付録 『女子の神5』エクササイズ 確認シート［書き込み例］

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 月 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日にち | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | 曜日 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 |
| 生理 | 生理日 | 24 | 25 | 26 | 27 | 28 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | ~~26~~ |
| | 生理痛 | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 薬 | | | | | 夜 | 朝夕 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 経血の量 | | | | | | 普通 | 多い | 普通 | 少ない | 少ない | | | | | | | | | | | | | | | | | | | | | |
| | 経血の塊 | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | PMS | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おりもの | | | | | | | | | | | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | |
| | 備考 | | | 頭痛 | イライラ | イライラ | | 3cmの塊が出た | 1cmの塊が3個出た | | | | | | | | | | | | | | | | | | | | | | | |
| 女子の神5エクサ | 背泳ぎ | ○ | ○ | ○ | | ○ | | ○ | ○ | ○ | | | ○ | ○ | ○ | | ○ | | ○ | ○ | ○ | ○ | | ○ | | | | | | | | |
| | 腰回し | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | |
| | 足首回し | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | |
| | 呼吸 | ○ | | ○ | ○ | ○ | ○ | ○ | | ○ | ○ | ○ | | | ○ | ○ | | ○ | ○ | ○ | ○ | | ○ | | | | | | | | | |
| | 膣トレ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | |
| | ブリッジ | ○ | | ○ | | ○ | ○ | | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | ○ | ○ | ○ | ○ | | ○ | ○ | ○ | | | | | | | | |
| | 正しい腹筋 | ○ | ○ | ○ | | ○ | | | ○ | ○ | ○ | ○ | ○ | | ○ | | ○ | ○ | ○ | ○ | | ○ | ○ | ○ | | | | | | | | |
| 自分がんばり | 湯船に浸かる | ○ | ○ | ○ | | ○ | ○ | | | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | |
| | 歩く | ○ | ○ | ○ | ○ | | | ○ | ○ | ○ | ○ | ○ | ○ | | | ○ | | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | | |
| | 23時に寝る | | ○ | ○ | ○ | ○ | | | ○ | ○ | | ○ | ○ | | | ○ | ○ | ○ | | ○ | ○ | | | ○ | | | | | | | | |
| | お通じ | ○ | ○ | | ○ | | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | ○ | | ○ | ○ | ○ | ○ | ○ | ○ | | | | | | | | |

付録 『女子の神5』エクササイズ 確認シート

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 月 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日にち | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | 曜日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生理 | 生理日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 生理痛 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 薬 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 経血の量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 経血の塊 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | PMS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おりもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 備考 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 女子の神5エクサ | 背泳ぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 腰回し | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 足首回し | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 呼吸 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 膣トレ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブリッジ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 正しい腹筋 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 自分がんばり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |