

— My study record —

Nov

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	31	1	2	3	4	5	6	週計
								/6
								/6
								/6
	7	8	9	10	11	12	13	
								/7
								/7
								/7
	14	15	16	17	18	19	20	
								/7
								/7
								/7
	21	22	23	24	25	26	27	
								/7
								/7
								/7
	28	29	30	1	2	3	4	
								/3
								/3
								/3



Building your muscles will build your confidence.