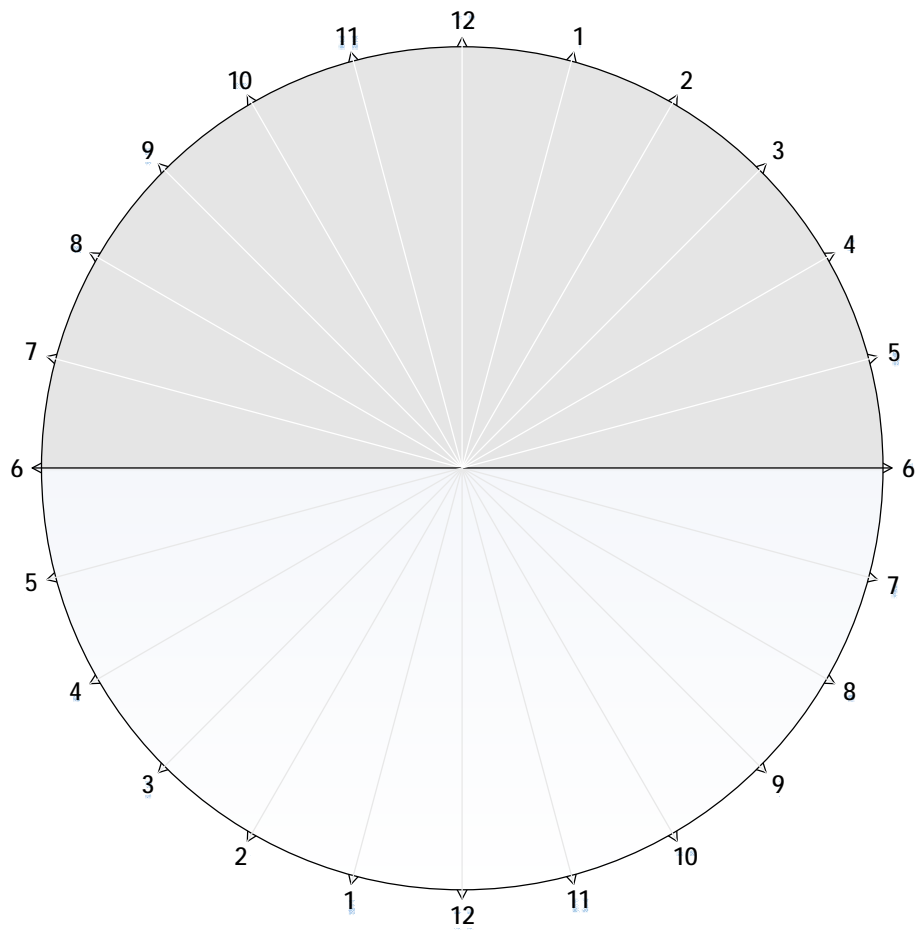
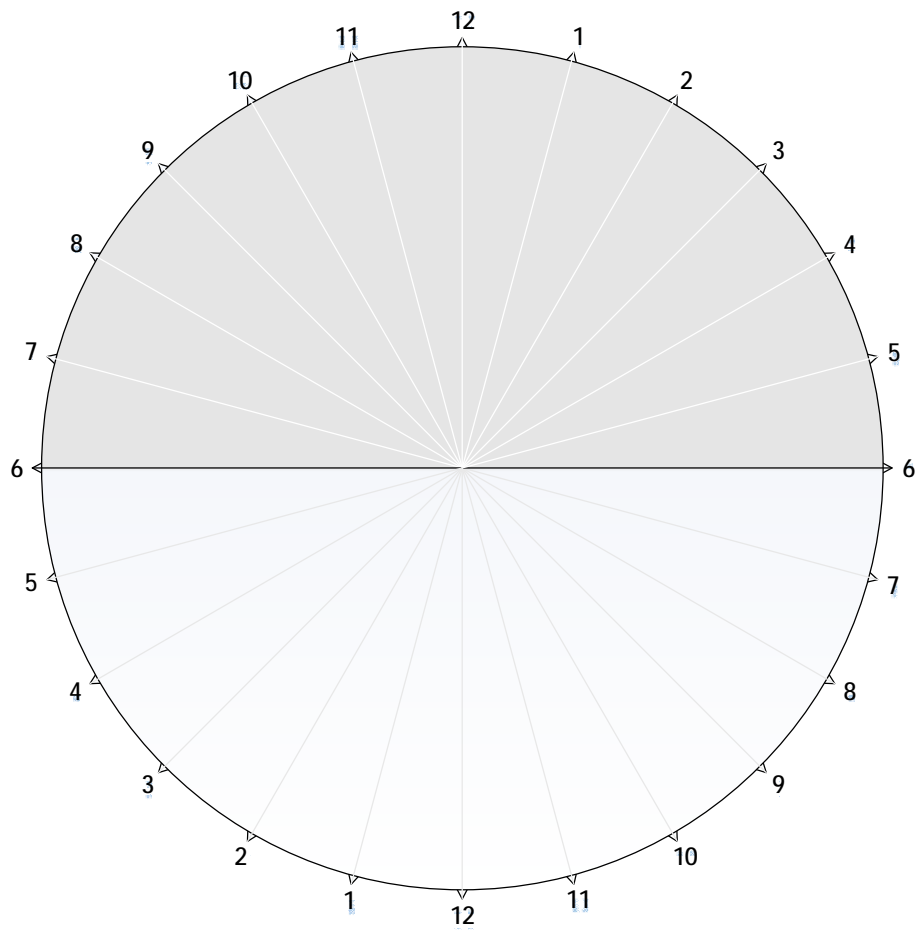
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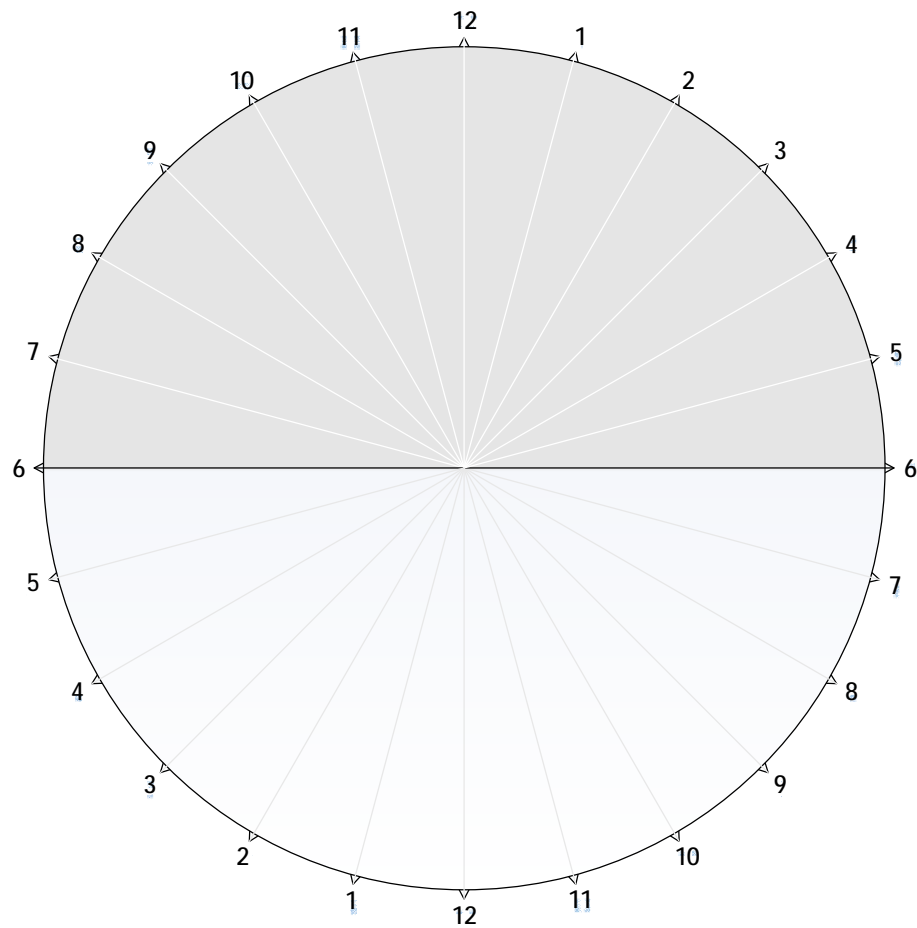
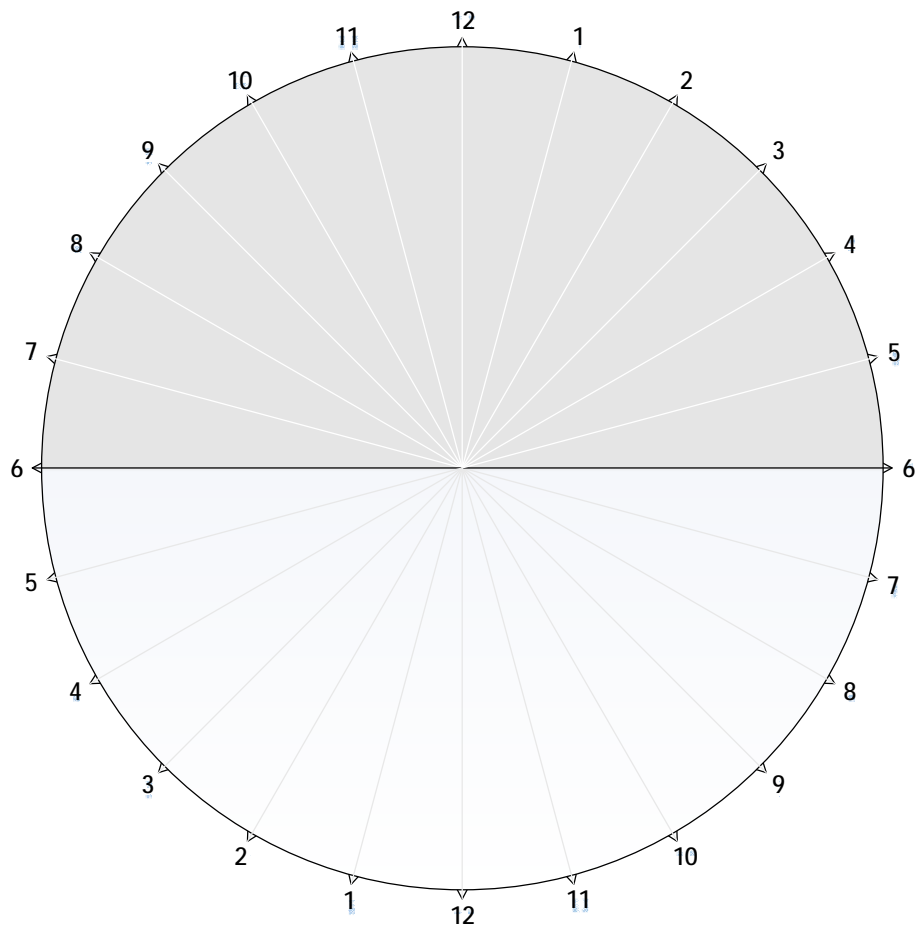
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

Daily Target of



\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

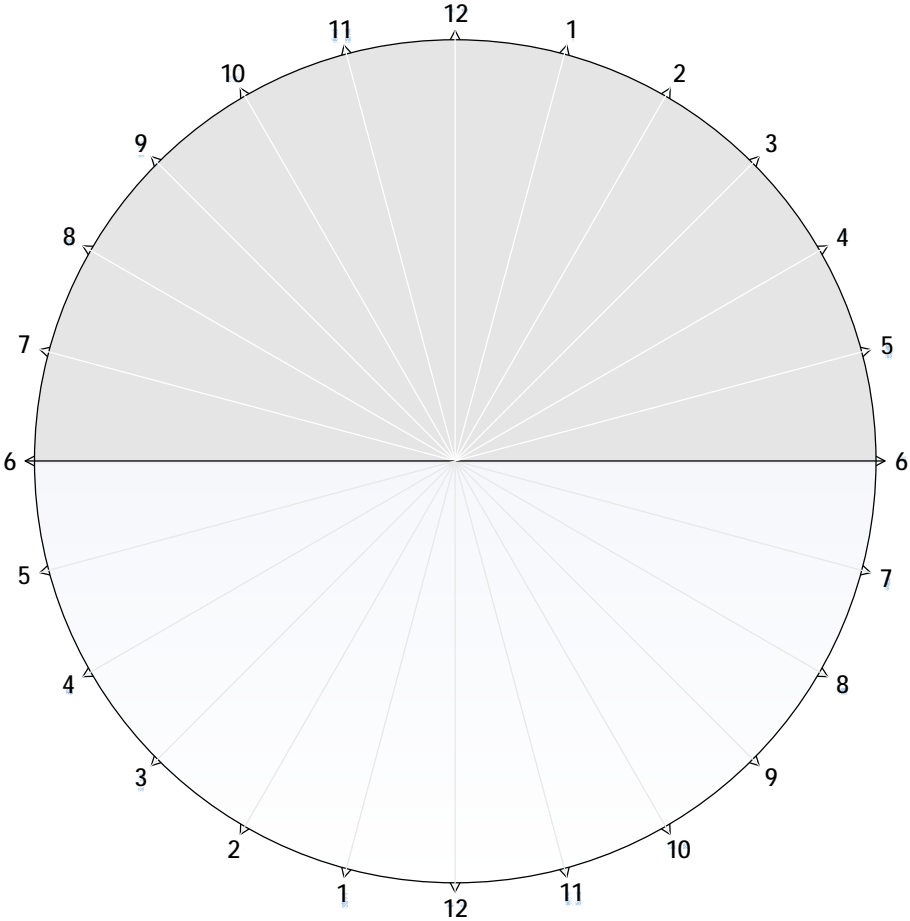
2、Weekly Target of

3、Weekly Target of Learning

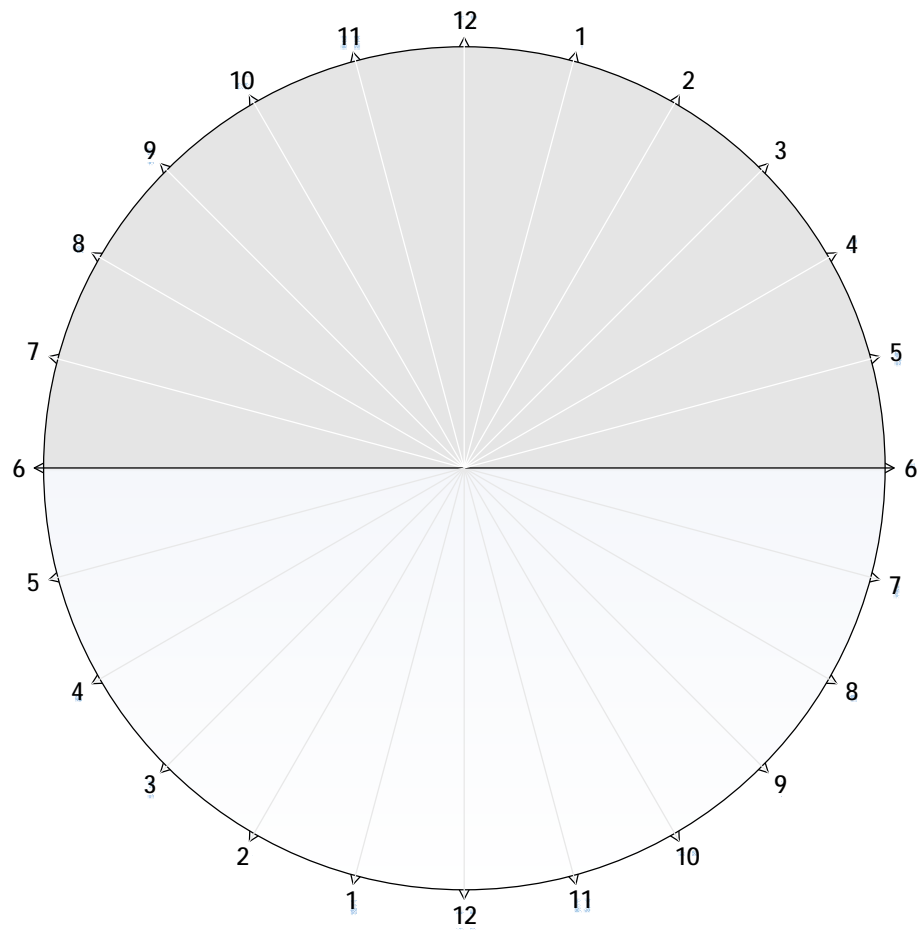
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Daily Target of	Daily Target of



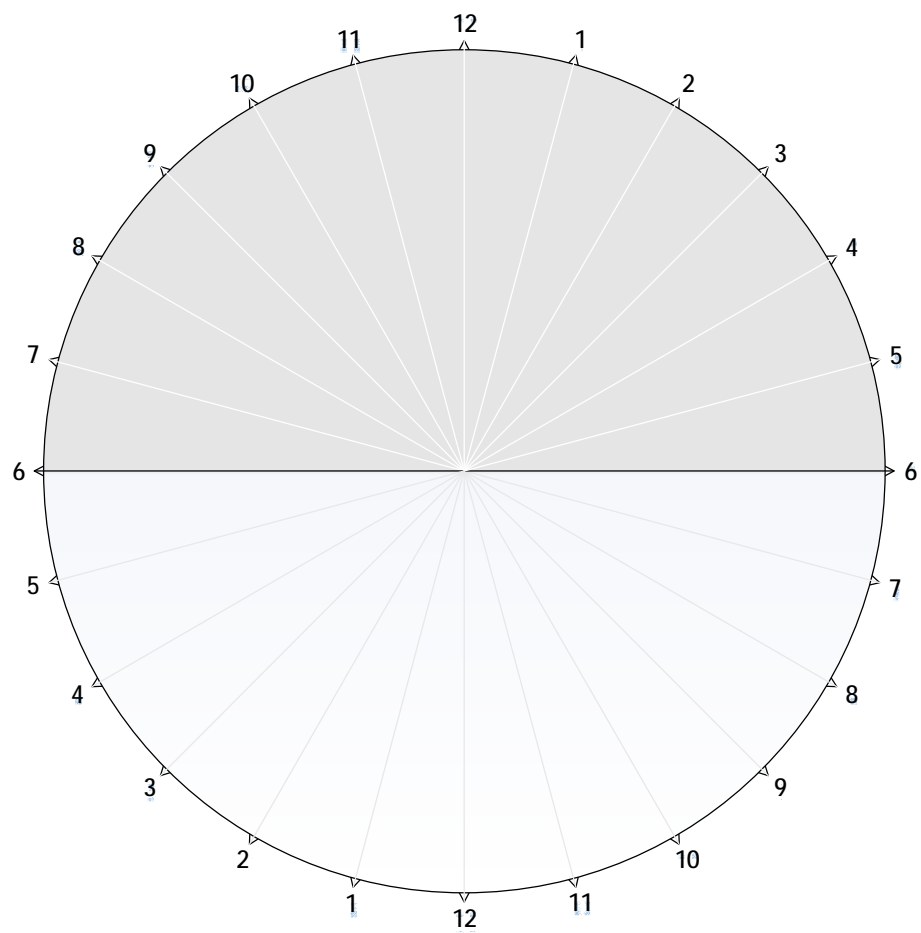
月 / 日 週		Daily Target of	Daily Target of

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月 / 日 週		Daily Target of	Daily Target of

[illegible]

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

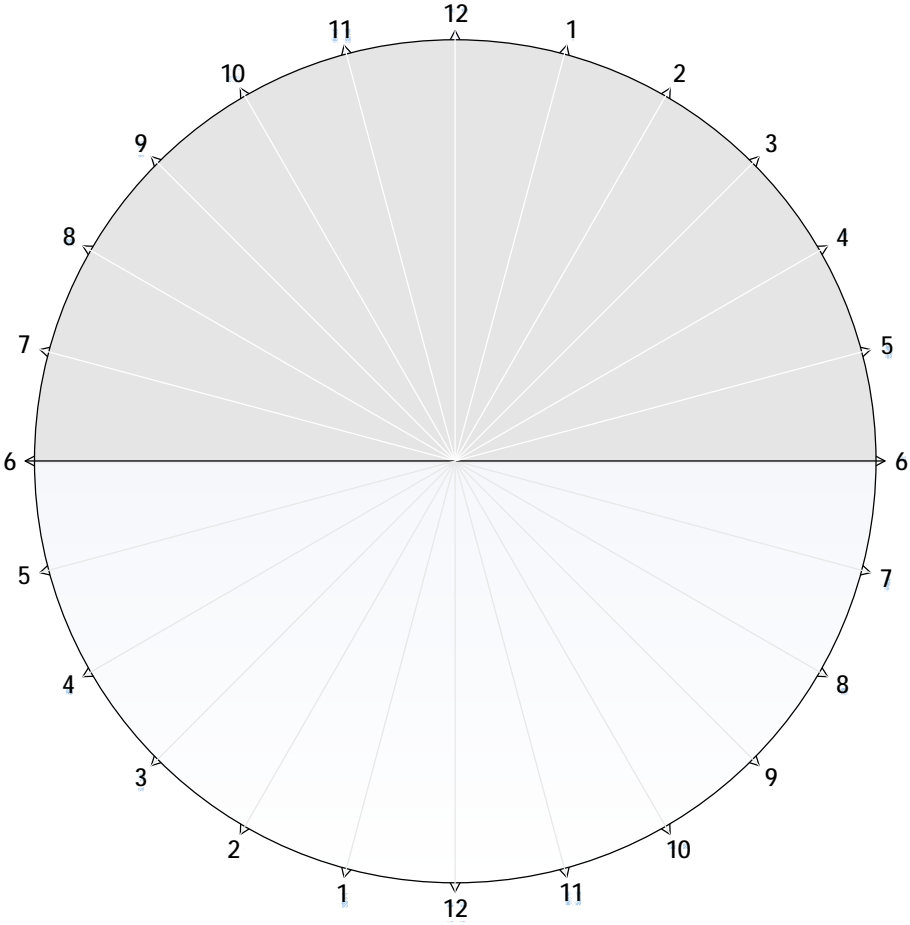
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of





月 / 日 週

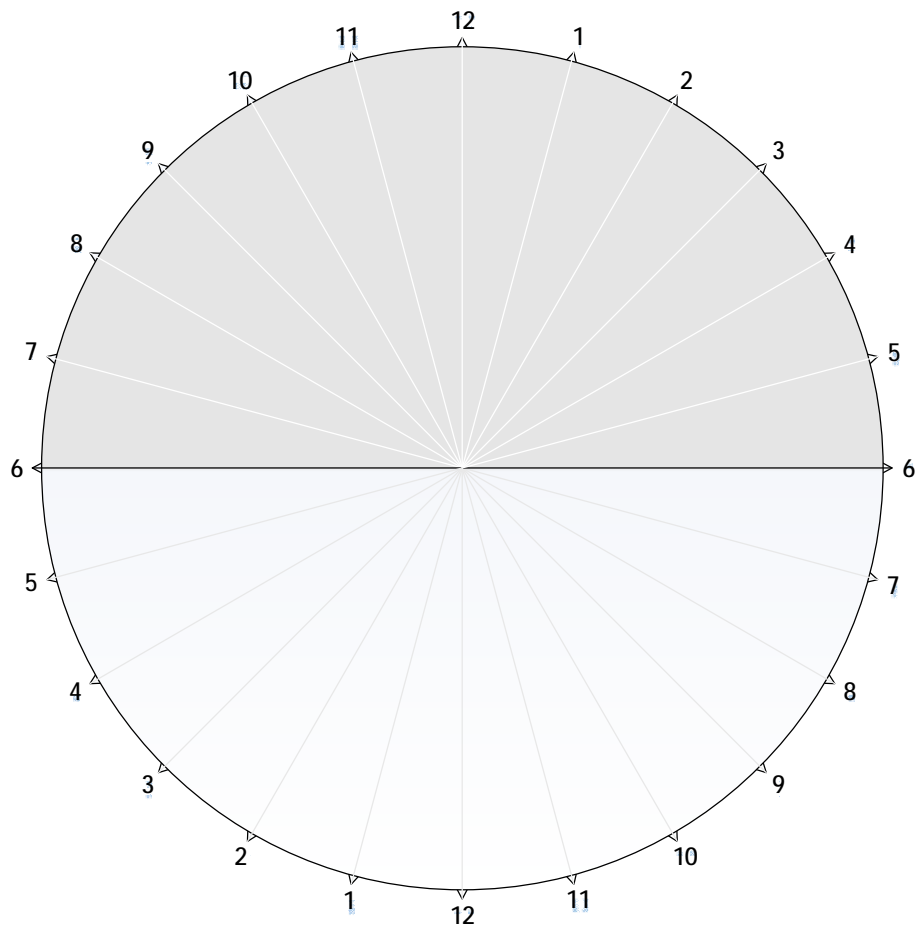
Daily Target of

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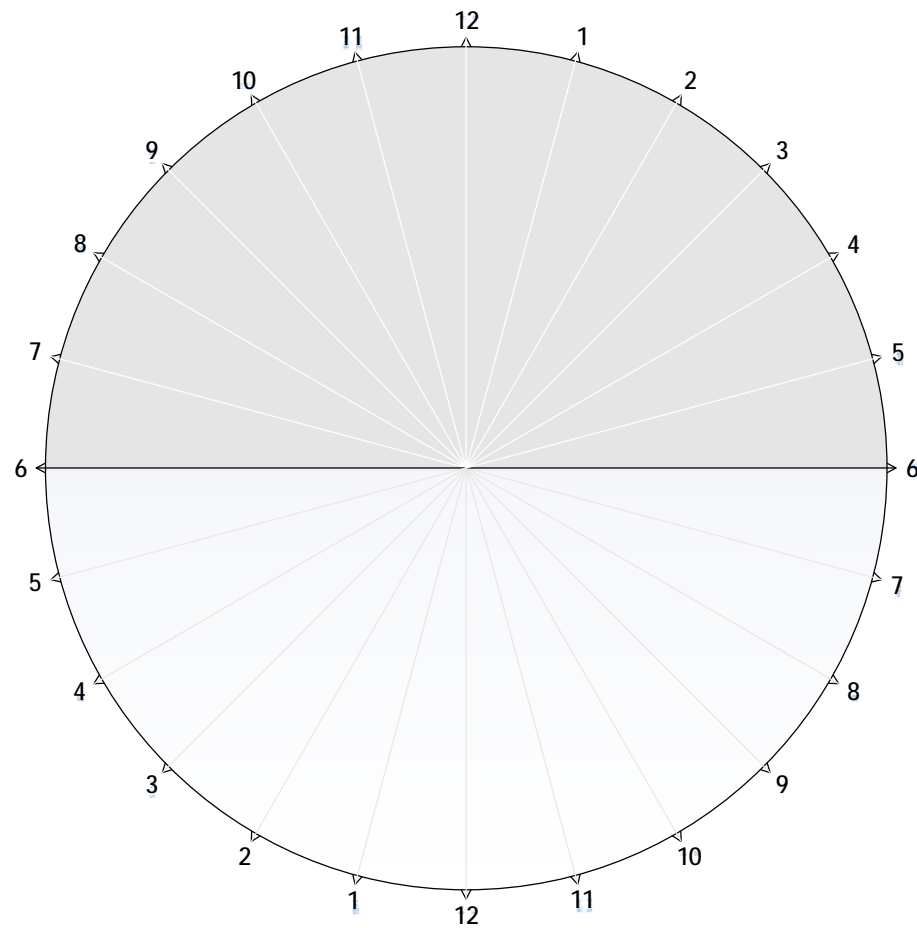
月 / 日 週

Daily Target of

Daily Target of



40



89

月 / 日 週

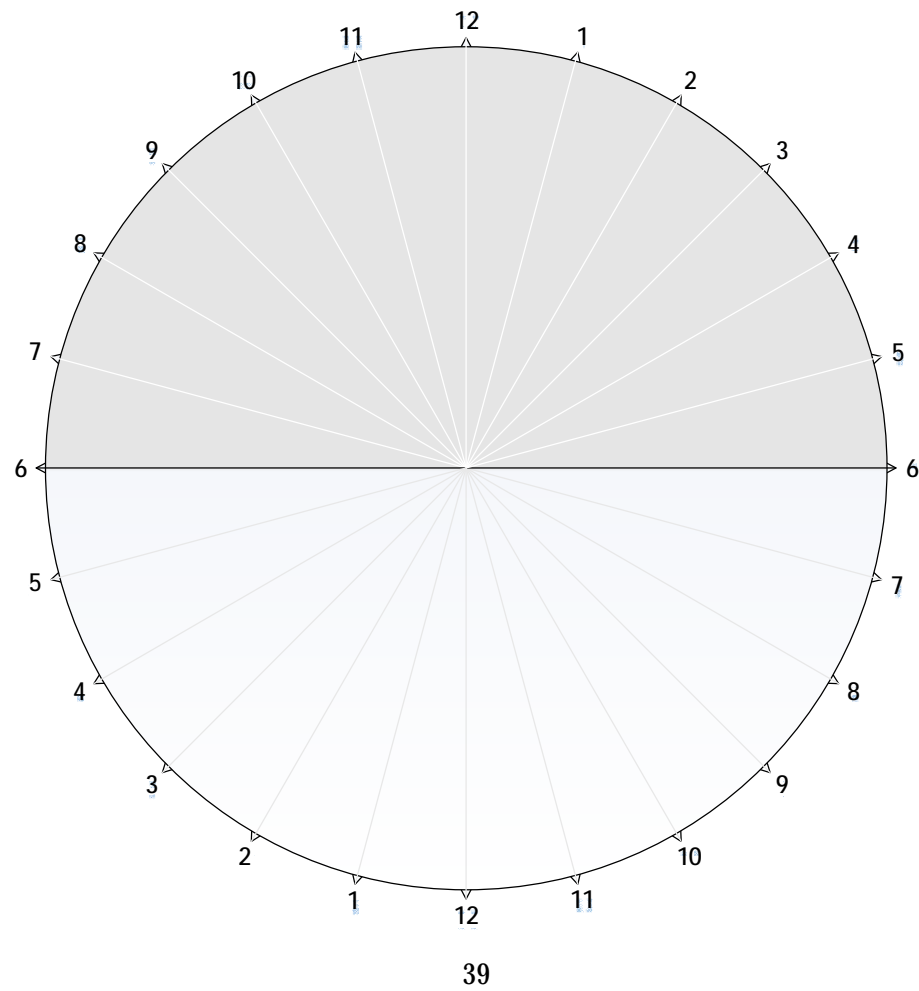
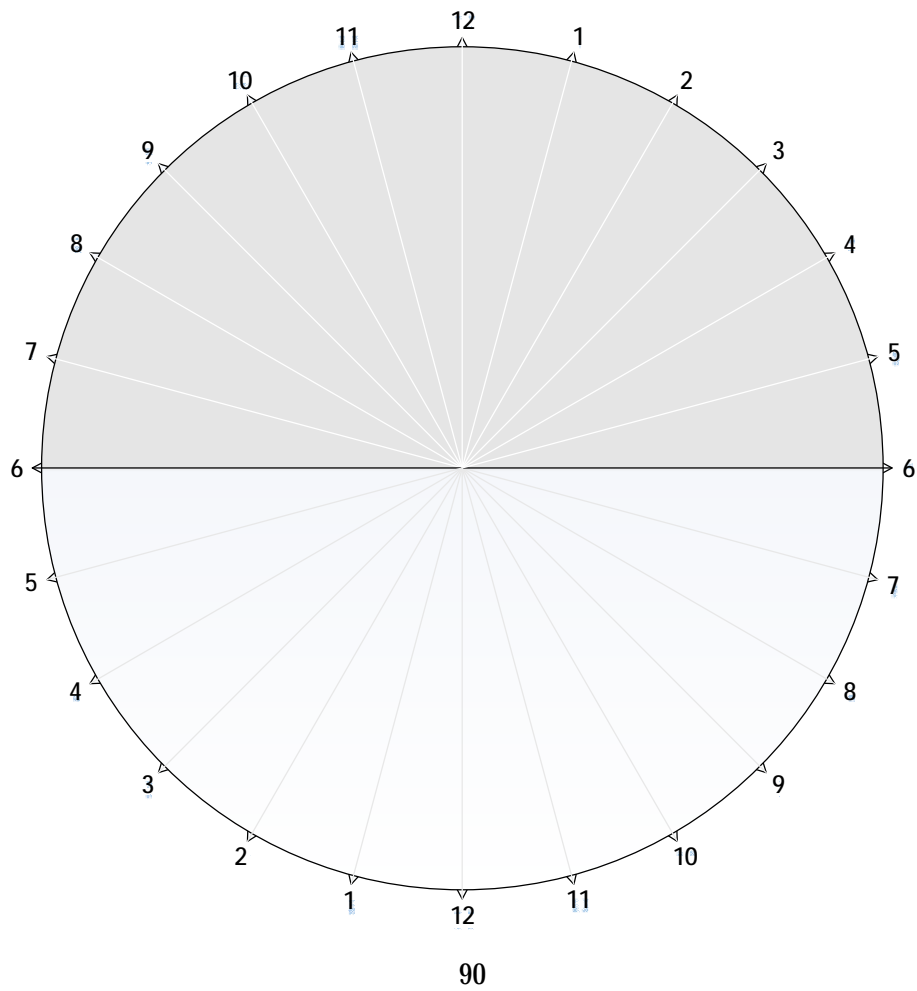
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

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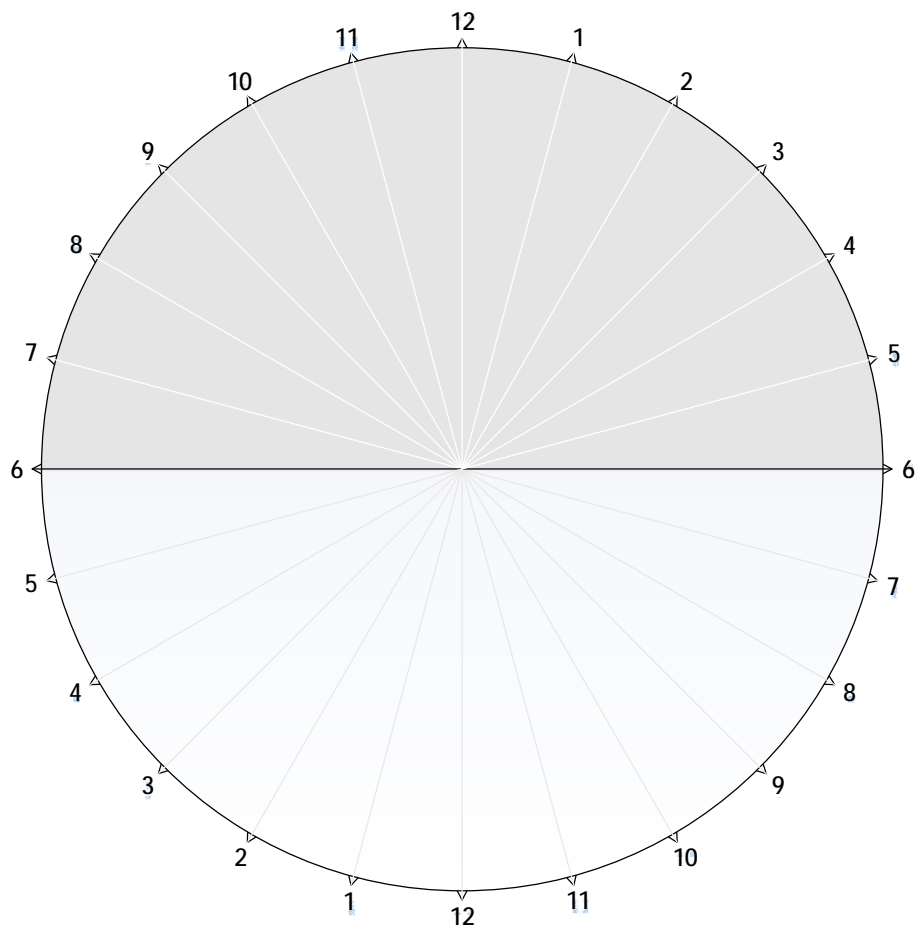
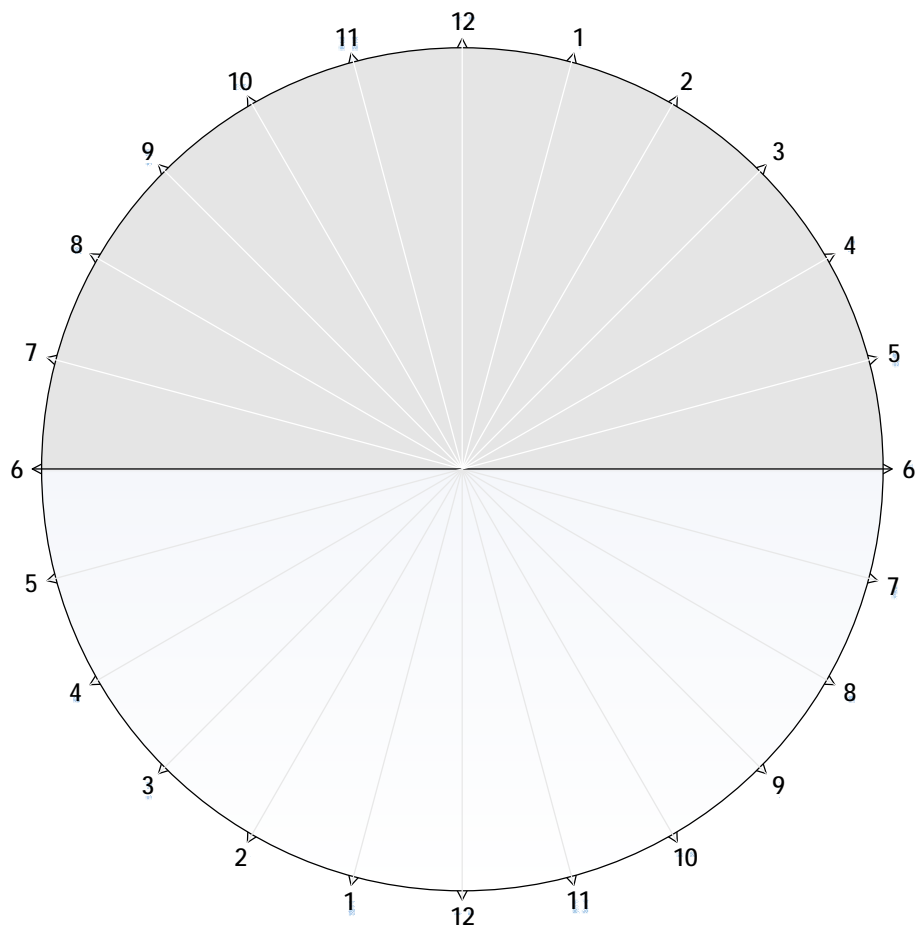
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Daily Target of



月 / 日 週

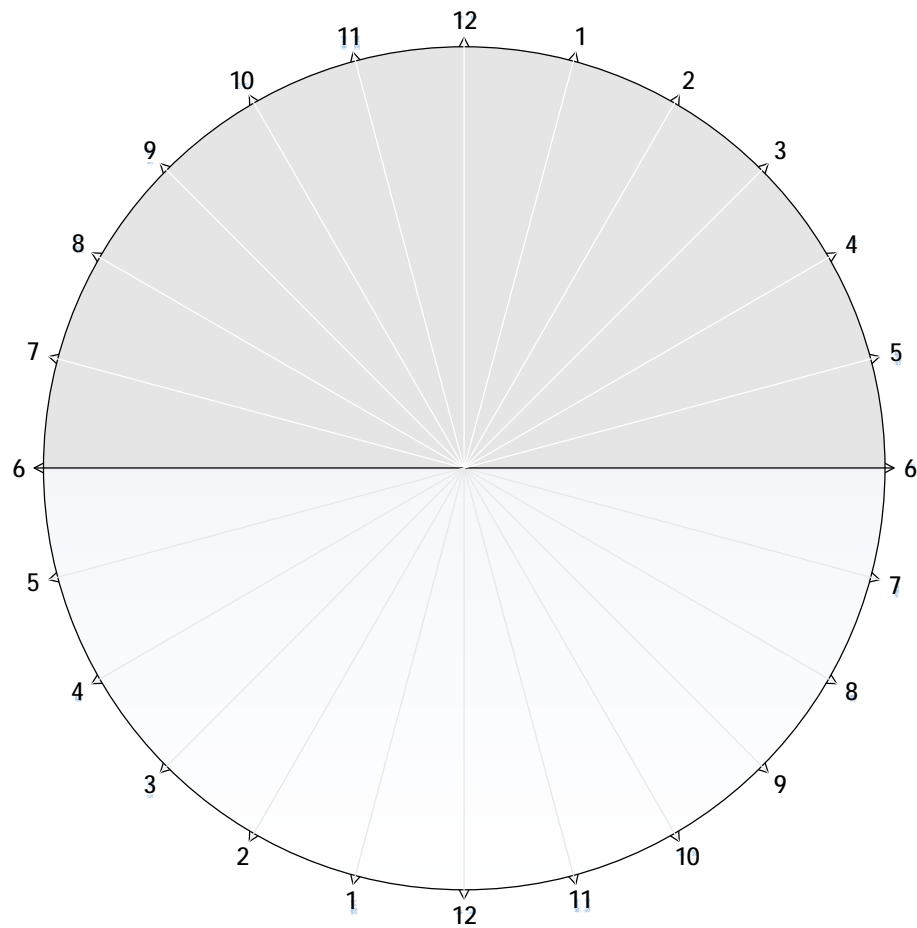
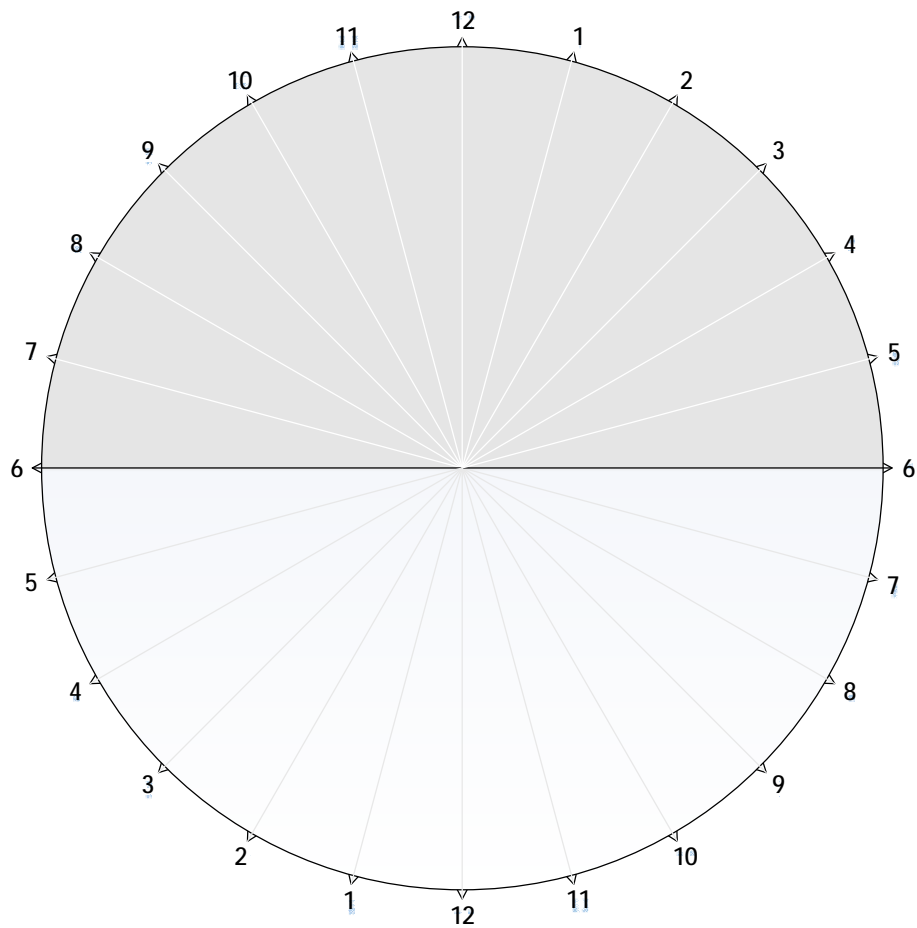
Daily Target of

Daily Target of

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Daily Target of



\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

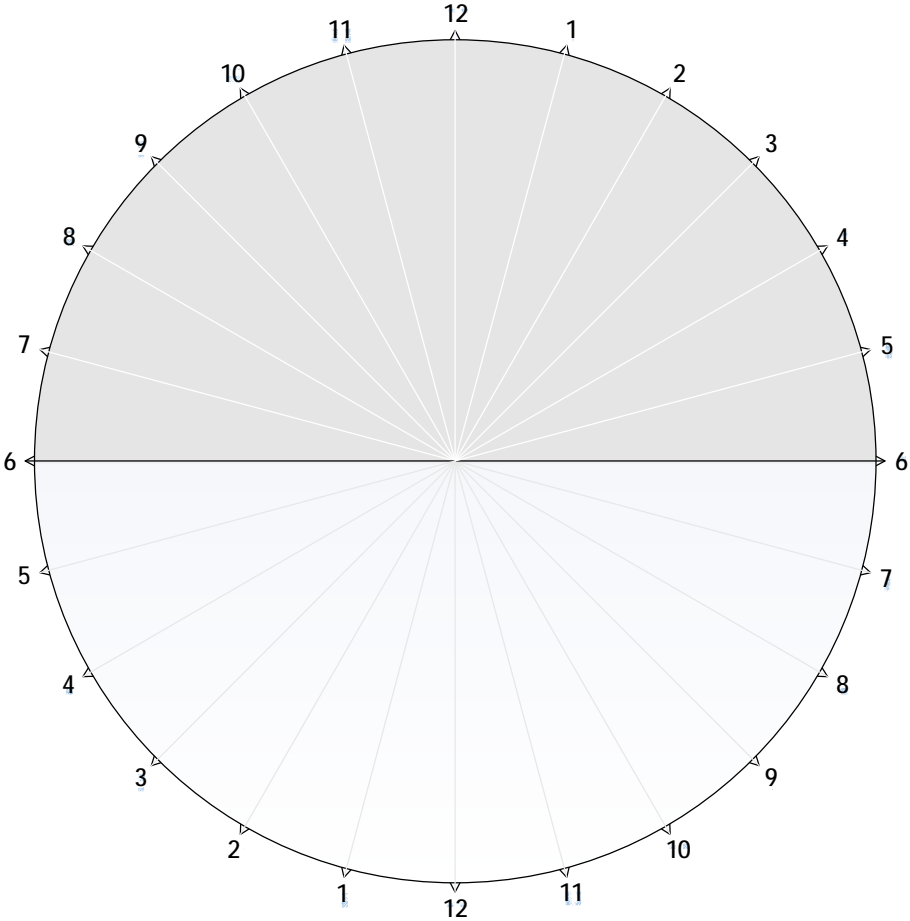
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



月 / 日 週

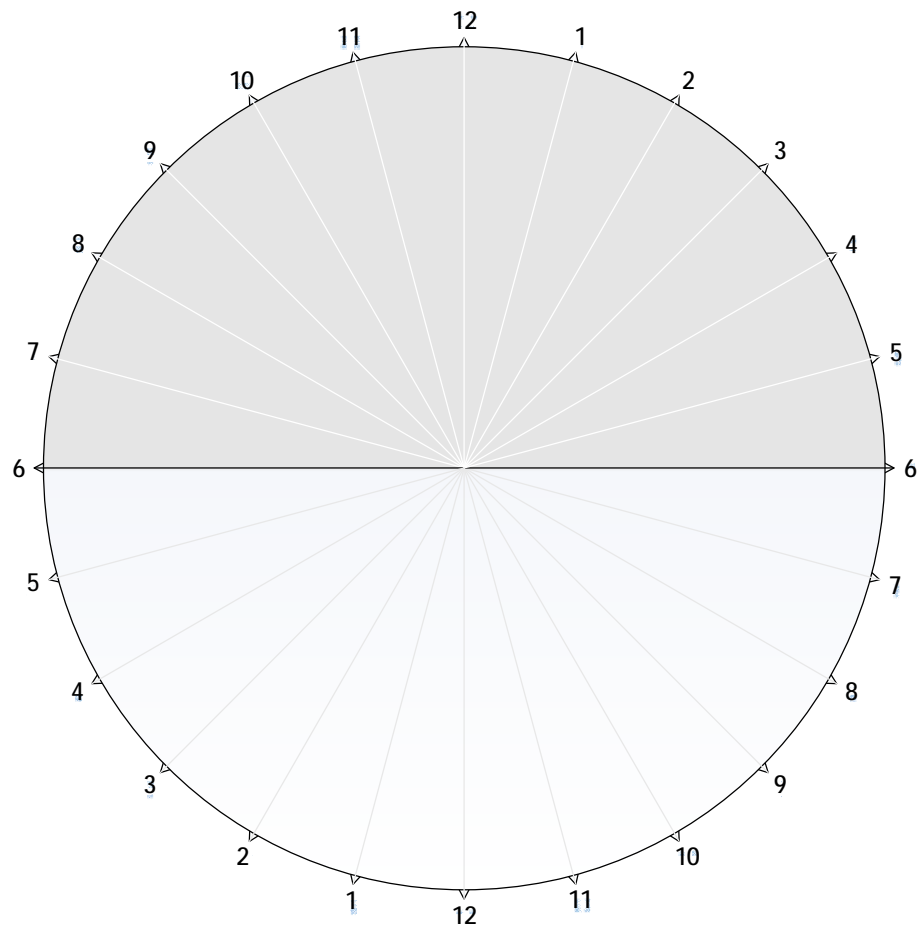
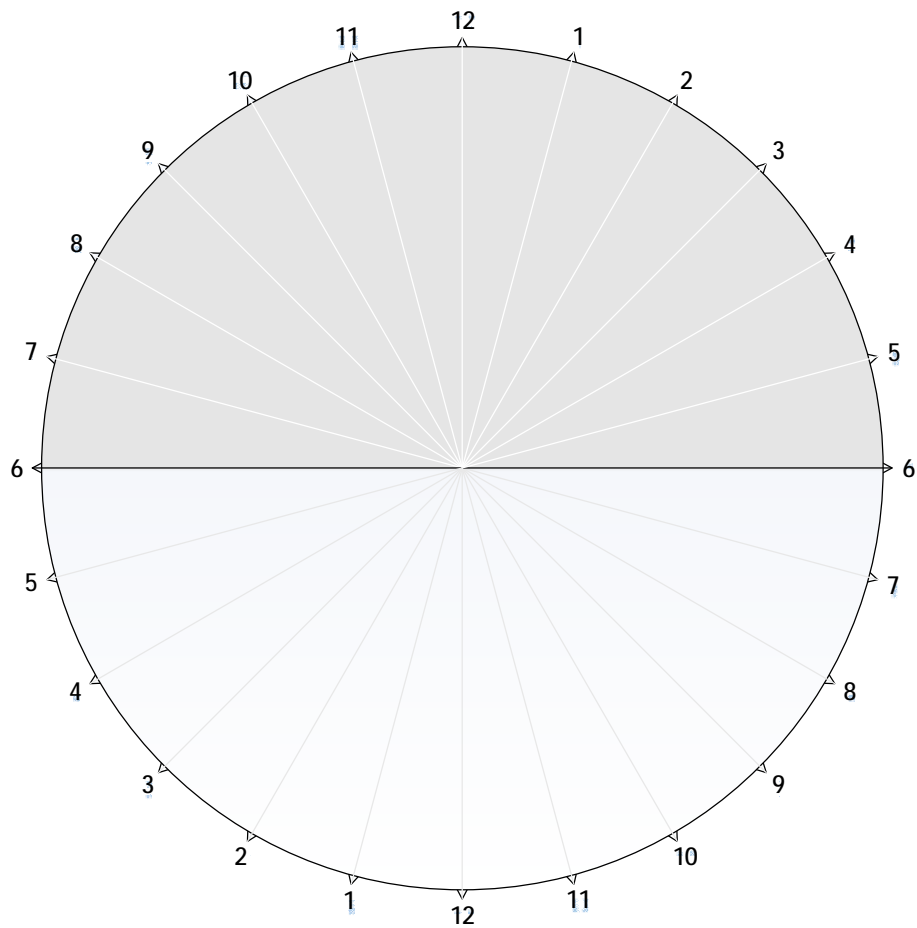
Daily Target of

Daily Target of

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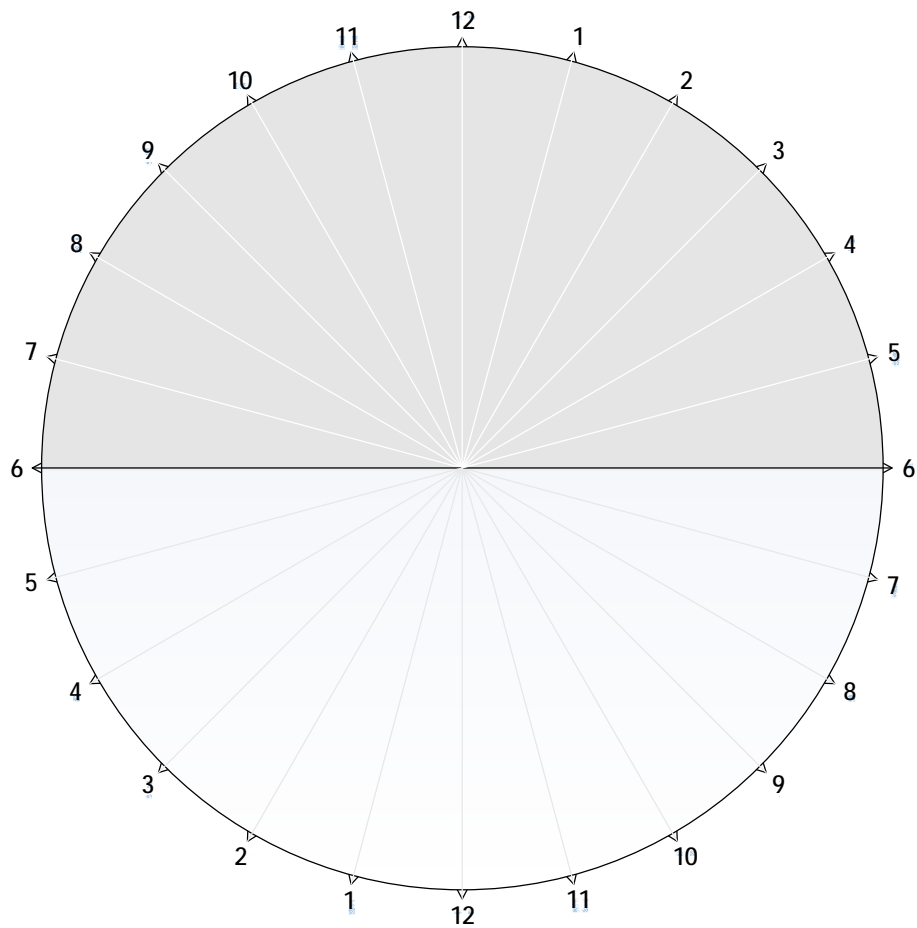
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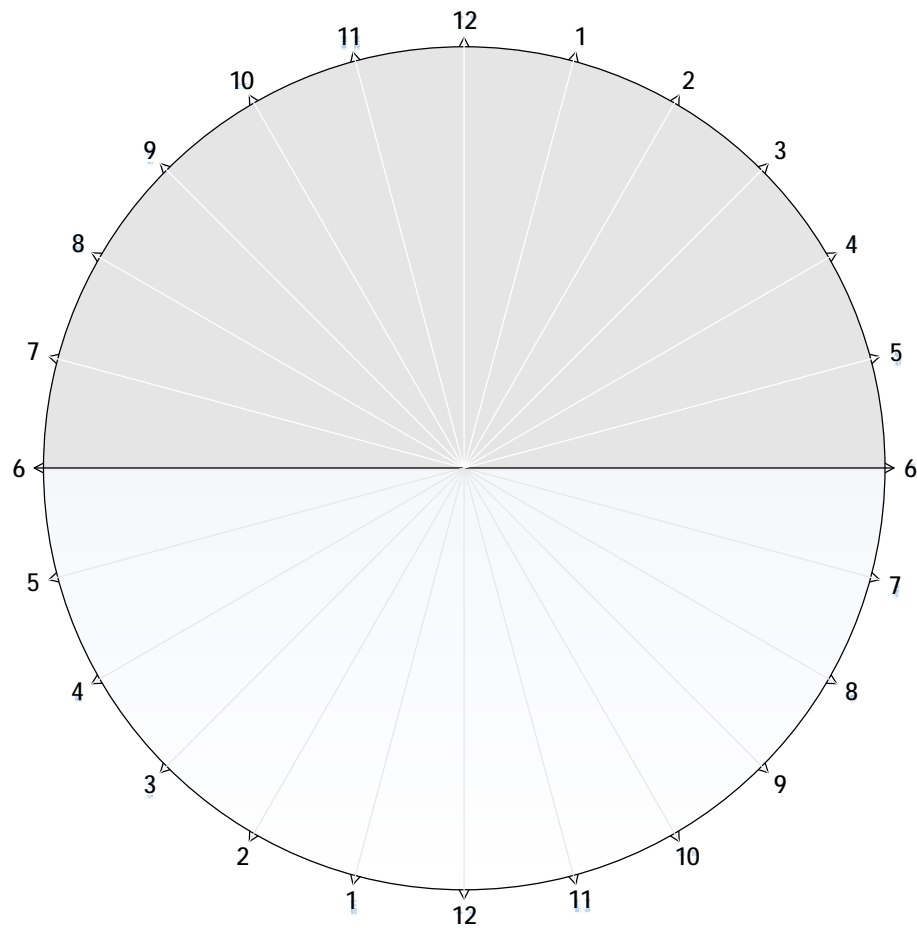
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Daily Target of

Daily Target of



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95

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

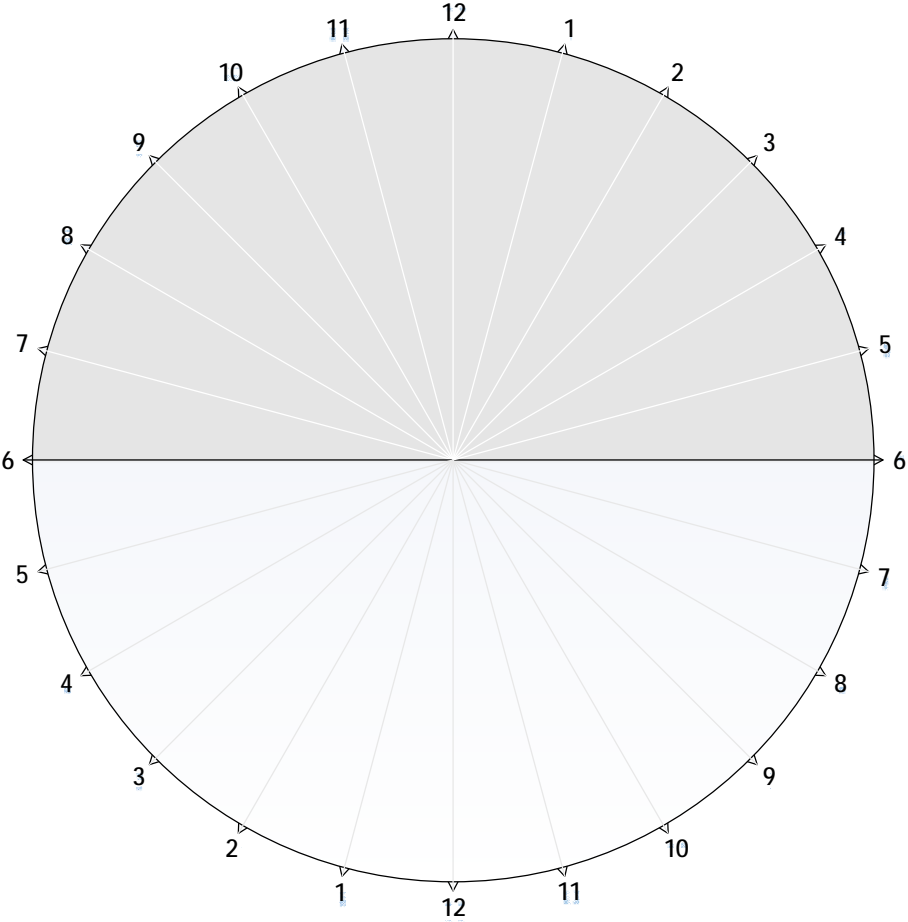
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of





月 / 日 週

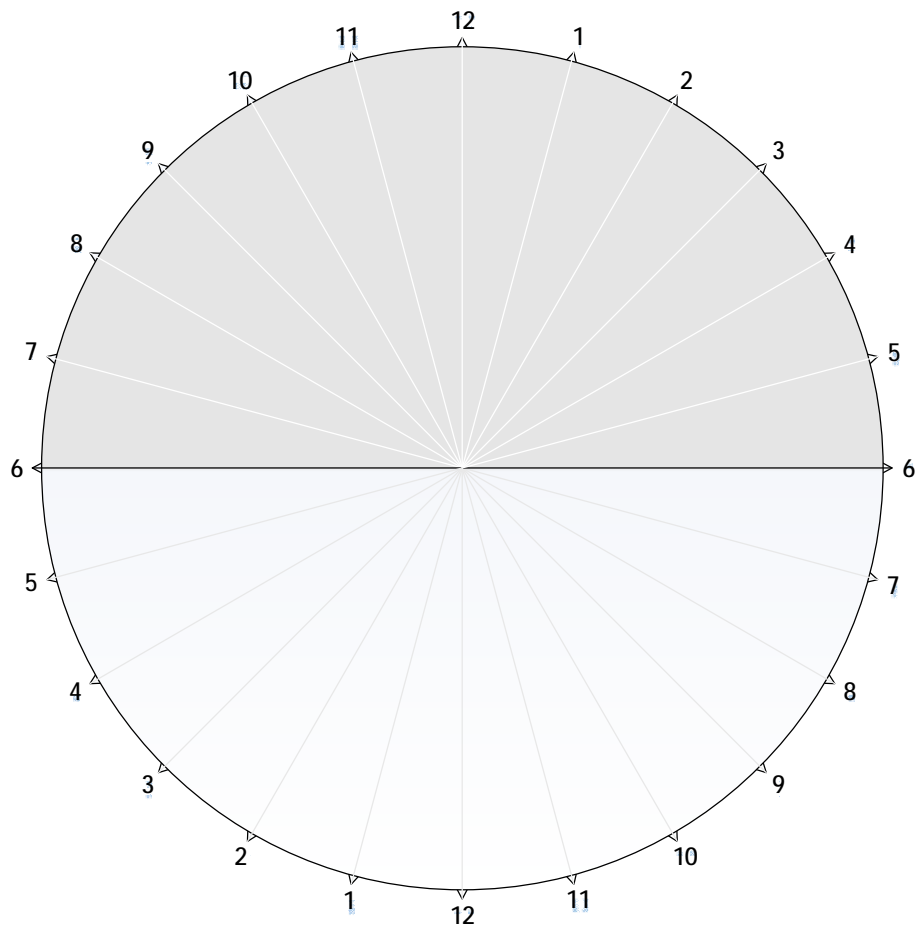
Daily Target of

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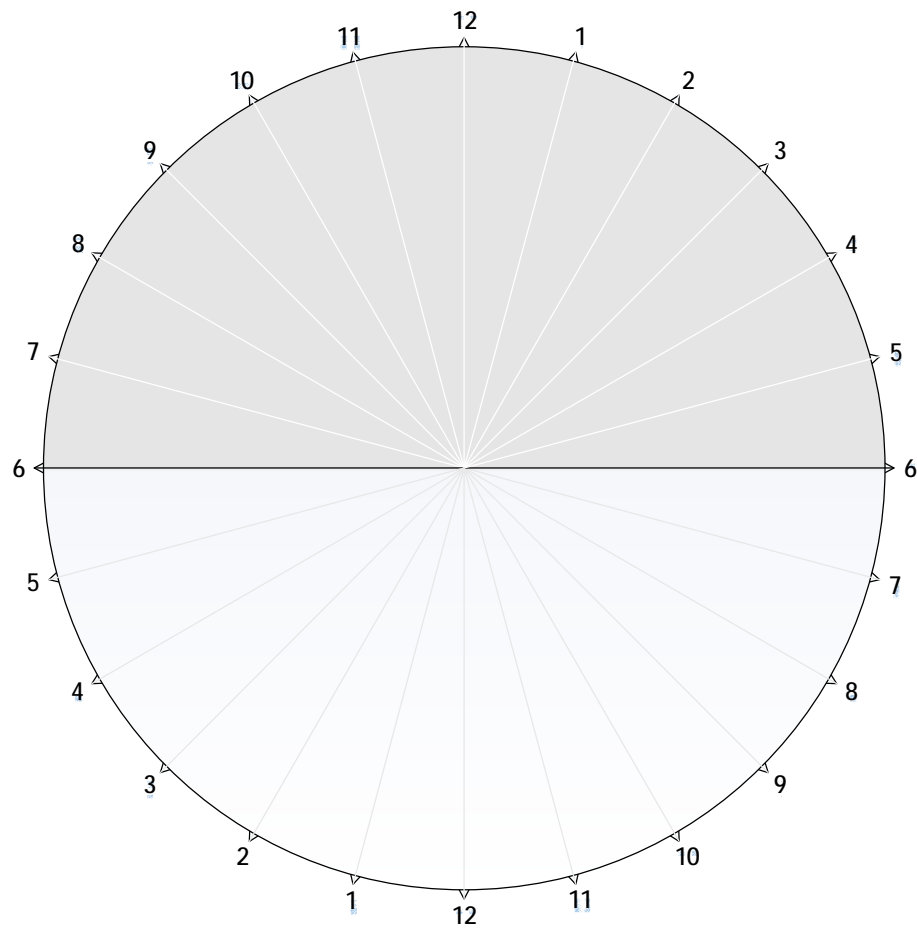
月 / 日 週

Daily Target of

Daily Target of



32



97

月

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Daily Target of

Daily Target of

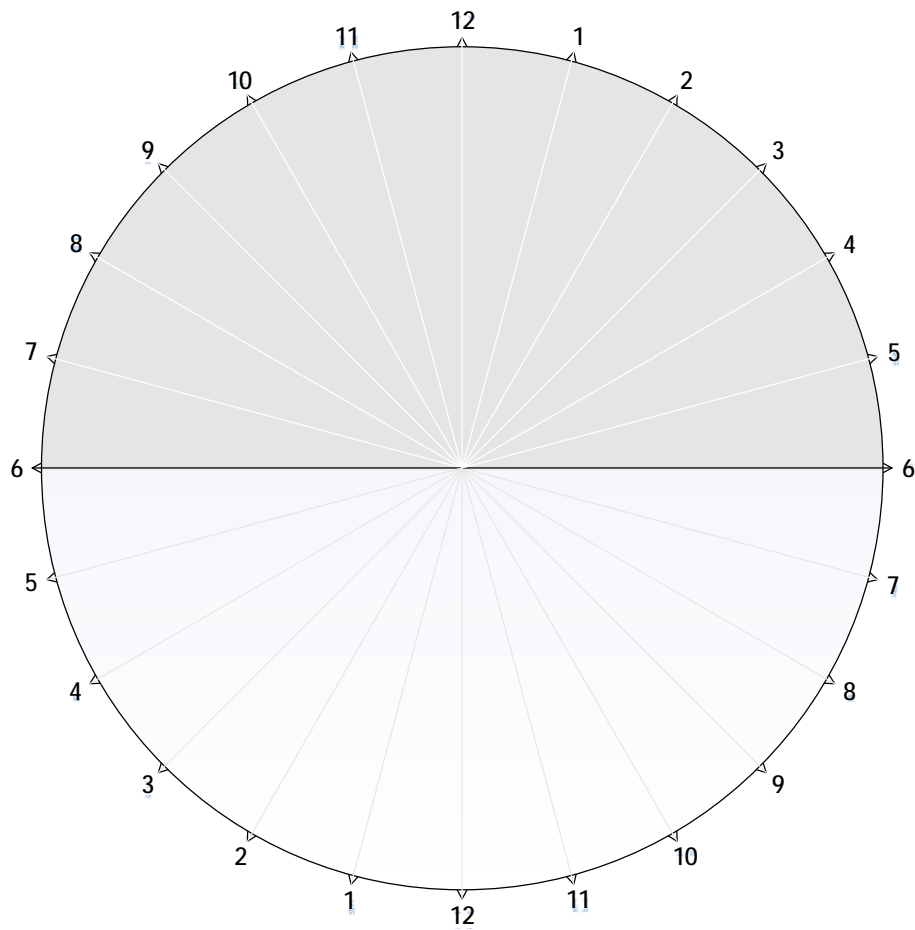
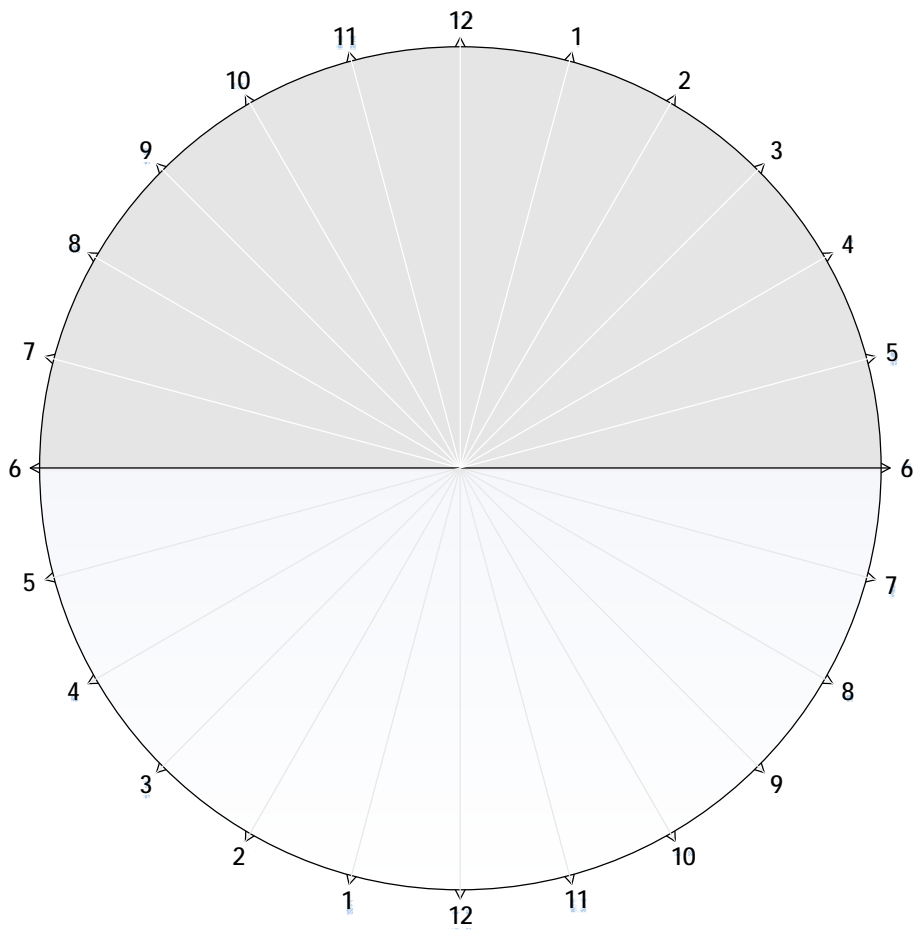
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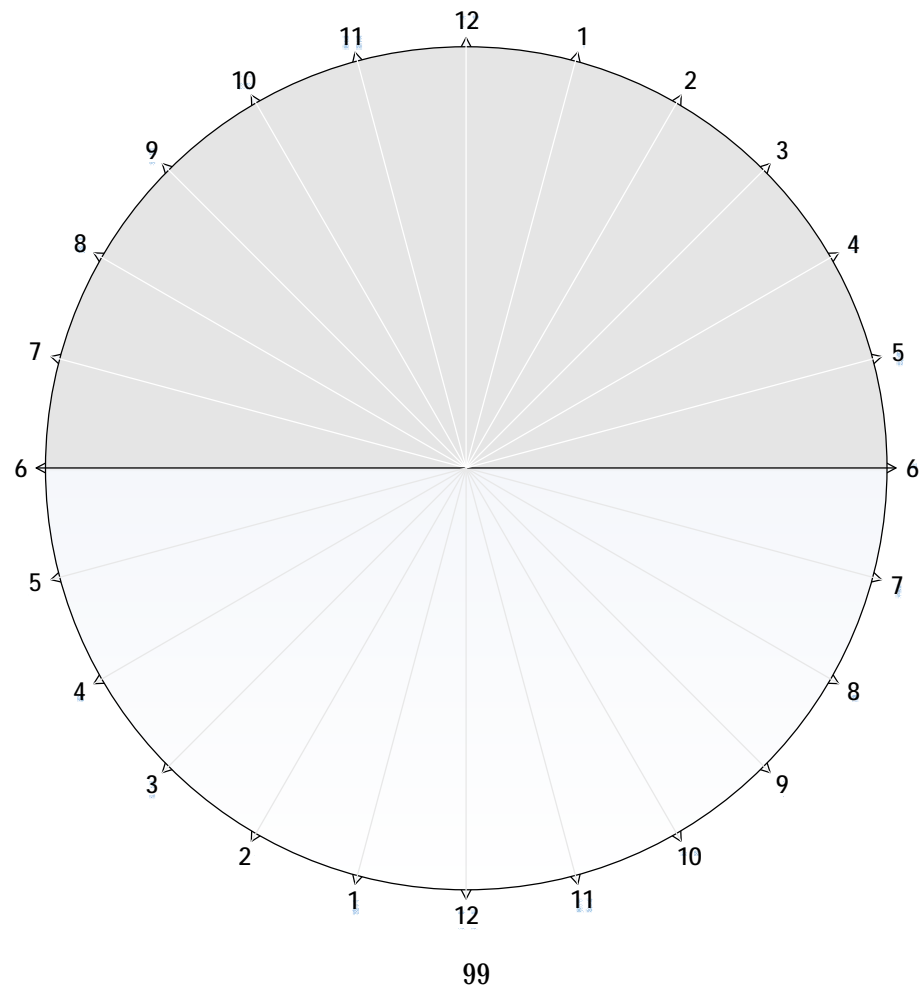
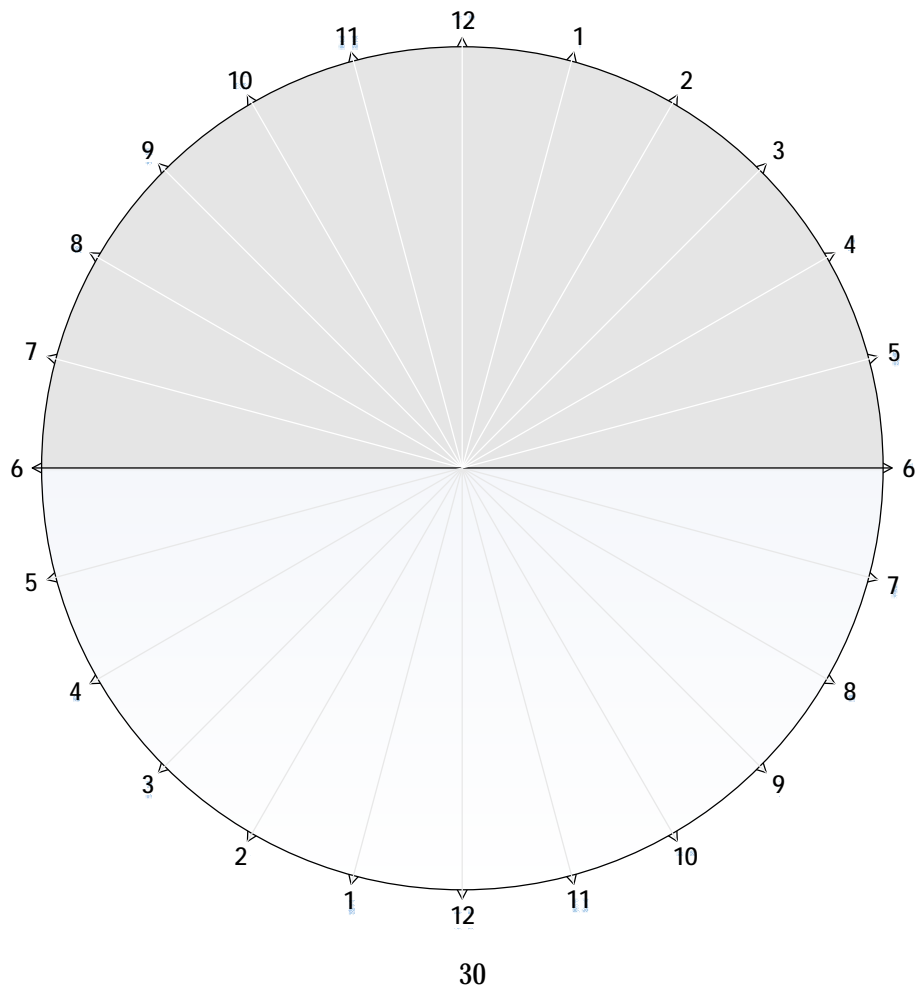
Daily Target of

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月 / 日 週

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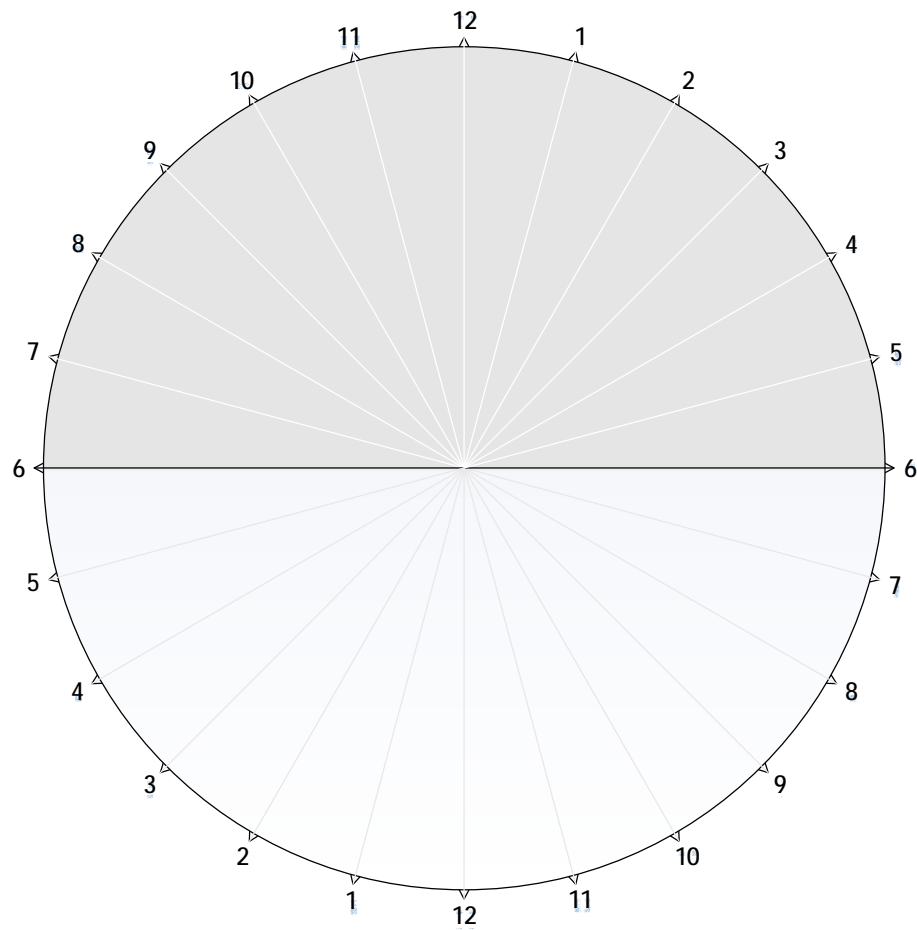
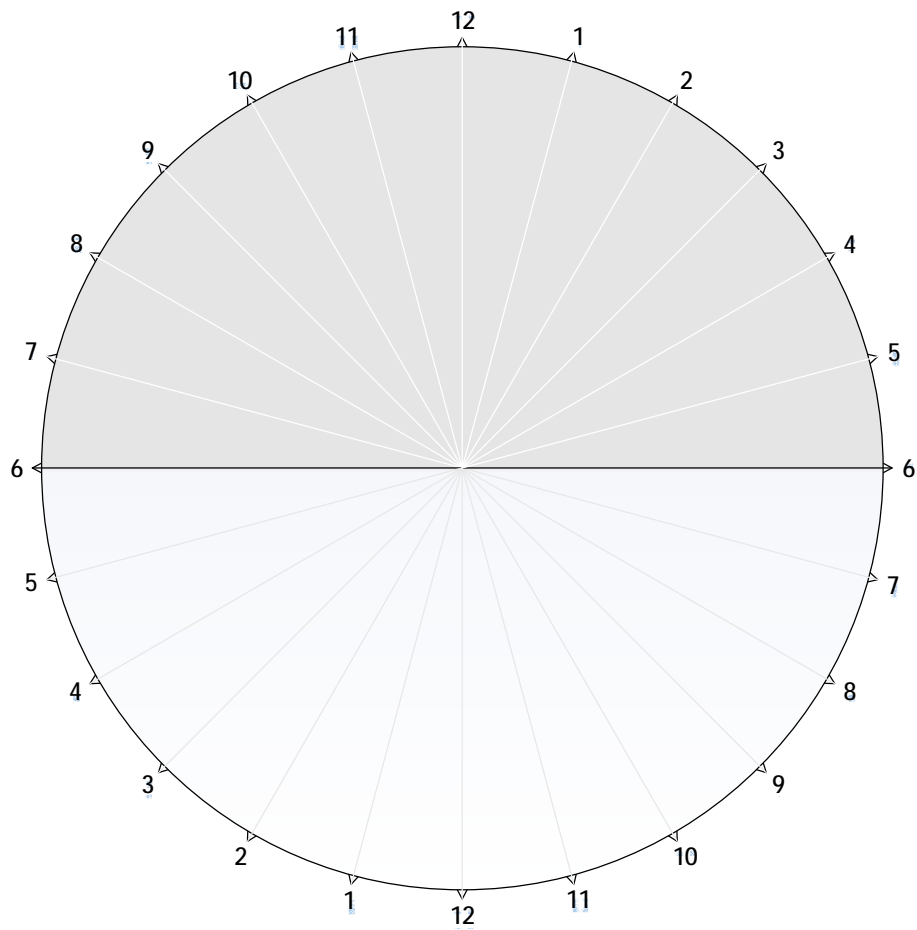


月 / 日 週

Daily Target of	Daily Target of

月 / 日 週

Daily Target of	Daily Target of



\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

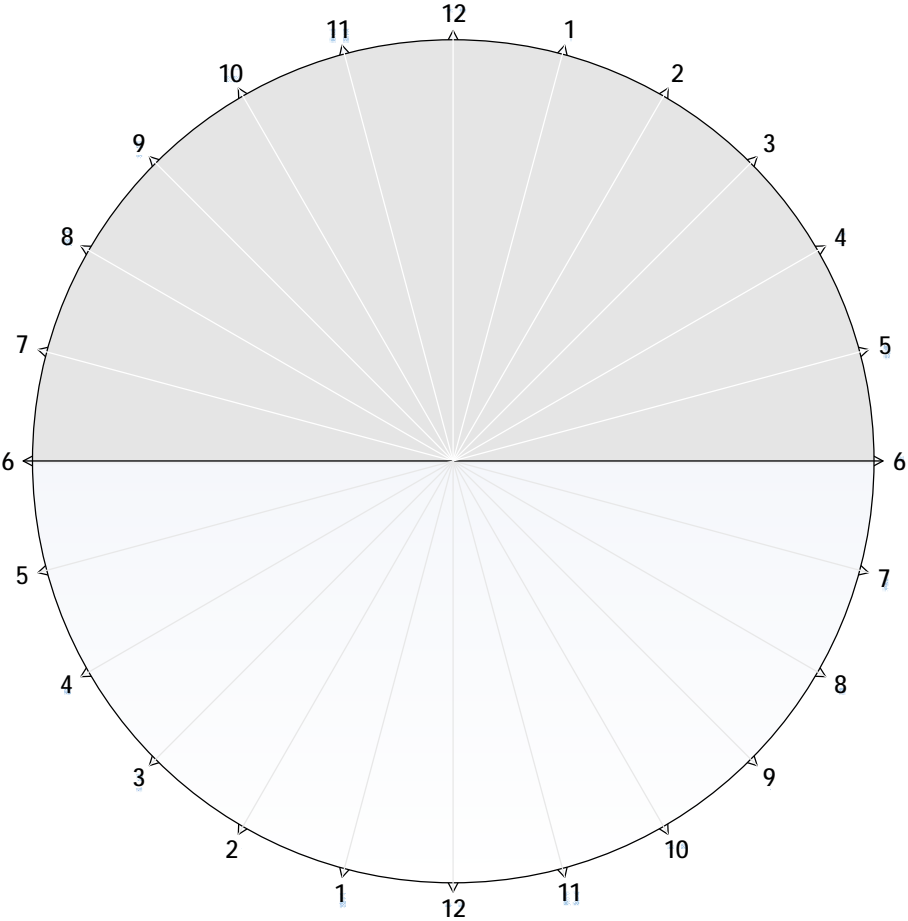
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



月 / 日 週

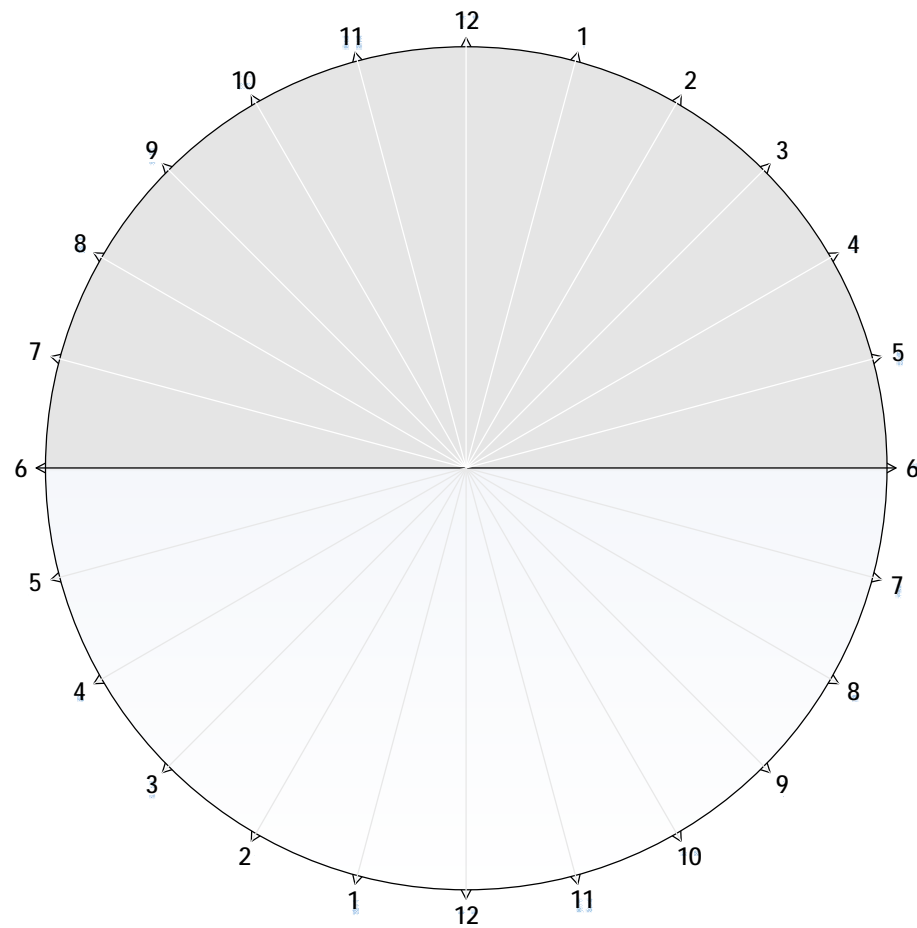
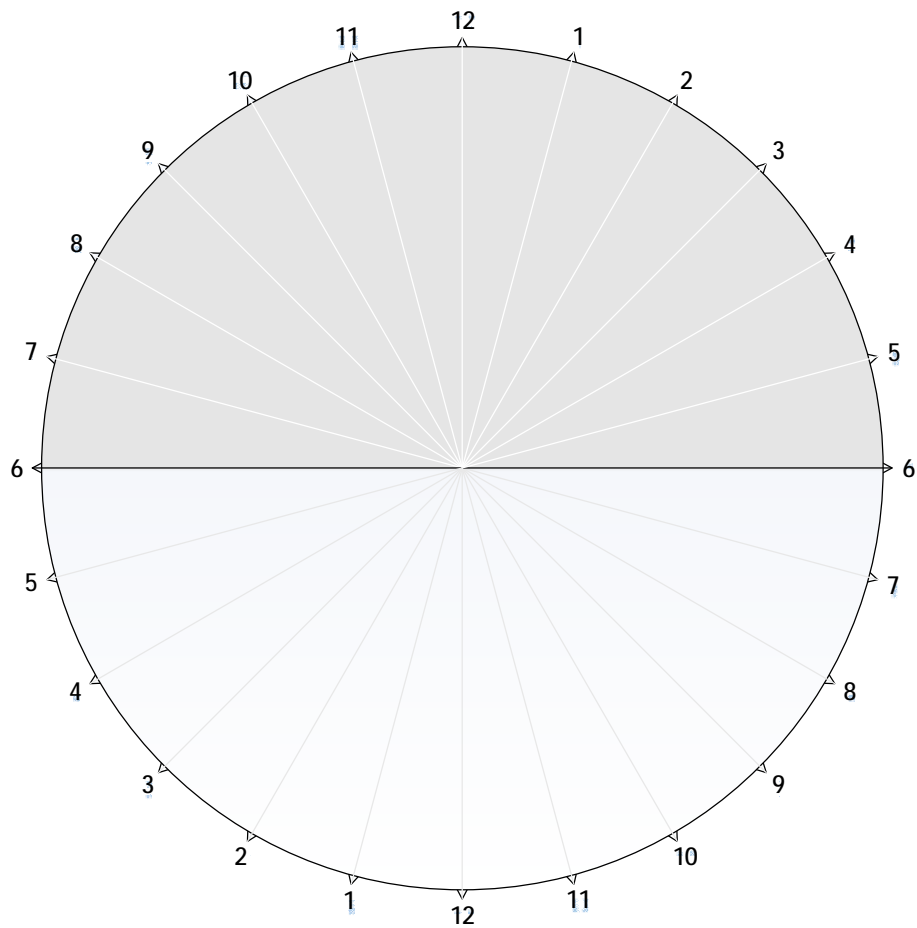
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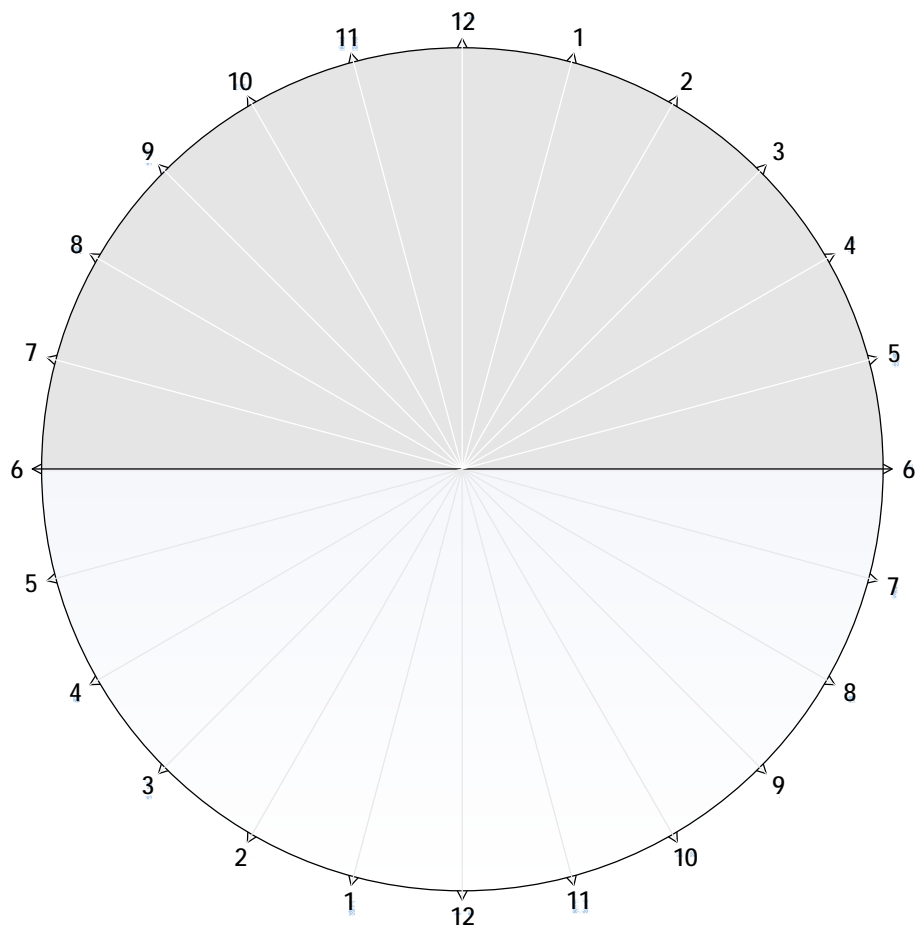
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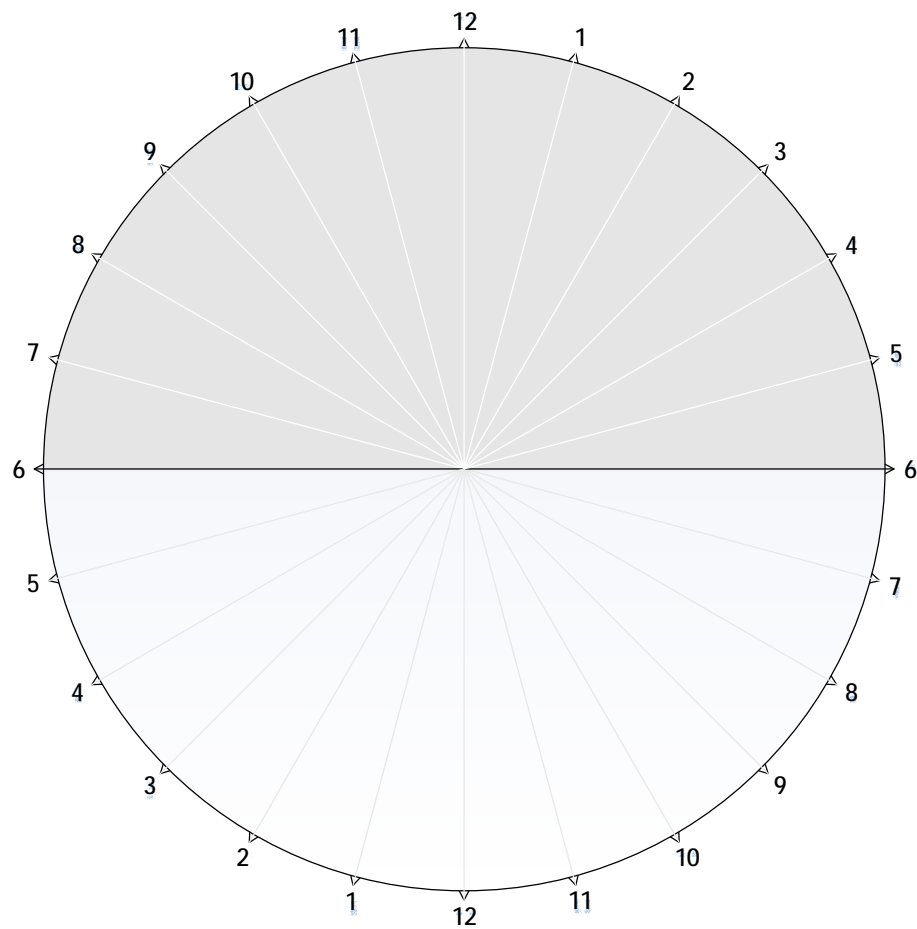
月 / 日 週

Daily Target of

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103

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

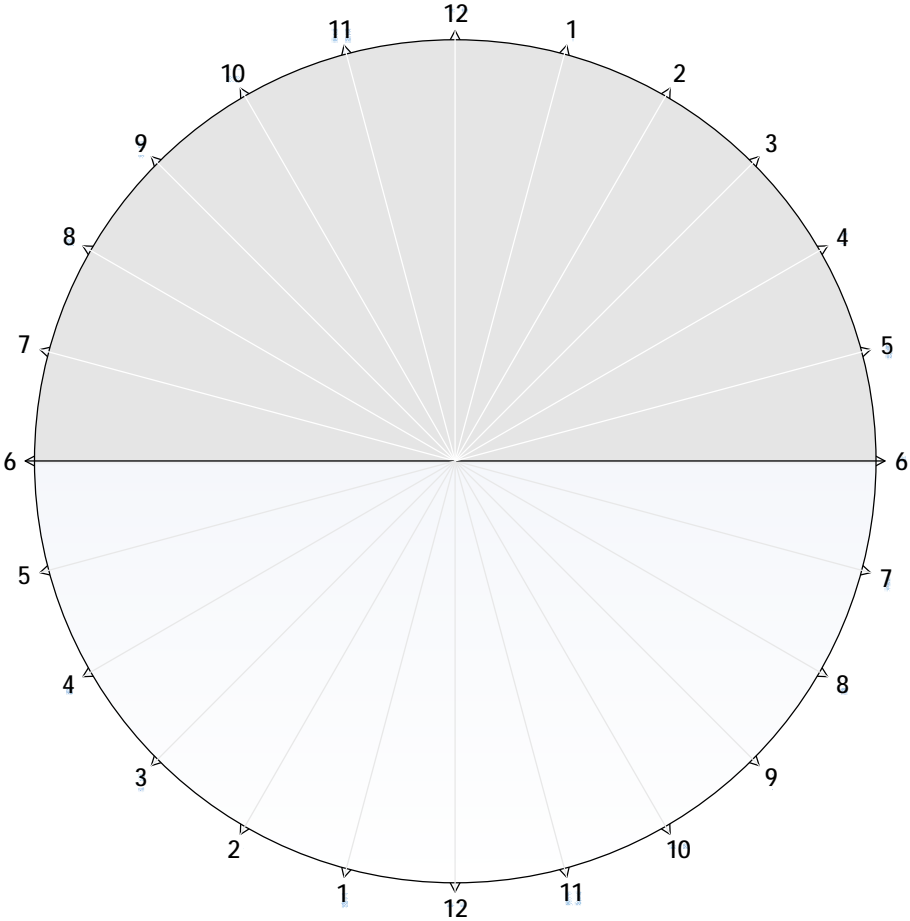
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of





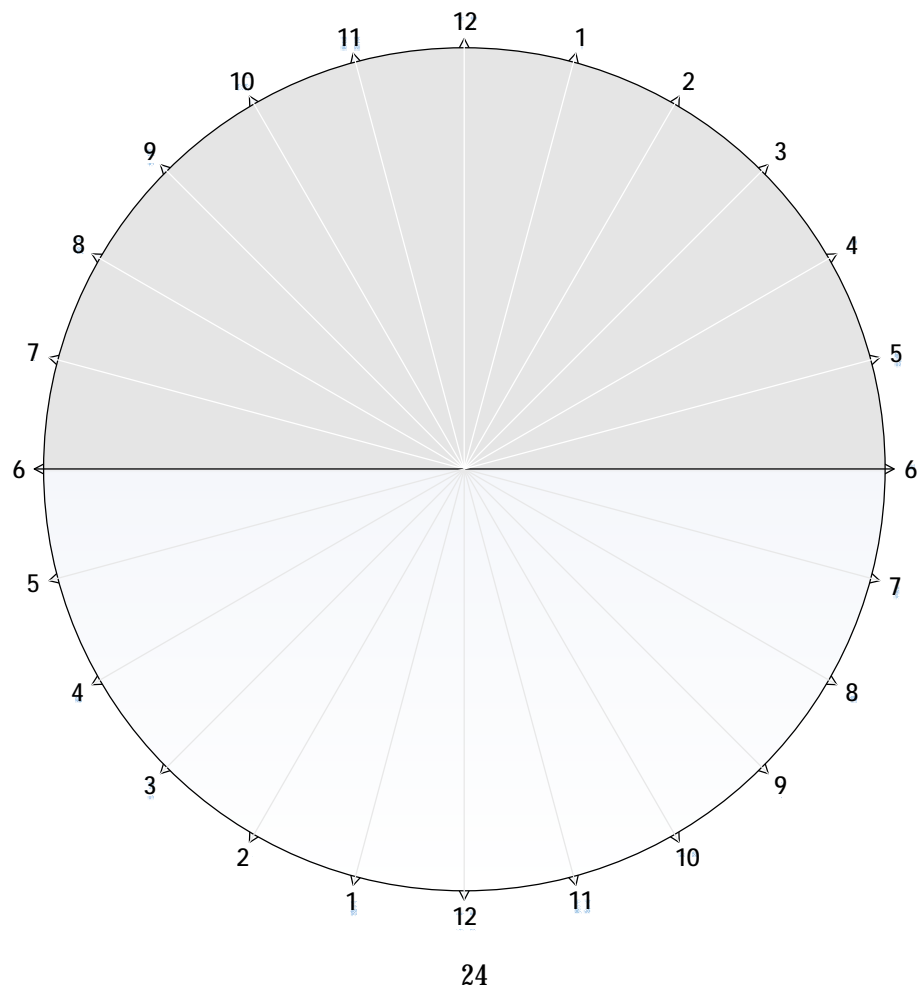
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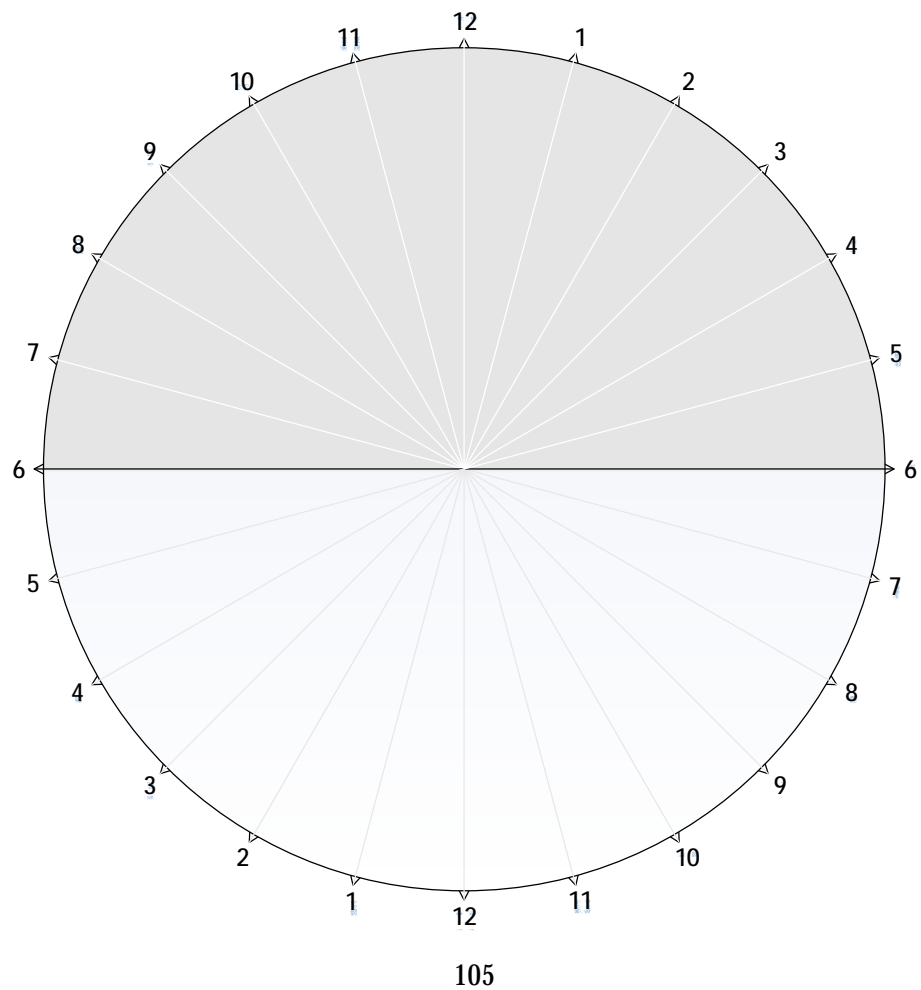
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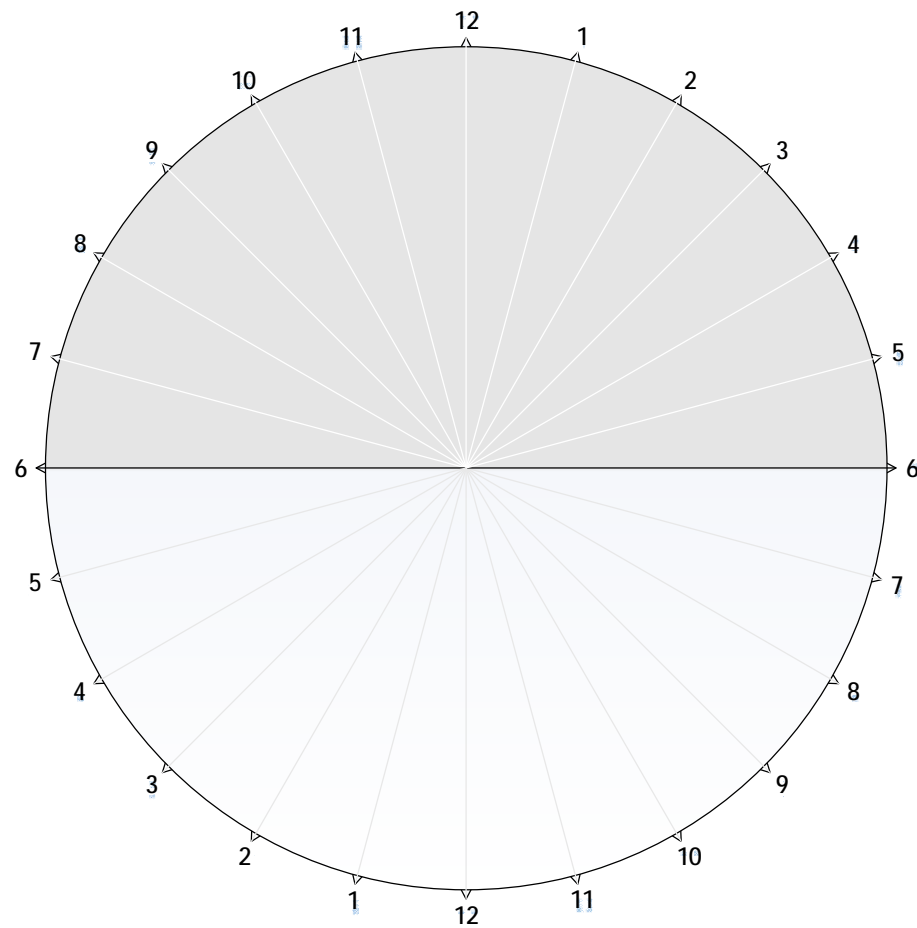
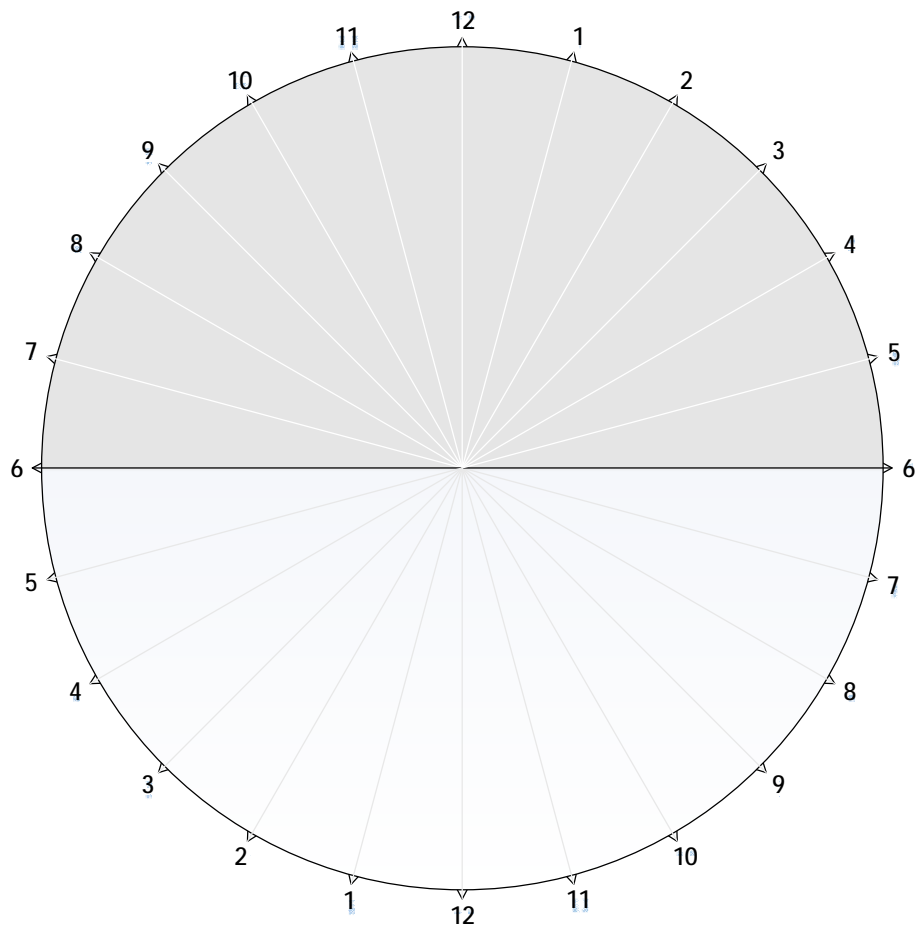
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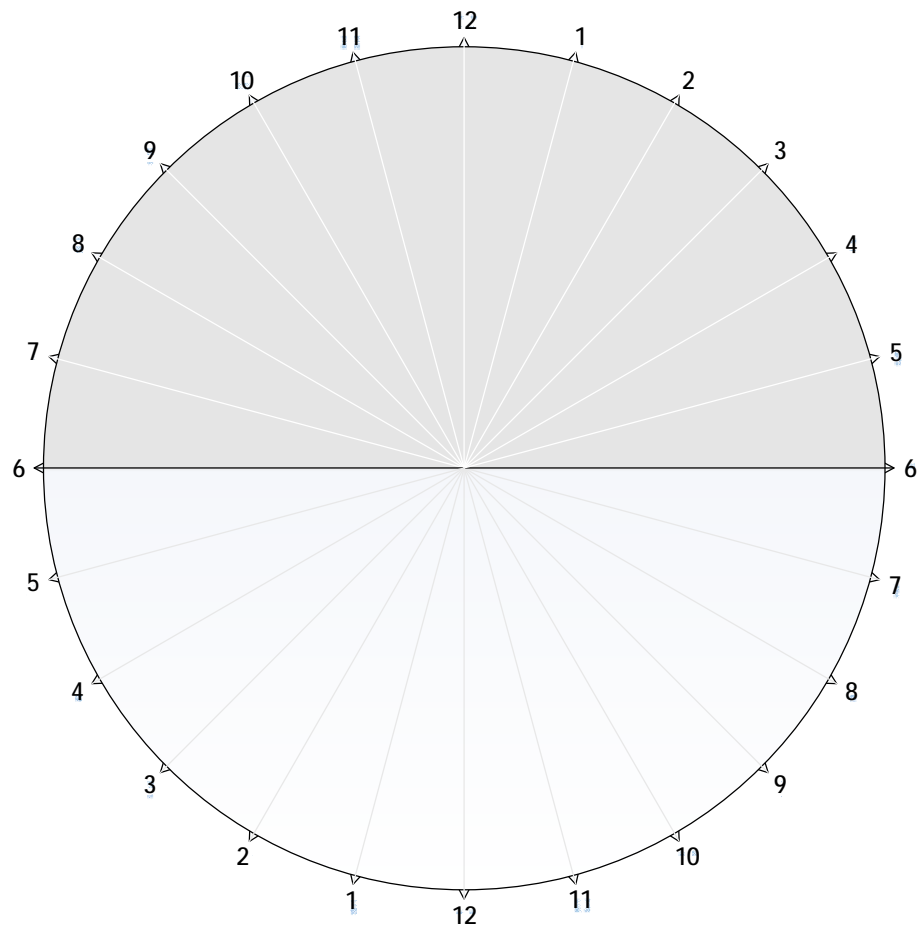
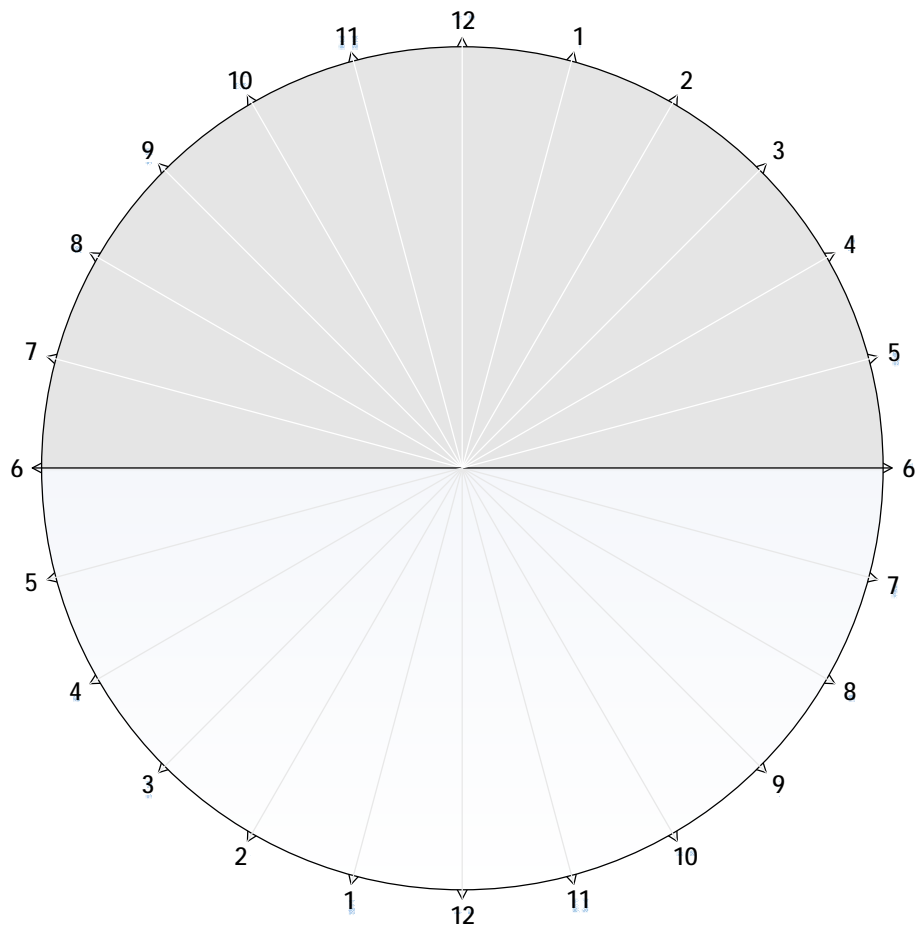
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月 / 日 週

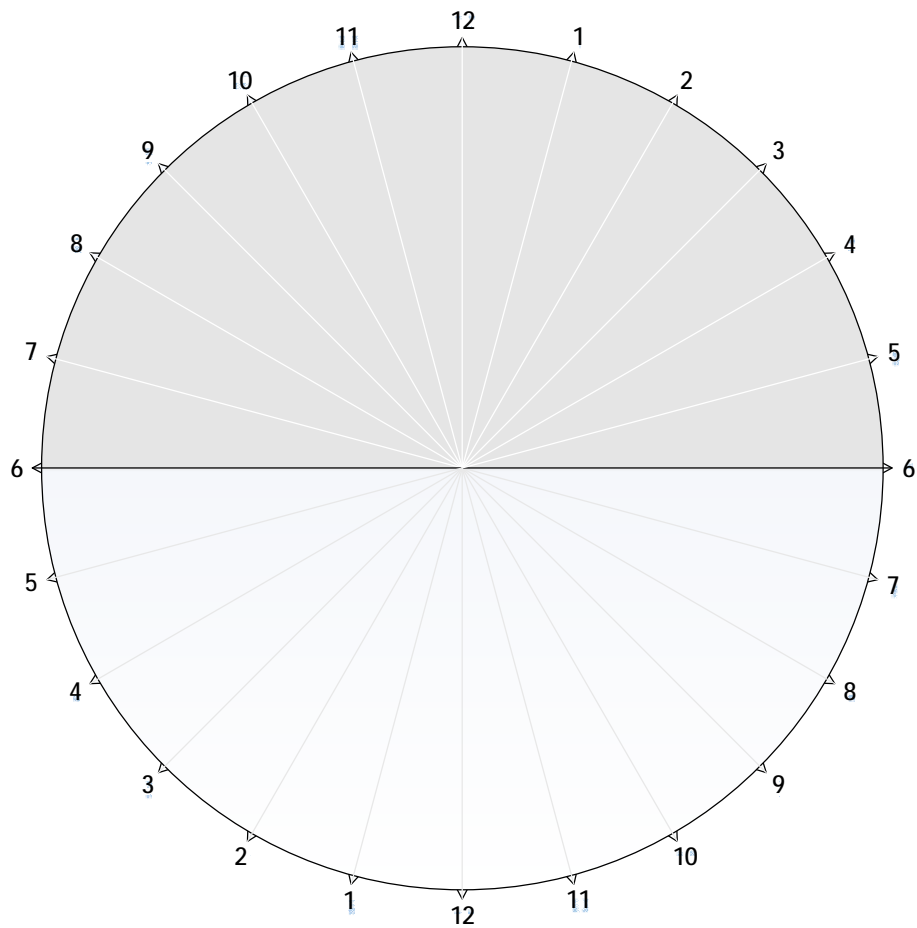
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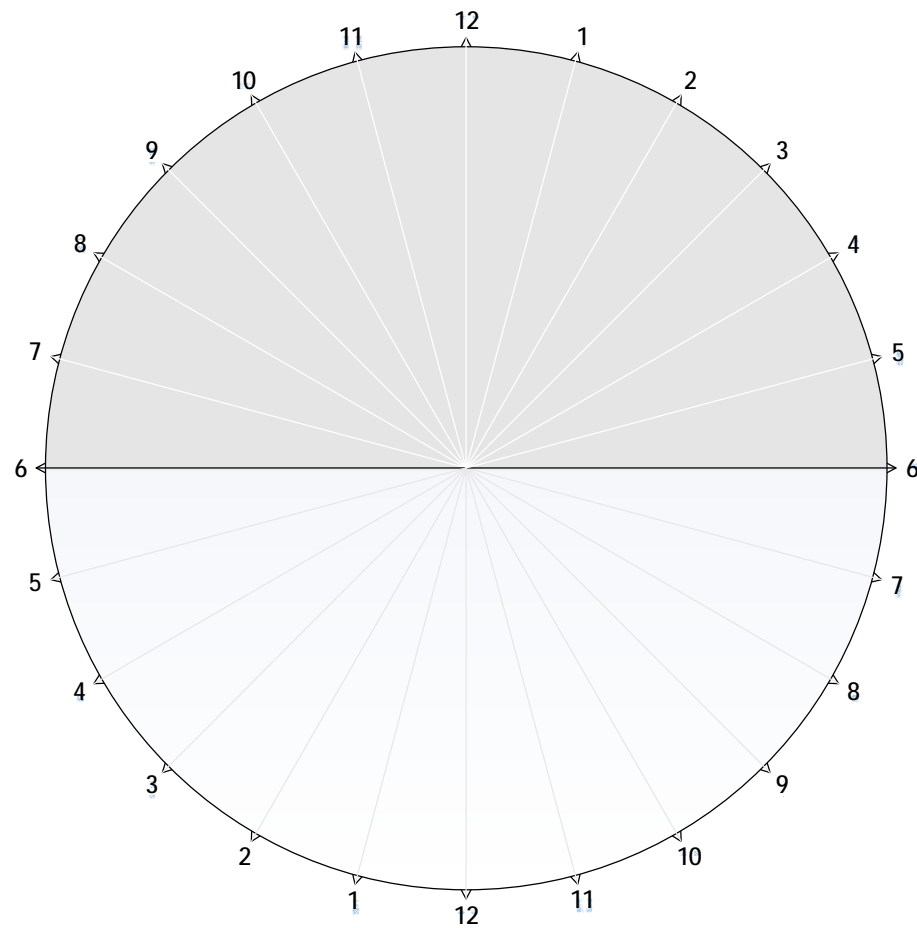
月 / 日 週

Daily Target of

Daily Target of



108



21

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

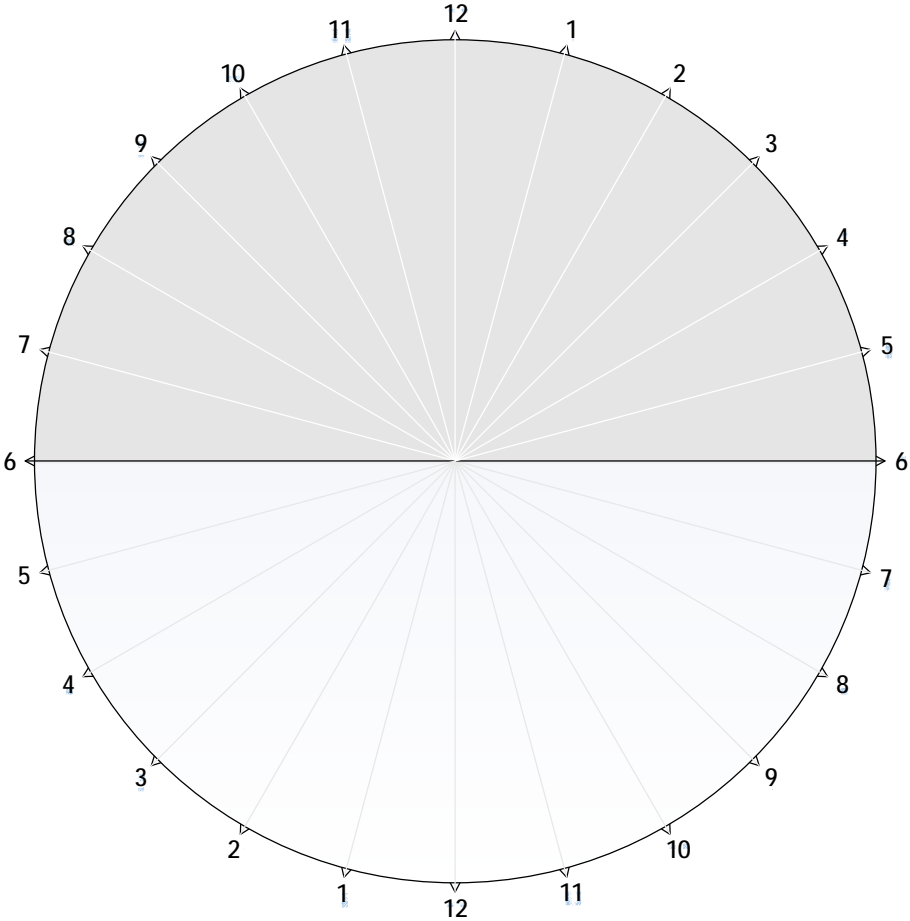
2、Weekly Target of

3、Weekly Target of Learning

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Daily Target of	Daily Target of



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Daily Target of

Daily Target of

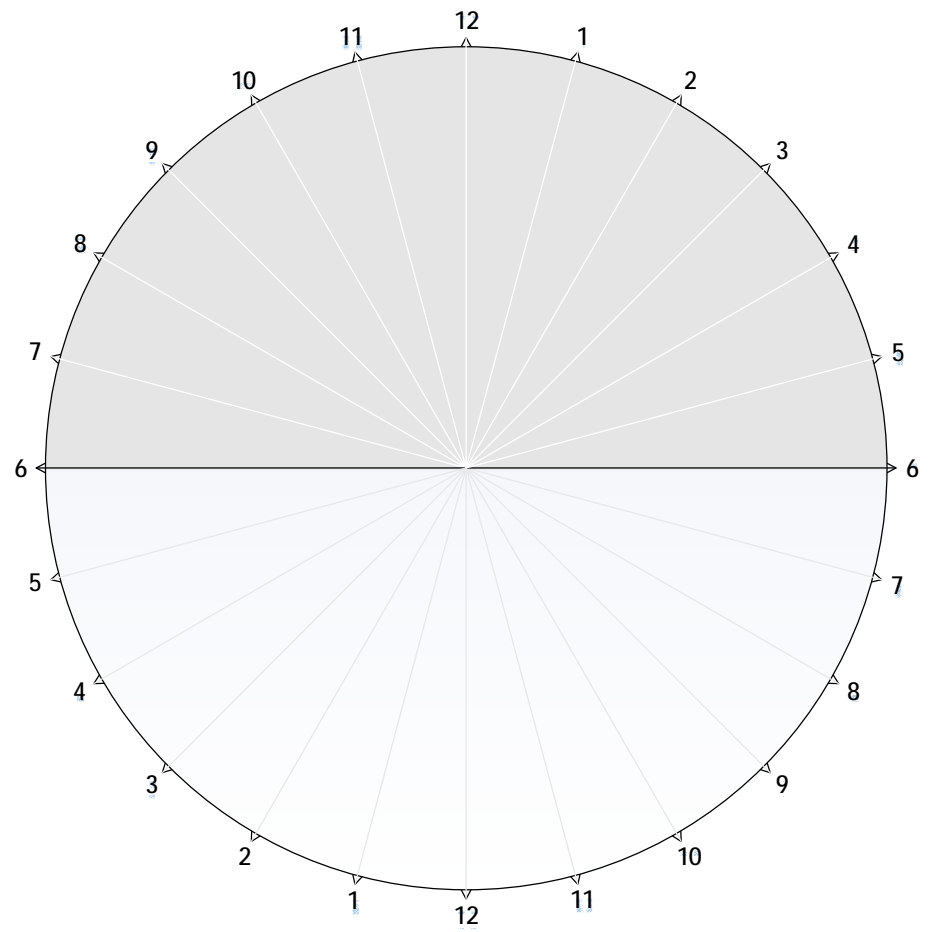
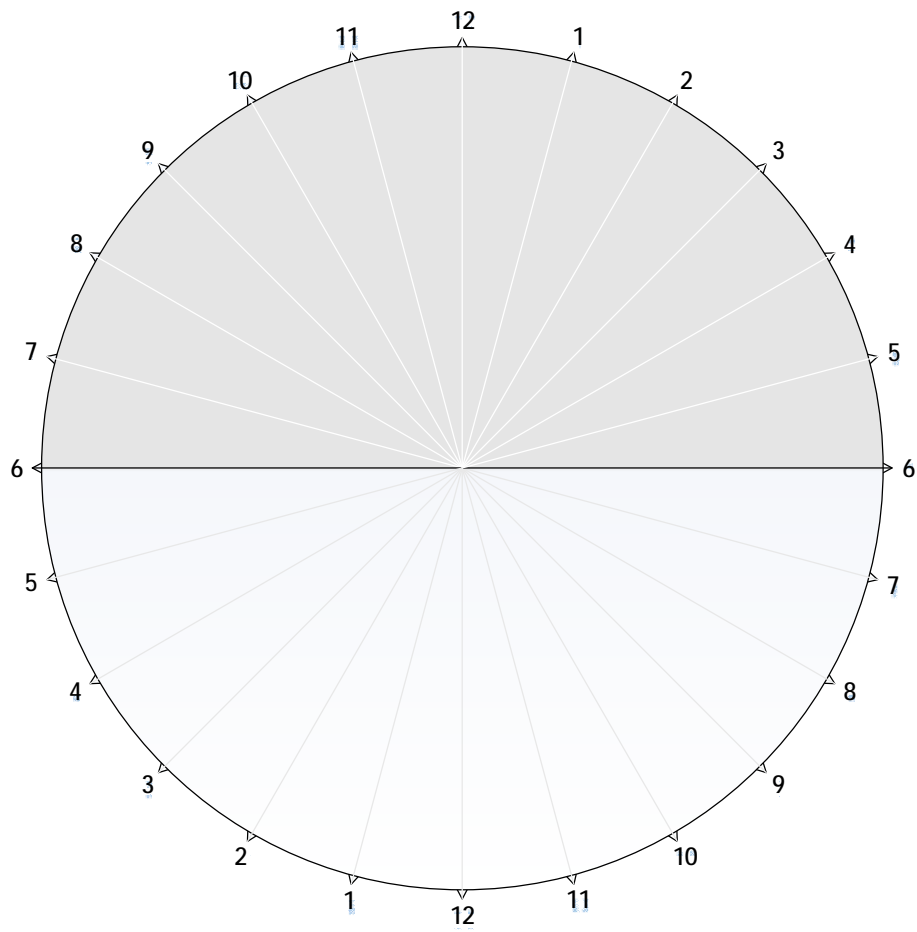
月

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Daily Target of

Daily Target of



月 / 日 週

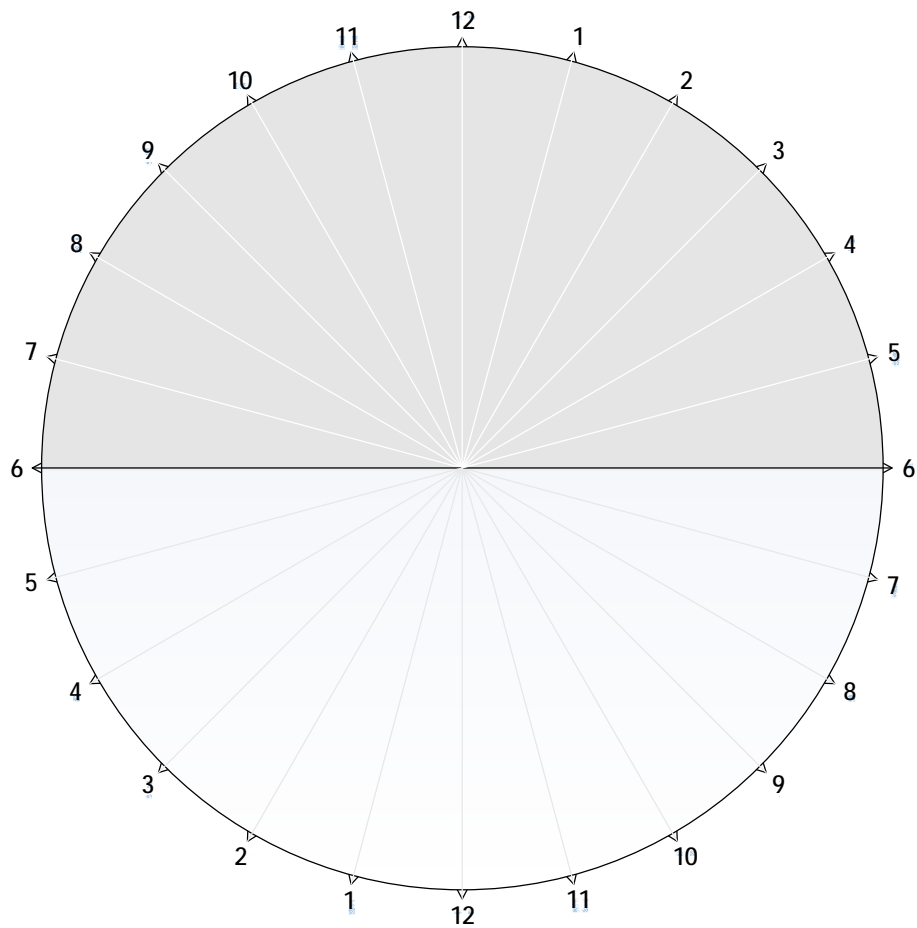
Daily Target of

Daily Target of

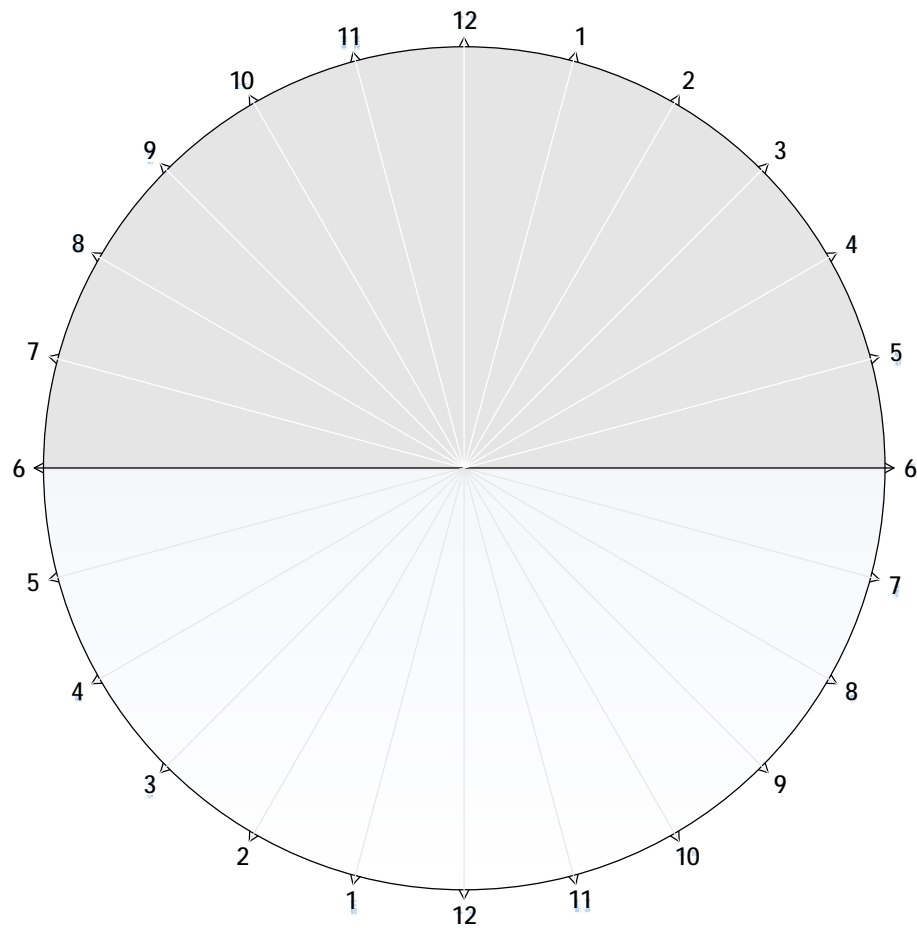
月 / 日 週

Daily Target of

Daily Target of



18



111

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

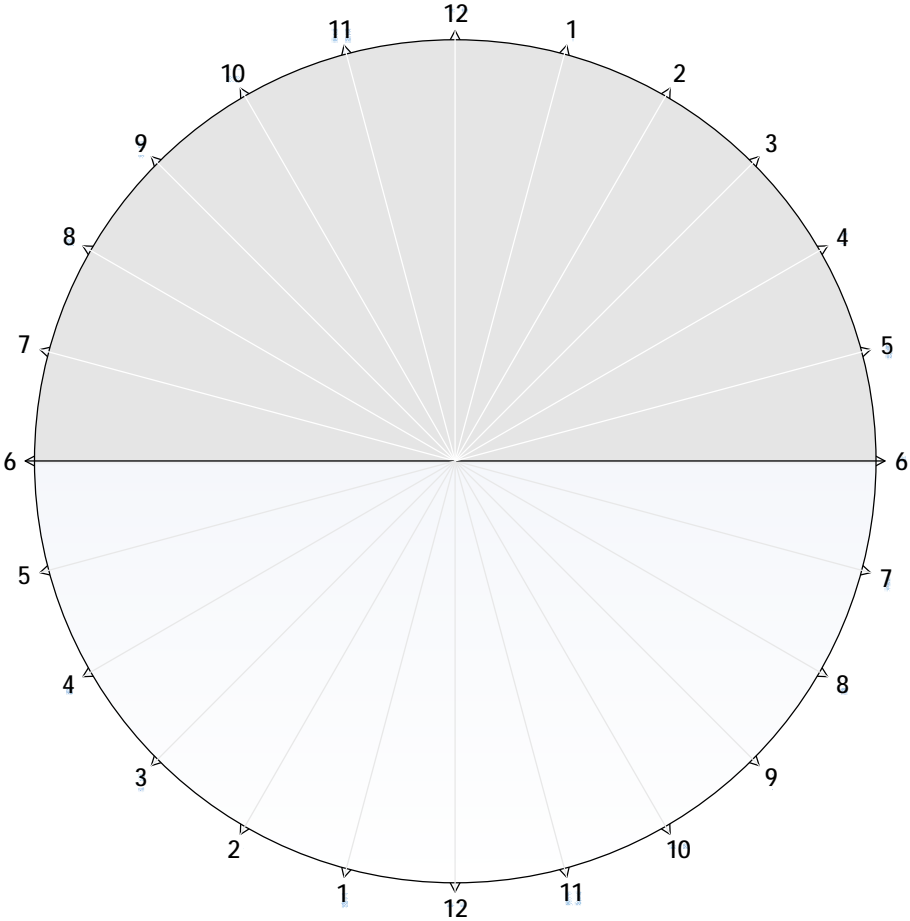
2、Weekly Target of

3、Weekly Target of Learning

月  
日

週

Daily Target of	Daily Target of





月 / 日 週

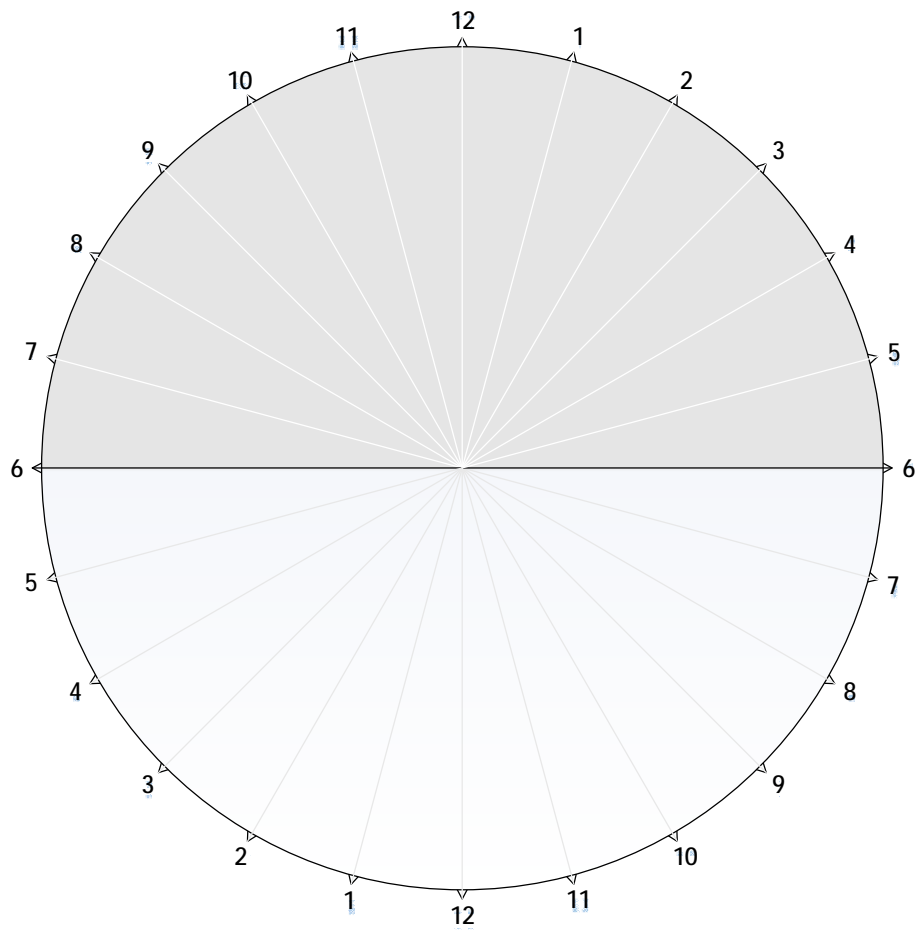
Daily Target of

Daily Target of

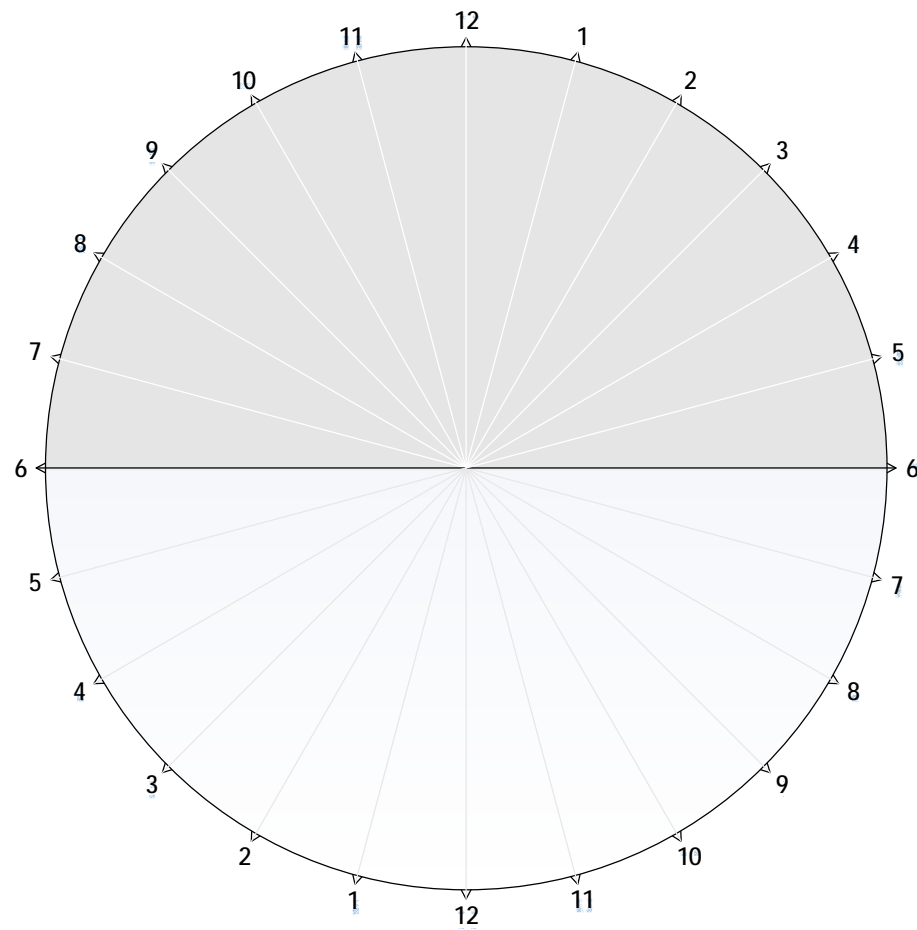
月 / 日 週

Daily Target of

Daily Target of



16



113

月 / 日 週

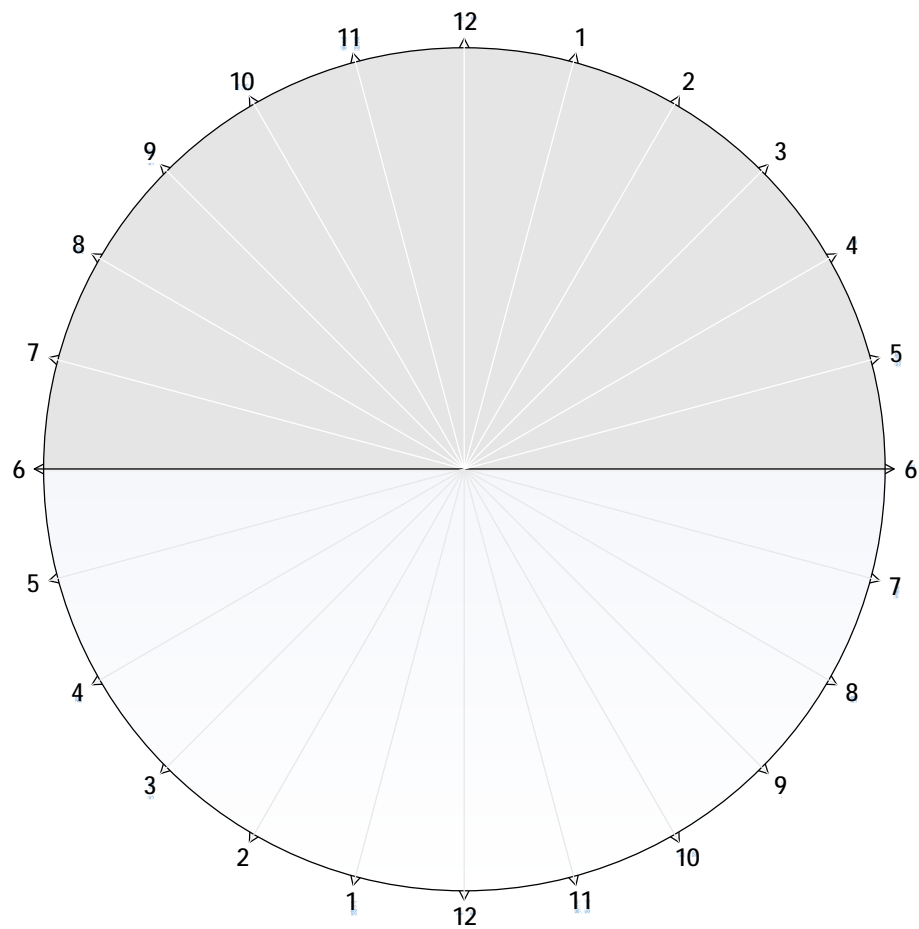
Daily Target of

Daily Target of

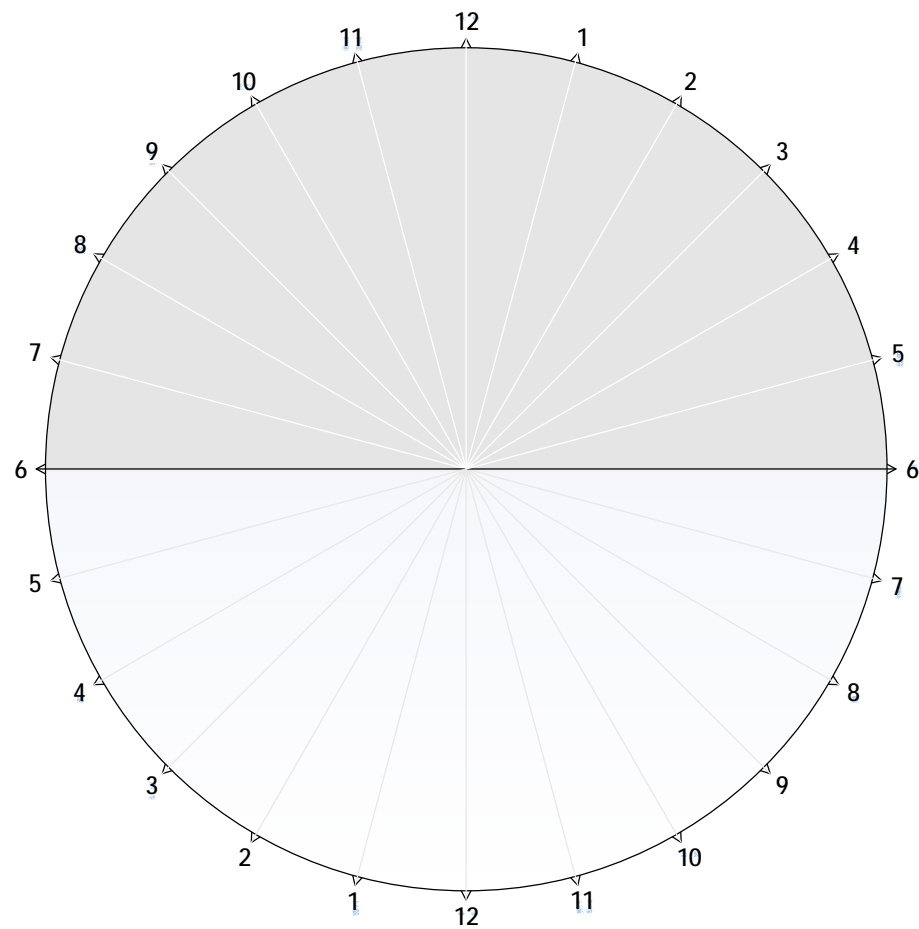
月 / 日 週

Daily Target of

Daily Target of



114



15

月

日

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Daily Target of

Daily Target of

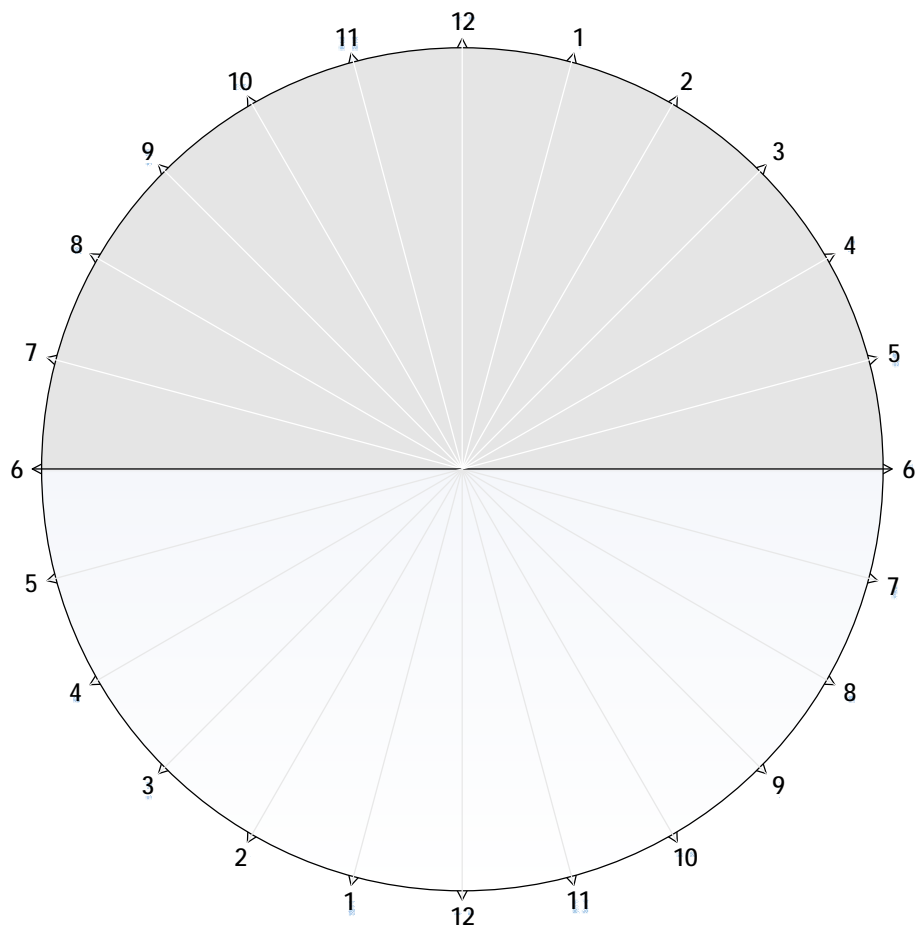
月

日

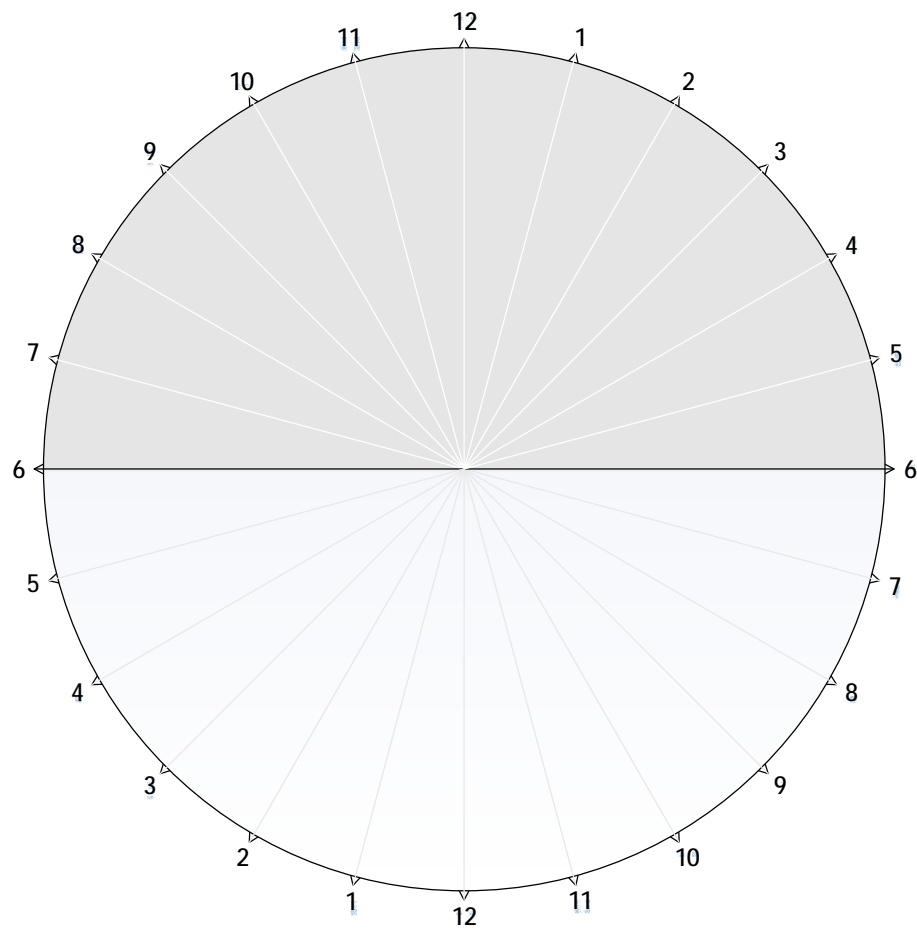
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Daily Target of

Daily Target of



14



115

月 / 日 週

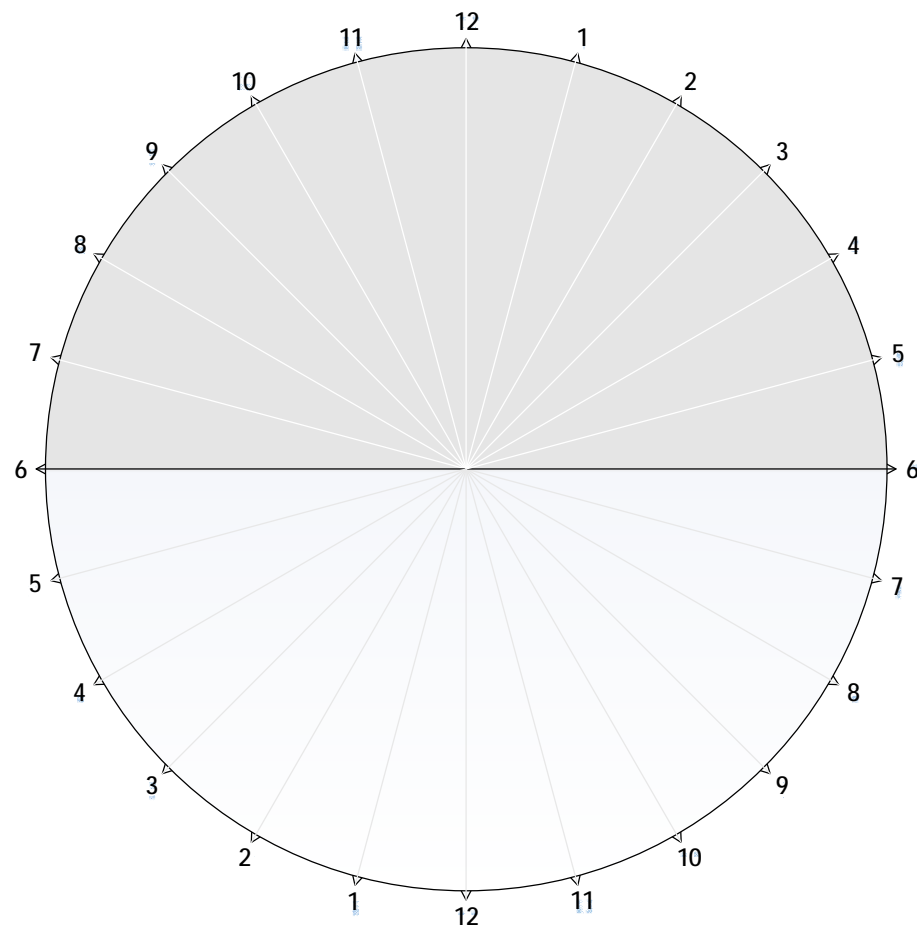
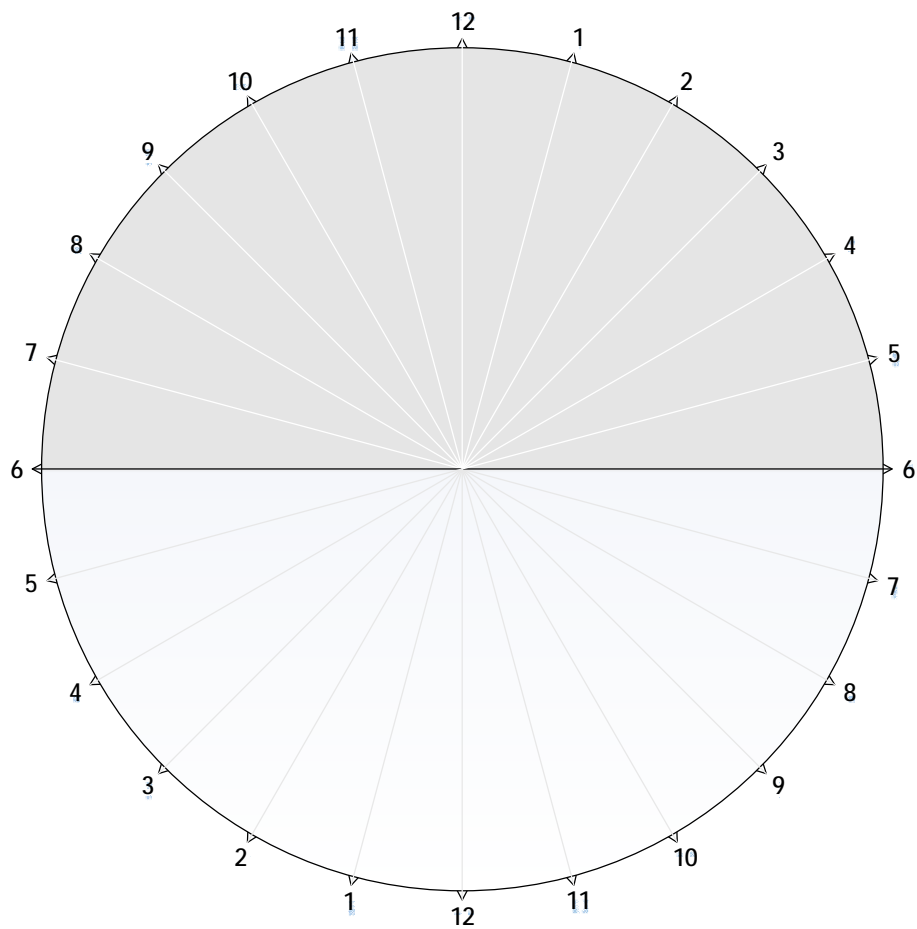
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

Daily Target of



\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

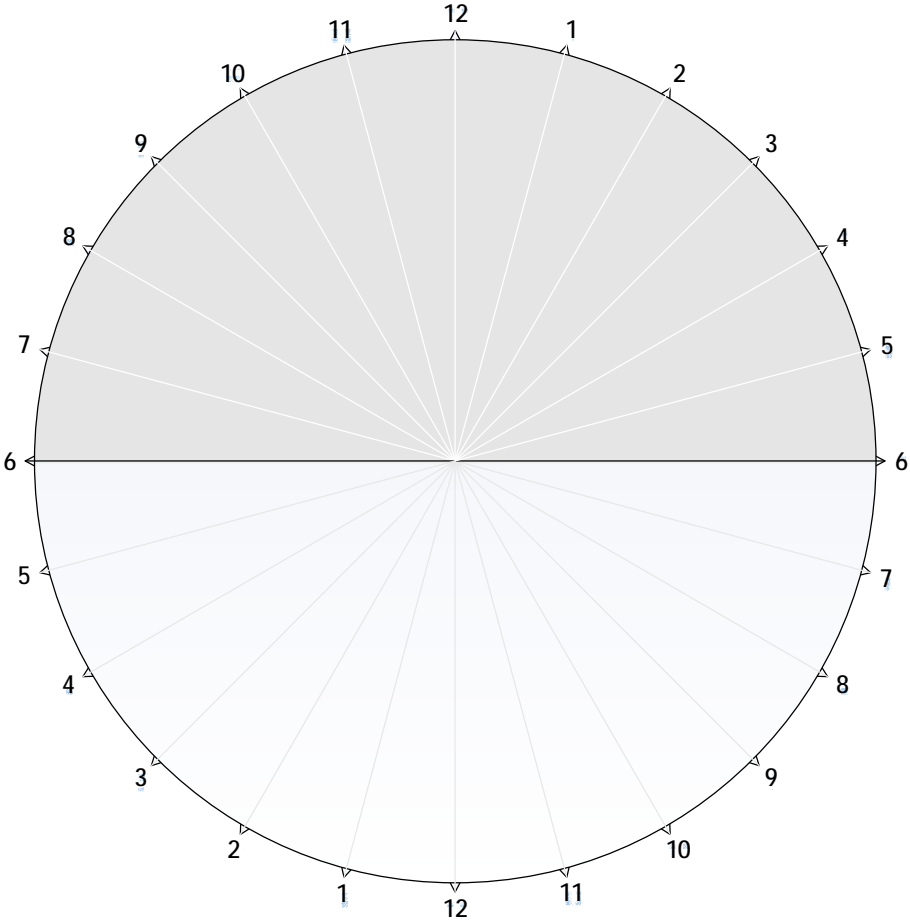
2、Weekly Target of

3、Weekly Target of Learning

月  
日

週

Daily Target of	Daily Target of



月 / 日 週

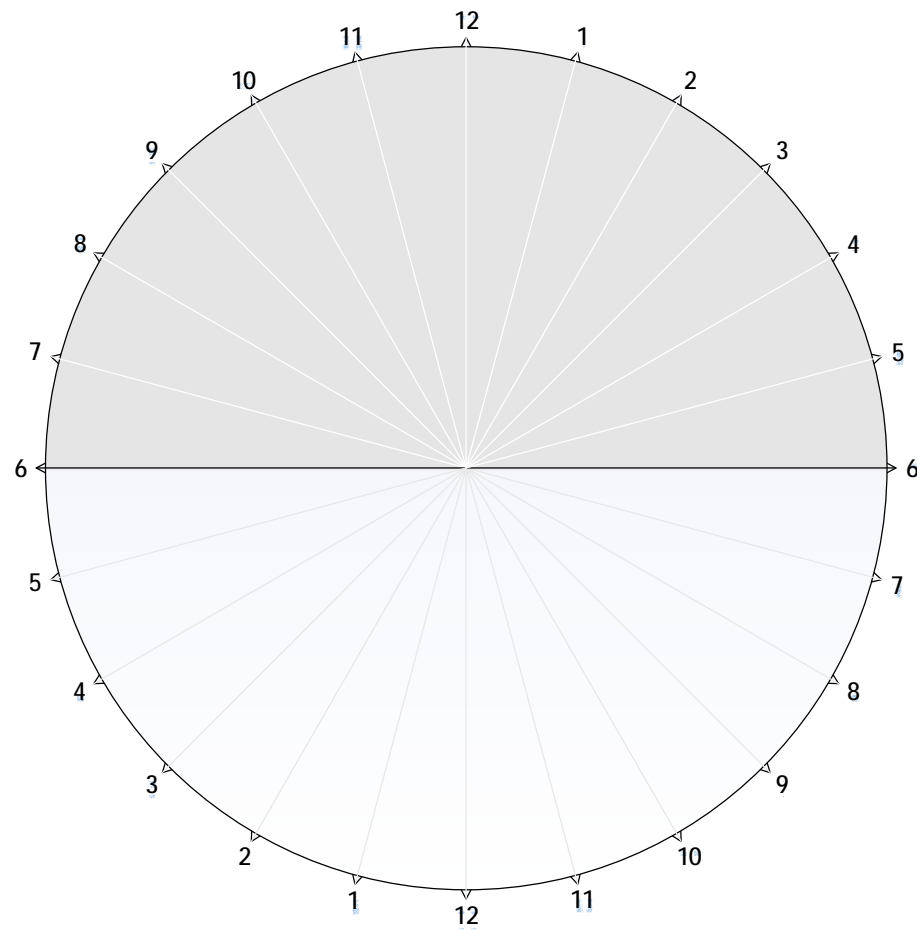
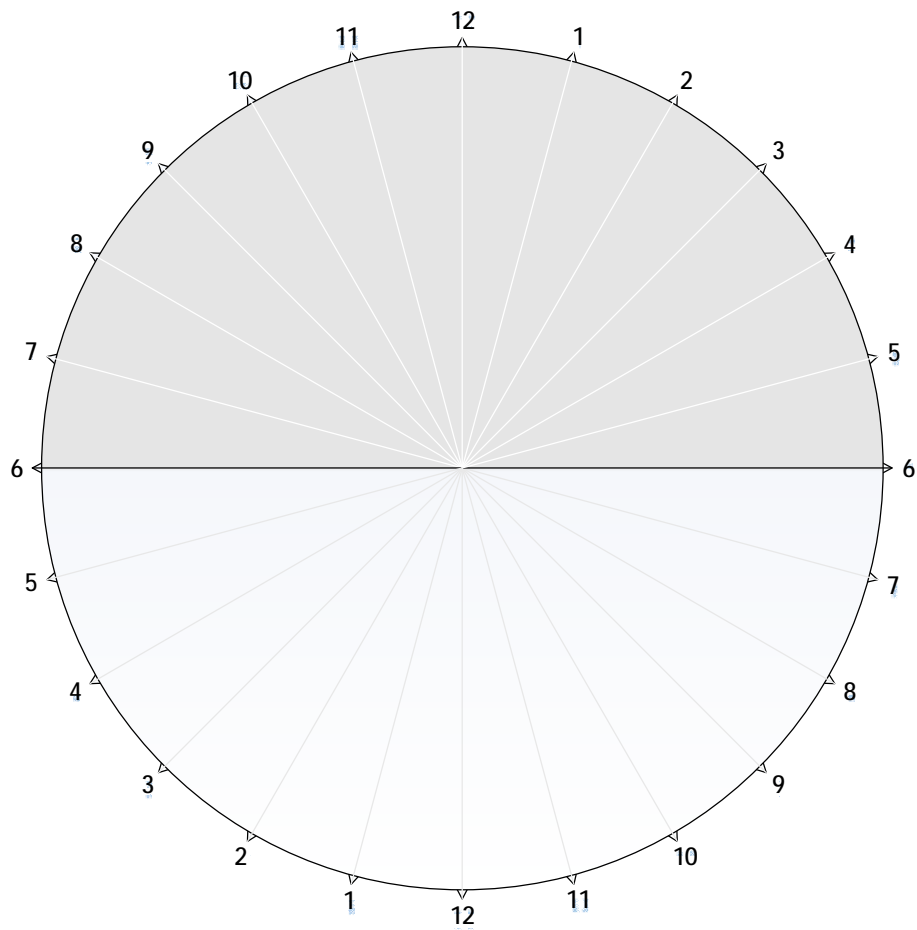
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

Daily Target of



月 / 日 週

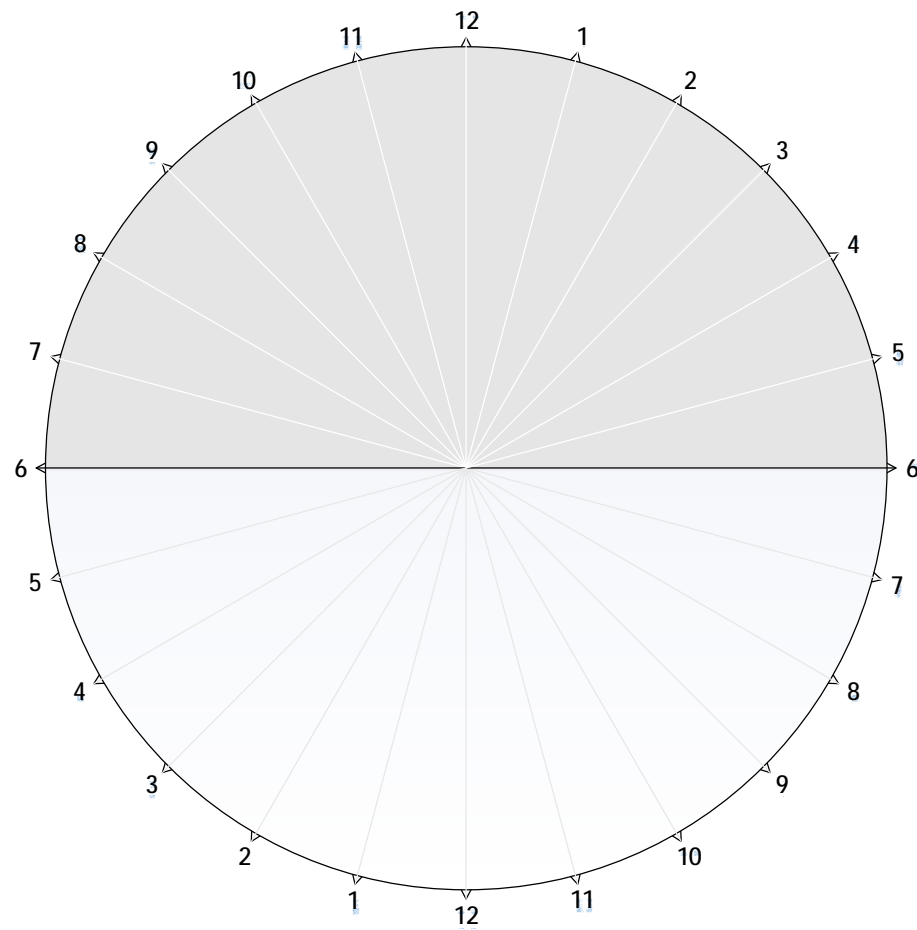
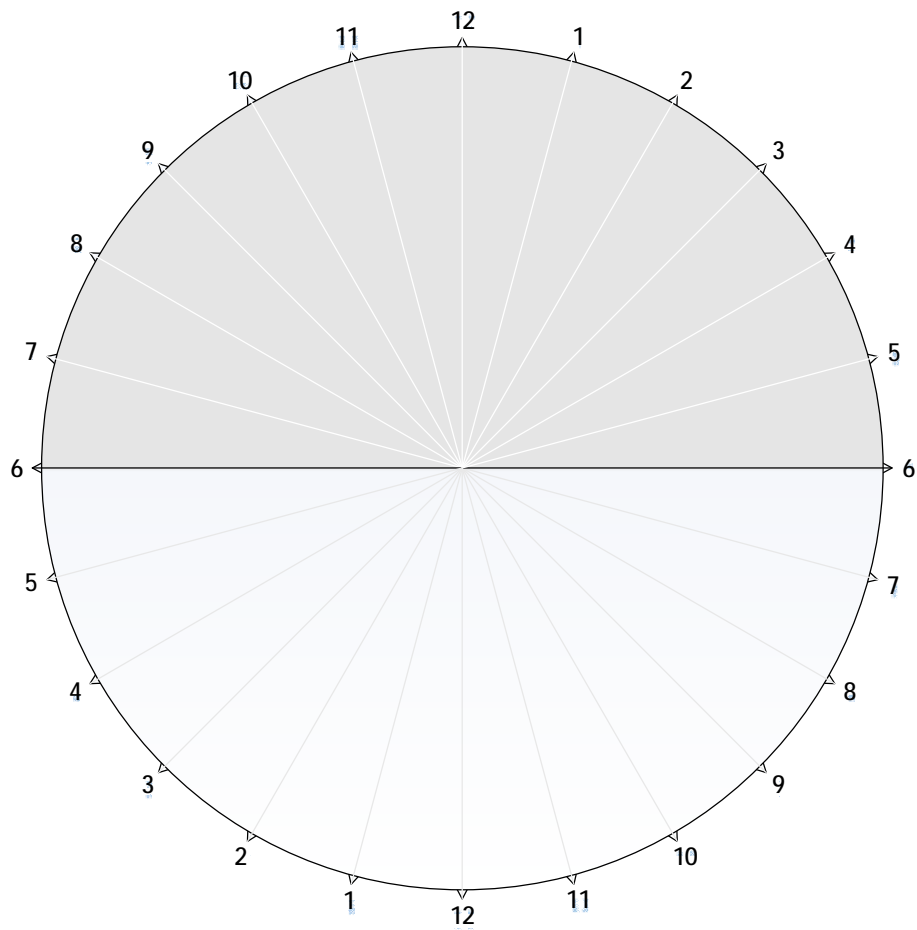
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

Daily Target of



\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

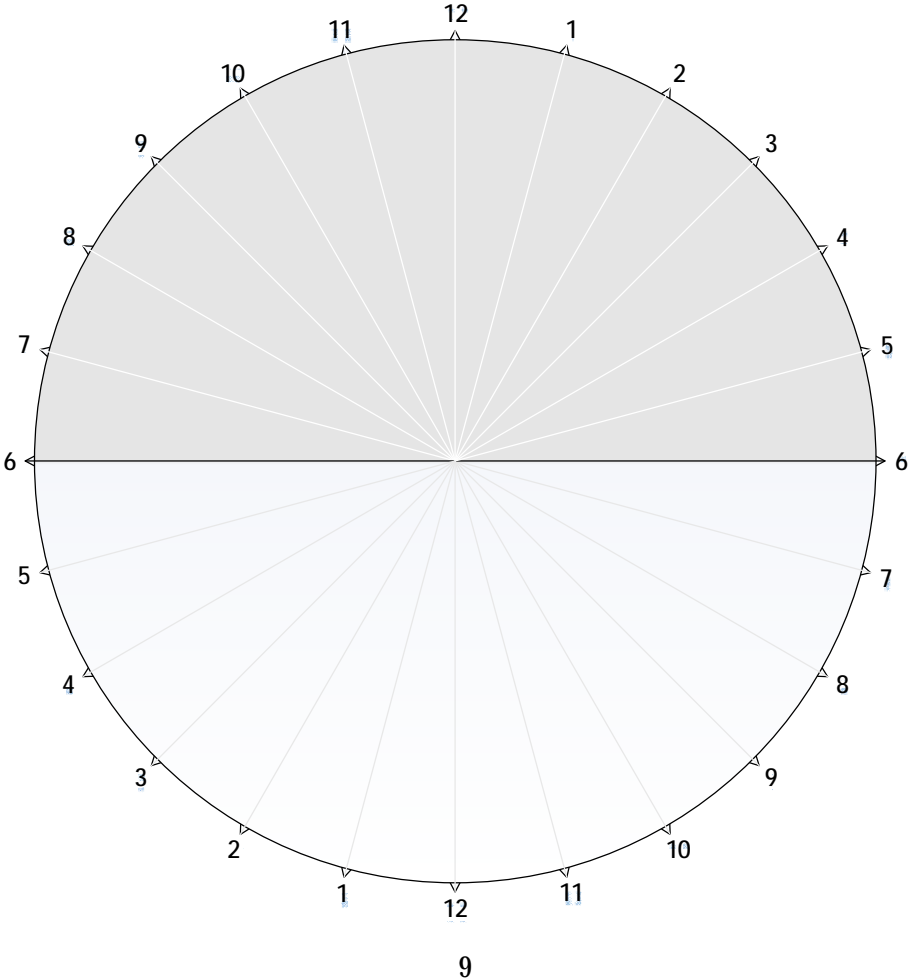
2、Weekly Target of

3、Weekly Target of Learning

月  
日

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Daily Target of	Daily Target of





月

日

週

Daily Target of

Daily Target of

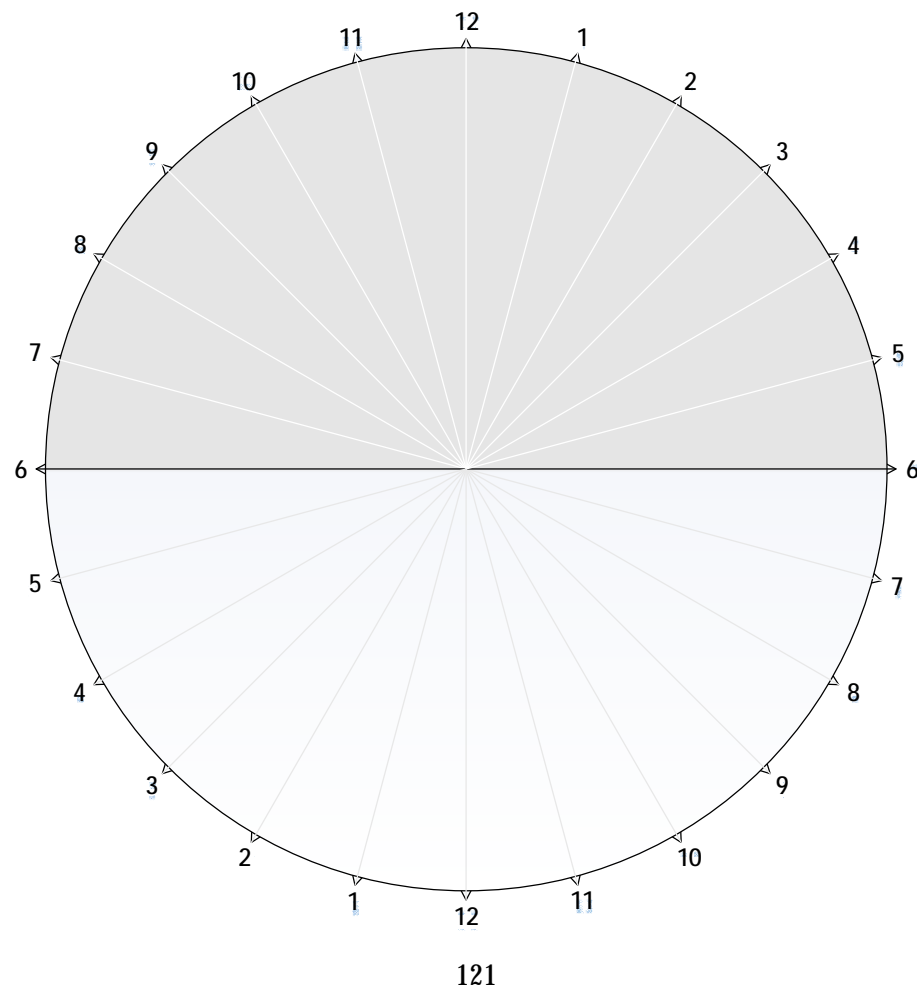
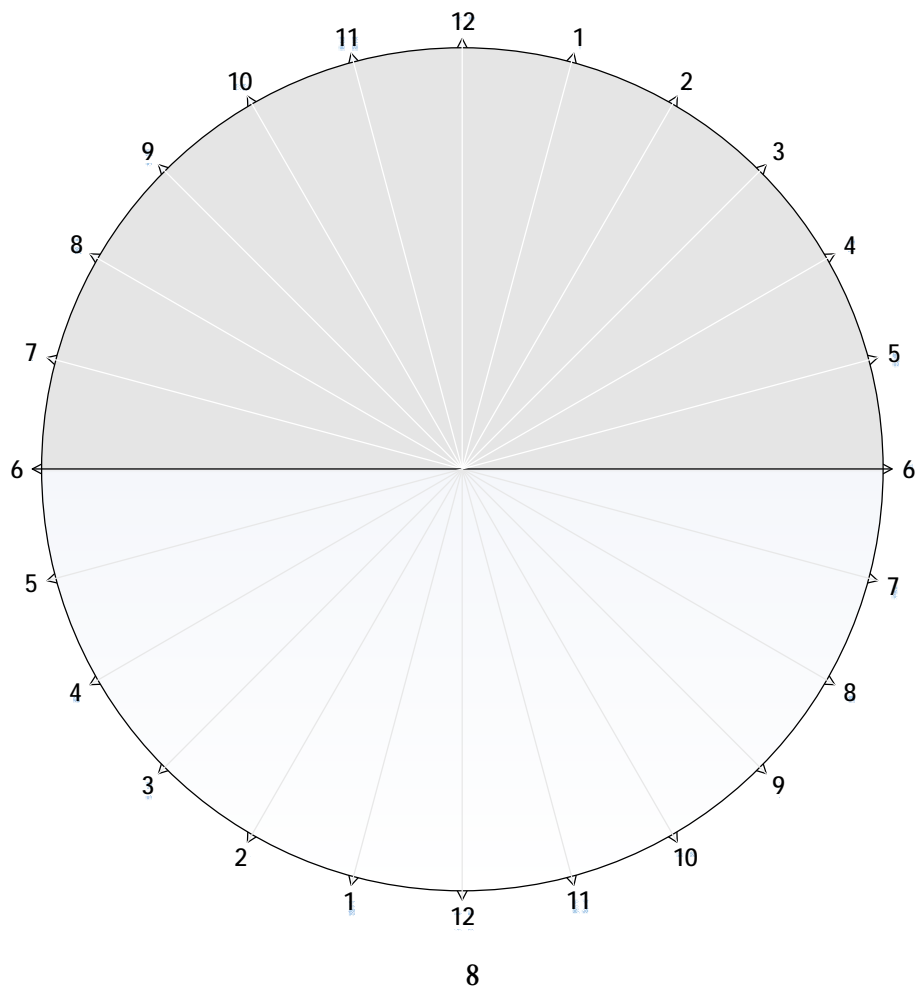
月

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Daily Target of

Daily Target of



月 / 日 週

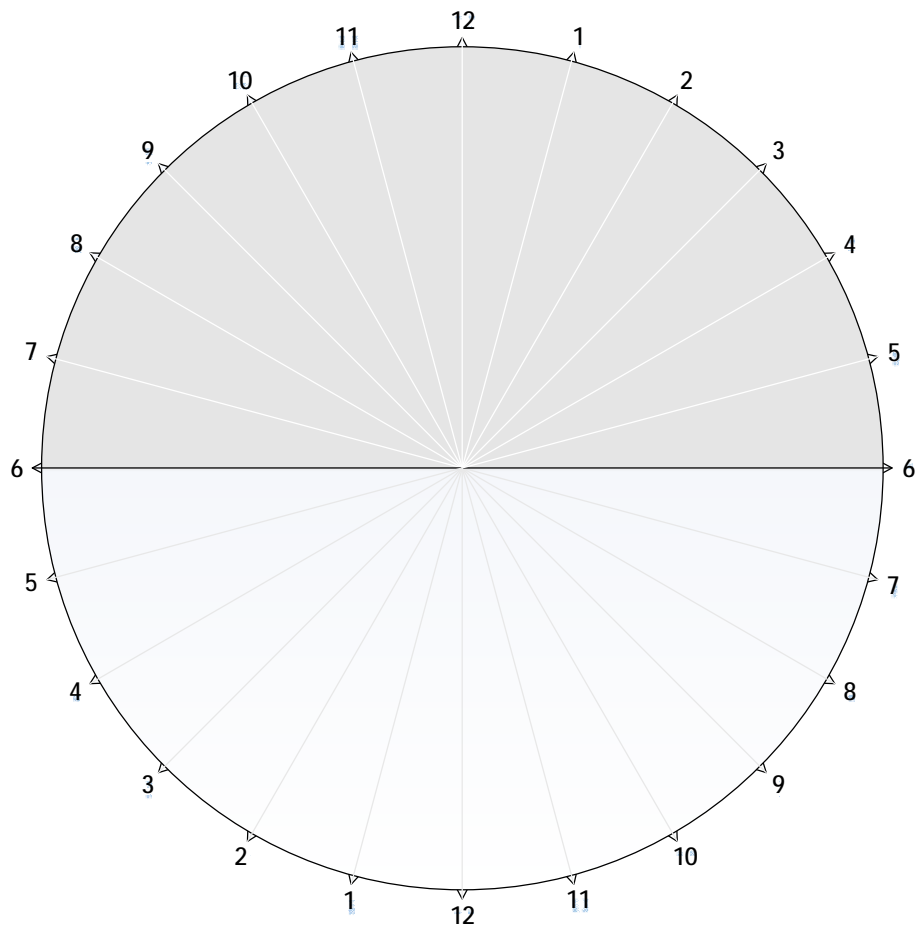
Daily Target of

Daily Target of

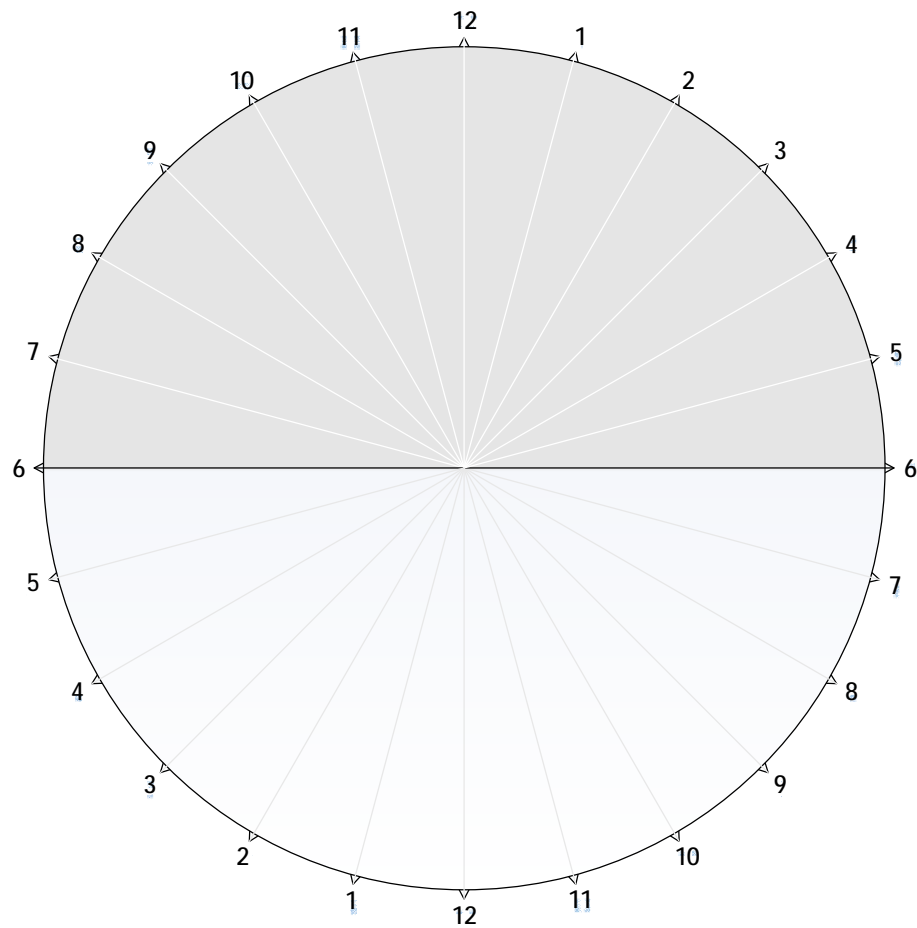
月 / 日 週

Daily Target of

Daily Target of



122



7

月 / 日 週

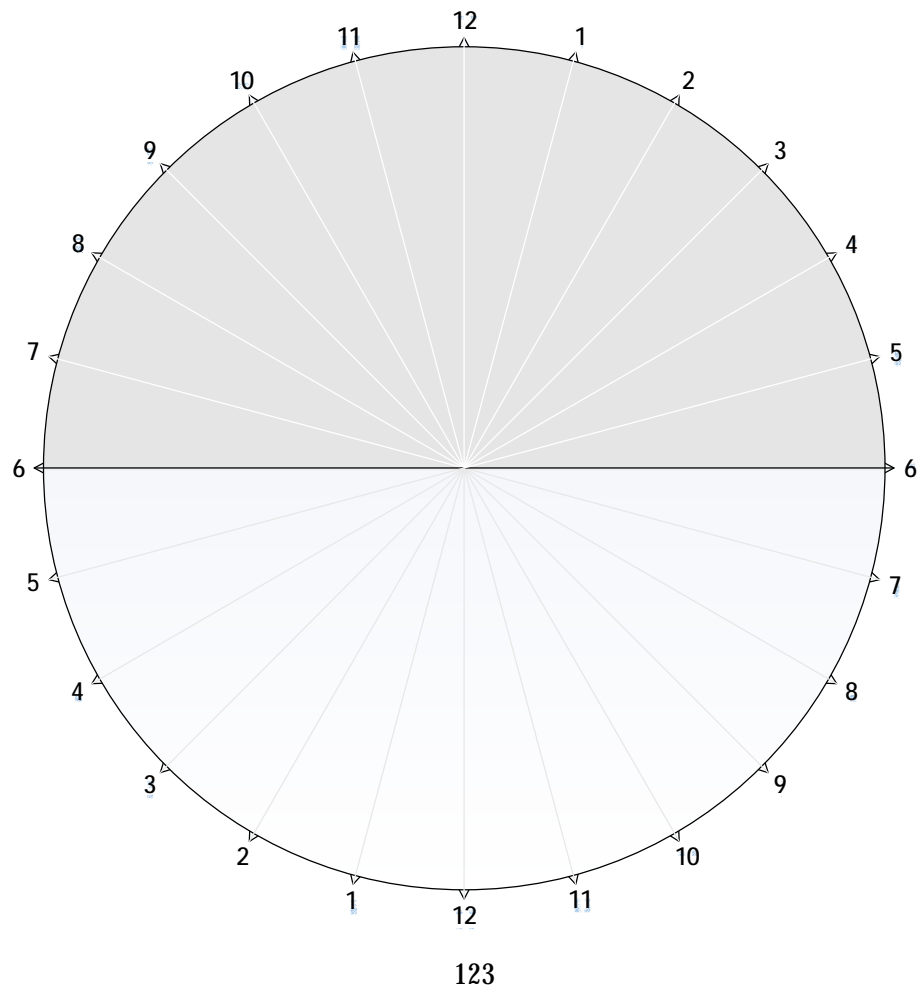
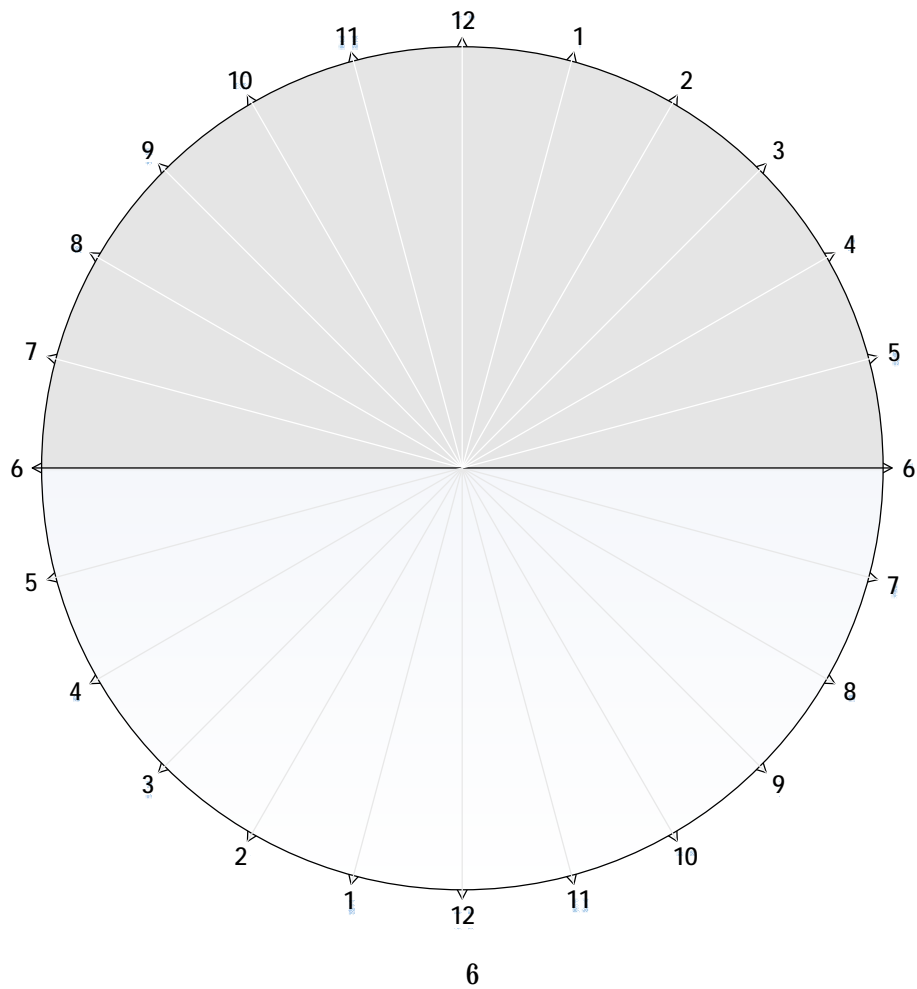
Daily Target of

Daily Target of

月 / 日 週

Daily Target of

Daily Target of



月 / 日 週

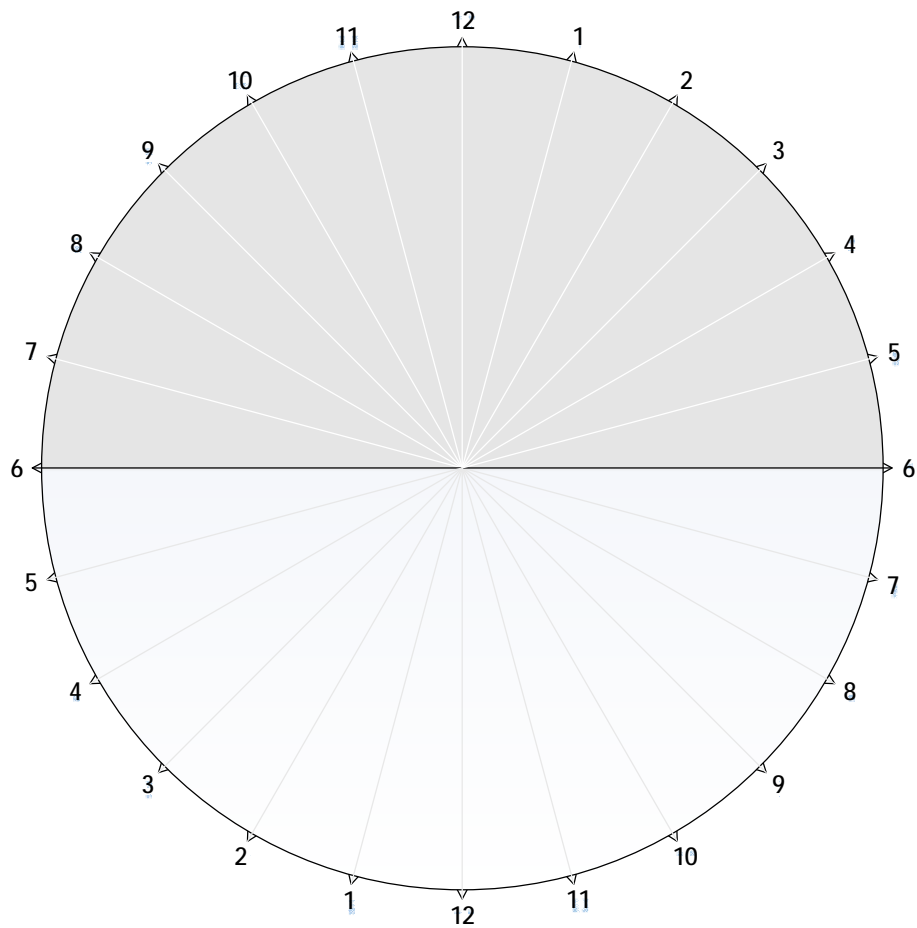
Daily Target of

Daily Target of

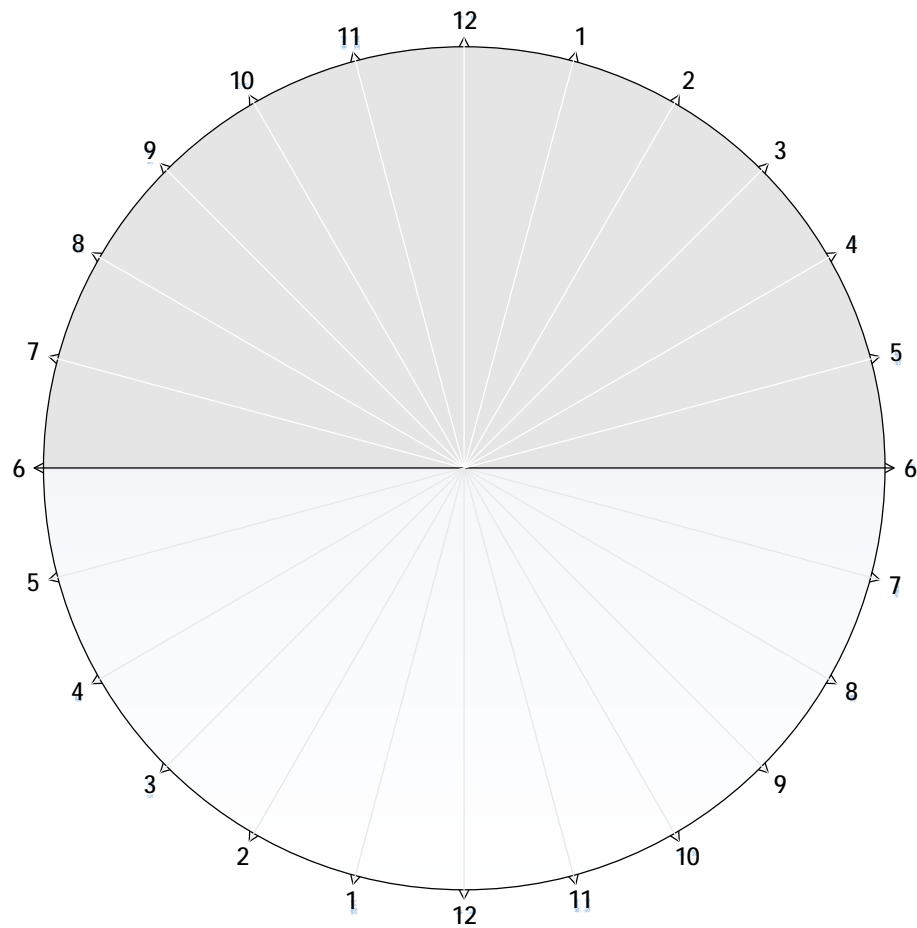
月 / 日 週

Daily Target of

Daily Target of



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5

\_\_\_\_th week target at \_\_\_\_

1、Weekly Target of

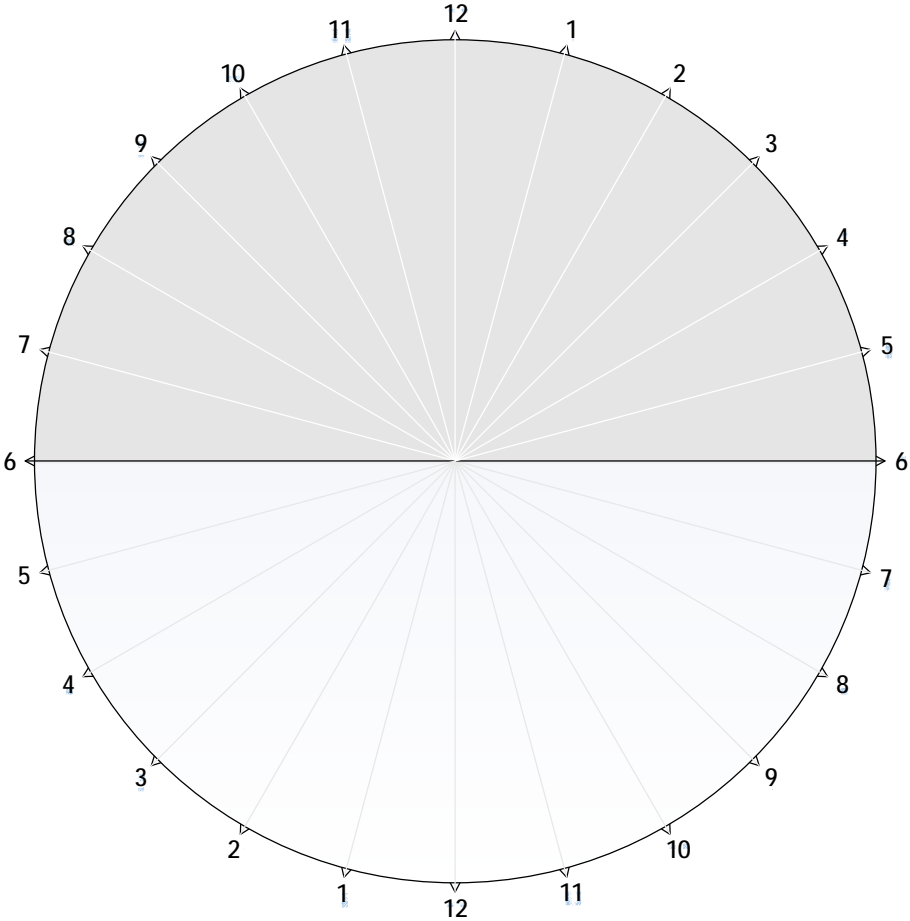
2、Weekly Target of

3、Weekly Target of Learning

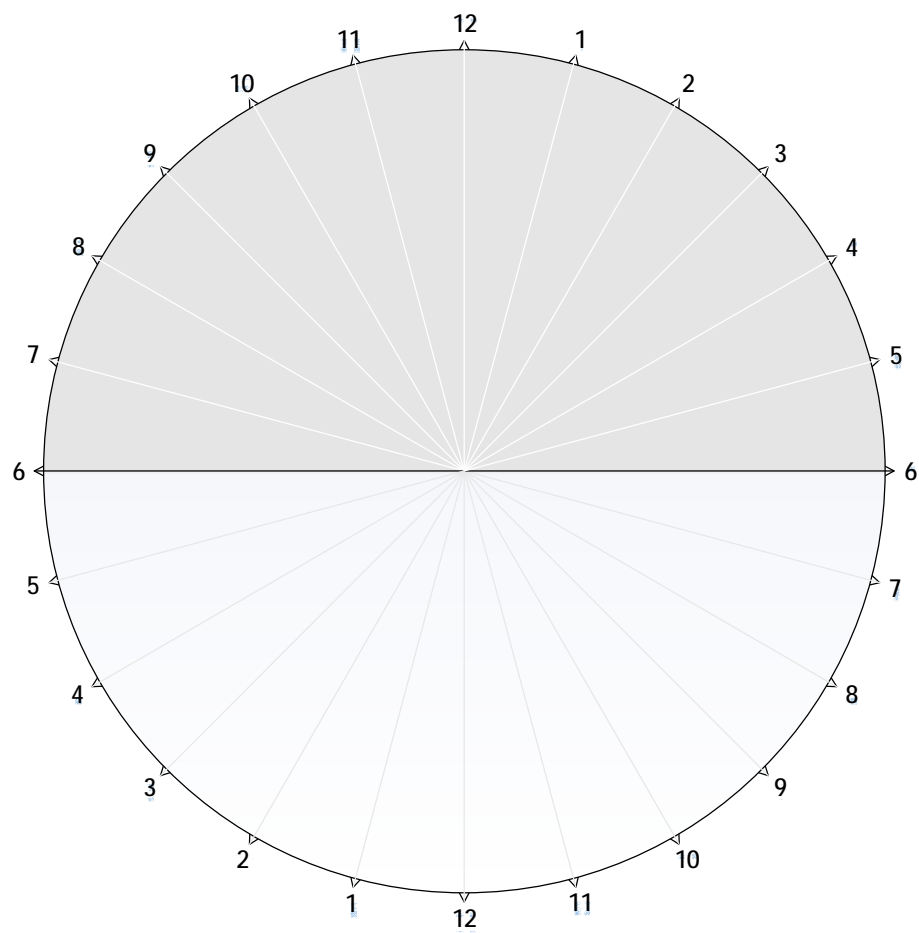
月  
日

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Daily Target of	Daily Target of



月 / 日 週		Daily Target of	Daily Target of

[illegible]



Memo

Ti t l e  
Subt i t l e

Date

Name

Phone