

Shopping List

| | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |



9

・小さなことにも感謝する・家族に優しくする・人に親切にする・笑顔で過ごす

| Fri | Sat | Sun | memo |
|-----|---------|-----|------|
| 1 | 2 | 3 | |
| 8 | 9 | 10 | |
| 15 | 16 | 17 | |
| 22 | 23 秋分の日 | 24 | |
| 29 | 30 | | |

Shopping List

| | |
|---|---|
| ● | ● |
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| ● | ● |
| ● | ● |
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| ● | ● |
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| ● | ● |
| ● | ● |
| ● | ● |



8

・小さなことにも感謝する・家族に優しくする・人に親切にする・笑顔で過ごす

| Fri | Sat | Sun | memo |
|--------|-----|-----|------|
| 4 | 5 | 6 | |
| 11 山の日 | 12 | 13 | |
| 18 | 19 | 20 | |
| 25 | 26 | 27 | |
| | | | |

Shopping List

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|---|---|
| ● | ● |
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| ● | ● |
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| ● | ● |
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| ● | ● |
| ● | ● |



11

・小さなことにも感謝する・家族に優しくする・人に親切にする・笑顔で過ごす

| Fri | Sat | Sun | memo |
|--------|-----|-----|------|
| 3 文化の日 | 4 | 5 | |
| 10 | 11 | 12 | |
| 17 | 18 | 19 | |
| 24 | 25 | 26 | |
| | | | |

Shopping List

| | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |



10

・小さなことにも感謝する・家族に優しくする・人に親切にする・笑顔で過ごす

| Fri | Sat | Sun | memo |
|-----|-----|-----|------|
| | | 1 | |
| 6 | 7 | 8 | |
| 13 | 14 | 15 | |
| 20 | 21 | 22 | |
| 27 | 28 | 29 | |

★30・31
は左上!