

Shopping List

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| ● | ● |
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| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |



5

・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 |
|-----|---------|---------|------|
| 2 | 3 憲法記念日 | 4 みどりの日 | |
| 9 | 10 | 11 母の日 | |
| 16 | 17 | 18 | |
| 23 | 24 | 25 | |
| 30 | 31 | | |

Shopping List

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4

・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 | 12 | 13 | |
| 18 | 19 | 20 | |
| 25 | 26 | 27 | |
| | | | |

Shopping List

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7

・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 | 12 | 13 | |
| 18 | 19 | 20 | |
| 25 | 26 | 27 | |
| | | | |

Shopping List

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| ● | ● |
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| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |



6

・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 父の日 | |
| 20 | 21 | 22 | |
| 27 | 28 | 29 | |

★30日は左上!