



**28.0km**  
 Photo: Yuji Okuda

# 10

OCTOBER  
 2021

月間目標

月間走行距離 

km

月間走行時間 

h

m

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m
3	4	5	6	7	8	9
 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m
10	11	12	13	14	15	16
 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m
17	18	19	20	21	22	23
 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m
24	25	26	27	28	29	30
 km ⌚ h m						
31						
 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m	 km ⌚ h m