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体重記録シート

目標とするＢＭＩは**21.5～24.9**です。

※食事摂取基準2015年版より

健康管理には、体重の記録が重要です。計りっぱなしでなく、体重の推移を確認してください。

( 　　kg)

**BMIを計算してみましょう**

※BMIとはBody Mass Indexの略で、体重と身長からやせや肥満を判定するのに用います。

～計算式～

**（体重kg）÷（身長ｍ）×（身長ｍ）**

自身の計算をしてみましょう。

　体重kg　　　　 身長m　　　　 身長m

　　　　　　÷ ×

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( kg)

( kg)

( kg)

( kg)

( kg)

( kg)

( kg)

( kg)

**簡単フレイルチェック**Freidの定義より改変

　□体重減少

（１年間で4. 5kg以上減っていたら要注意）