**ベガルタ仙台行動記録表**

氏名：

| | 記入例 | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 起床体温 | 36.5度 | | | | | | | |
| 出勤時の体温 | 36.7度 | | | | | | | |
| 体調管理 | 良 | | | | | | | |
| 6:00 | | | | | | | | |
| 7:00 | 起床 | | | | | | | |
| 8:00 | | | | | | | | |
| 9:00 | | | | | | | | |
| 10:00 | 自宅 | | | | | | | |
| 11:00 | | | | | | | | |
| 12:00 | 移動（車）○○店コンビニ立寄り | | | | | | | |
| 13:00 | | | | | | | | |
| 14:00 | TR | | | | | | | |
| 15:00 | | | | | | | | |
| 16:00 | 移動（南北線地下鉄） | | | | | | | |
| 17:00 | ○○店でAさんと | | | | | | | |
| 18:00 | 面会（やや混み） | | | | | | | |
| 19:00 | ○○店で家族と | | | | | | | |
| 20:00 | 買い物（混雑） | | | | | | | |
| 21:00 | 移動（○○タクシー） | | | | | | | |
| 22:00 | 自宅 | | | | | | | |
| 23:00 | 就寝 | | | | | | | |
| 0:00 | | | | | | | | |
| 備考 | | | | | | | | |