

便性

1	2	3	4	5	6	7
コロコロ便	硬い便	やや硬い便	普通便	やや柔らかい便	泥状便	水様便

便量

a	b	c	d	e
付着程度	ぶどう 1個	みかん 1個	バナナ 1本	マンゴー

いそだ病院

12月

早寝!

早起き!

食物繊維!



月 火 水 木 金 土 日

Calendar grid for December with 31 days. Each day is marked with a number and a small penguin illustration. The days are arranged in a grid with 7 columns (Monday to Sunday) and 5 rows. The numbers 1 through 31 are placed next to the penguin icons. The days of the week are labeled at the top: 月 (Monday), 火 (Tuesday), 水 (Wednesday), 木 (Thursday), 金 (Friday), 土 (Saturday), 日 (Sunday).