

	年 月 日														
	total:			get up :											
today's plan				10minutes											
		<input type="radio"/>	5							15					
		<input type="radio"/>	6							16					
		<input type="radio"/>	7							17					
		<input type="radio"/>	8							18					
		<input type="radio"/>	9							19					
		<input type="radio"/>	10							20					
		<input type="radio"/>	11							21					
		<input type="radio"/>	12							22					
		<input type="radio"/>	13							23					
		<input type="radio"/>	14							24					
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