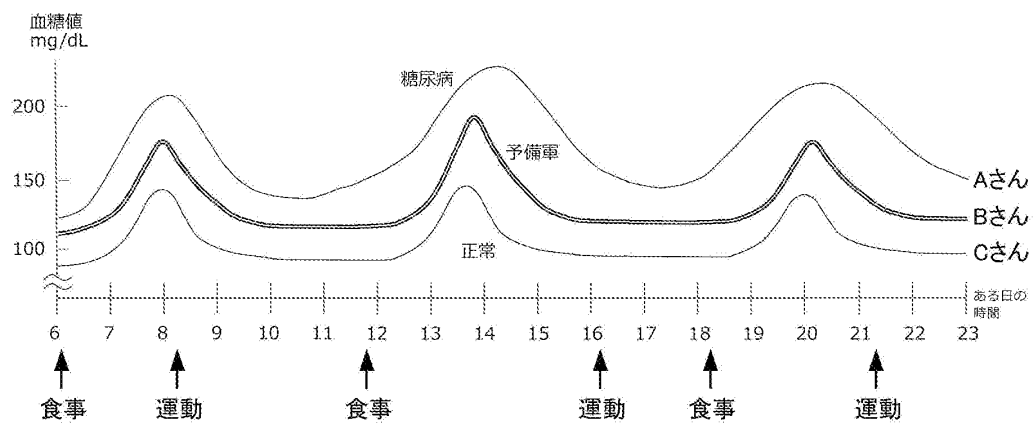
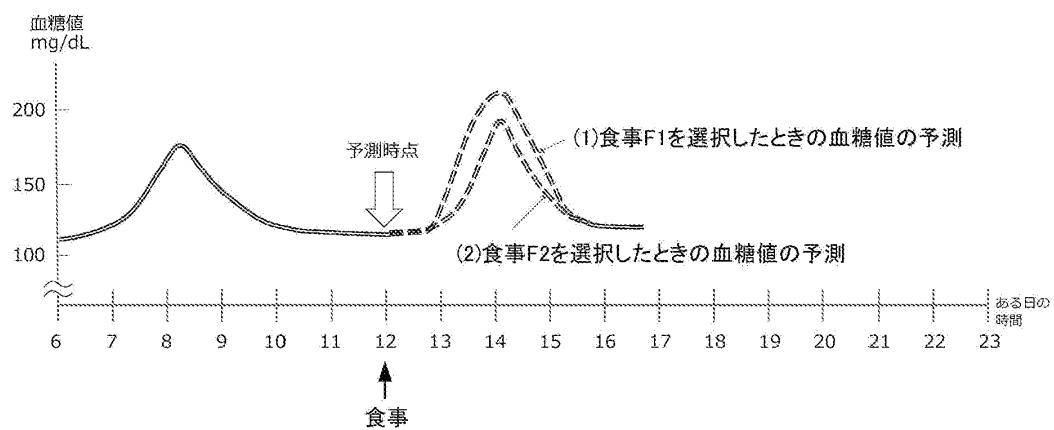


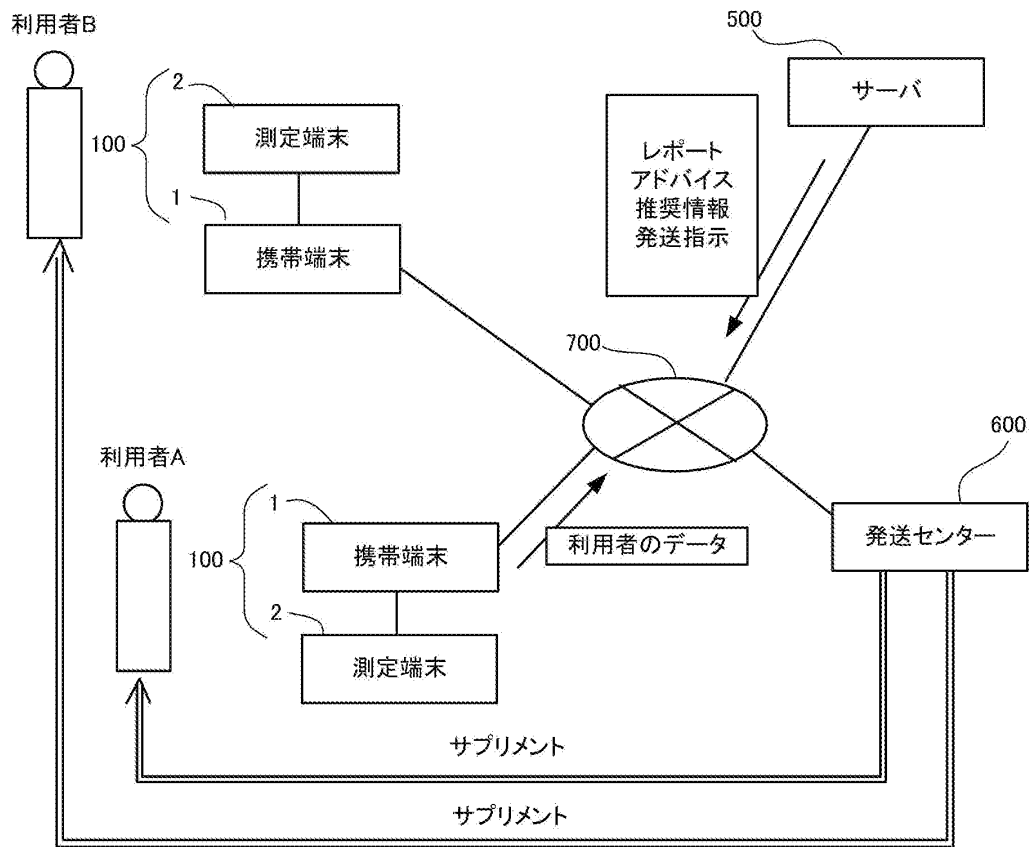
[図1]



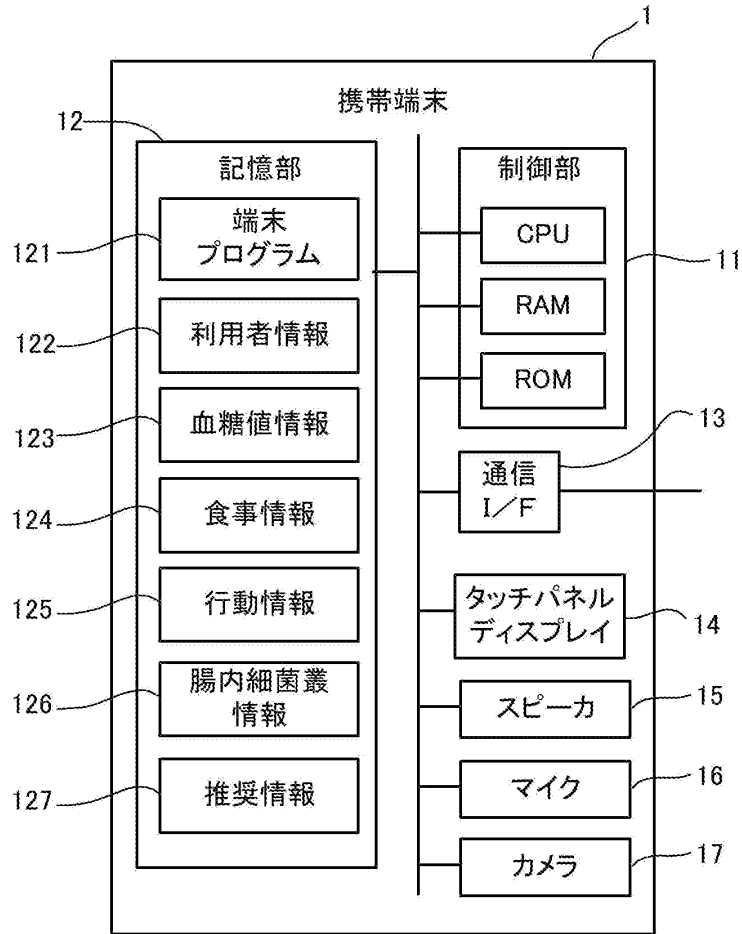
[図2]



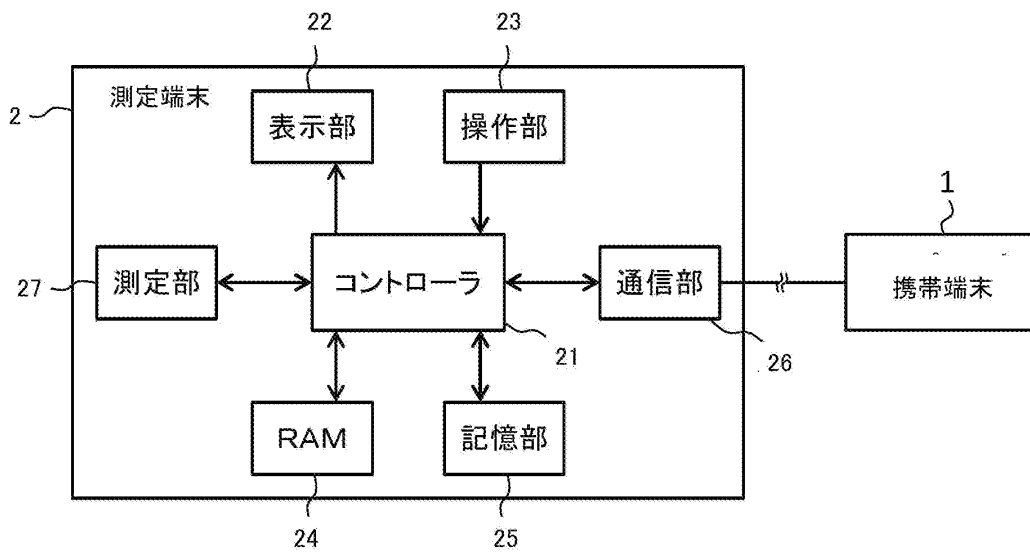
[図3]



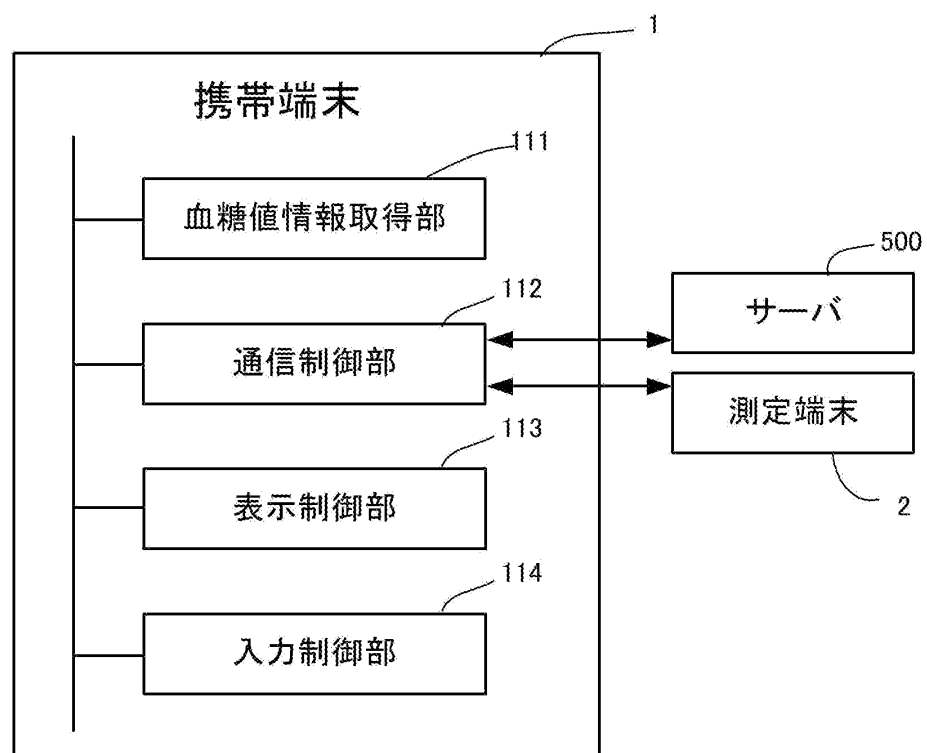
[図4]



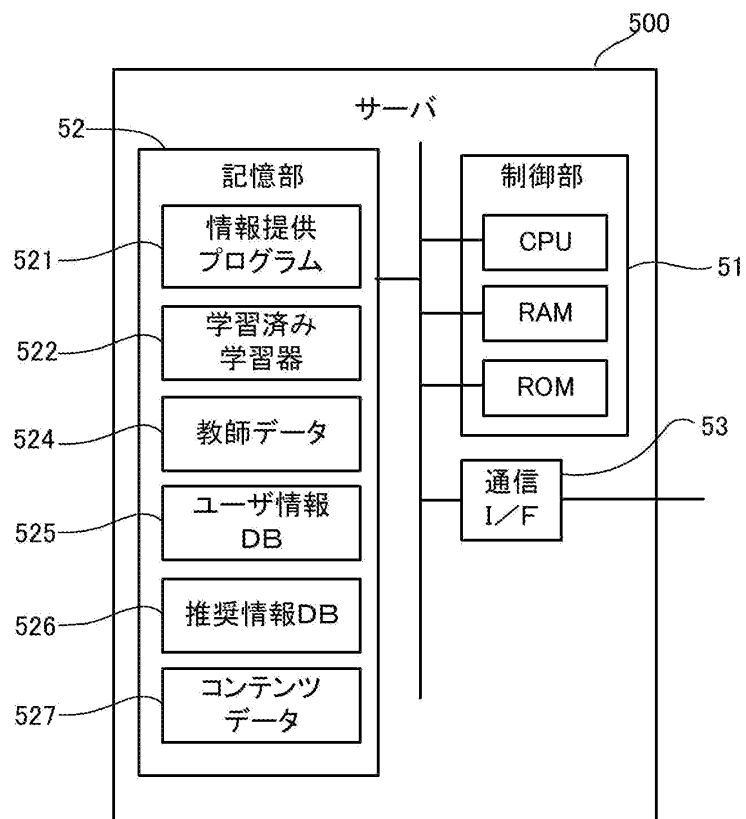
[図5]



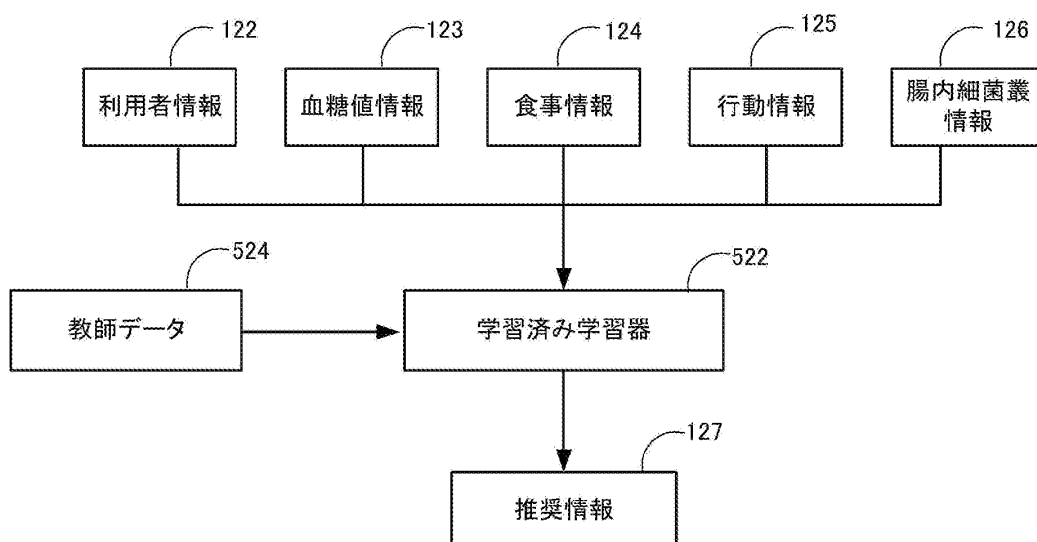
[図6]



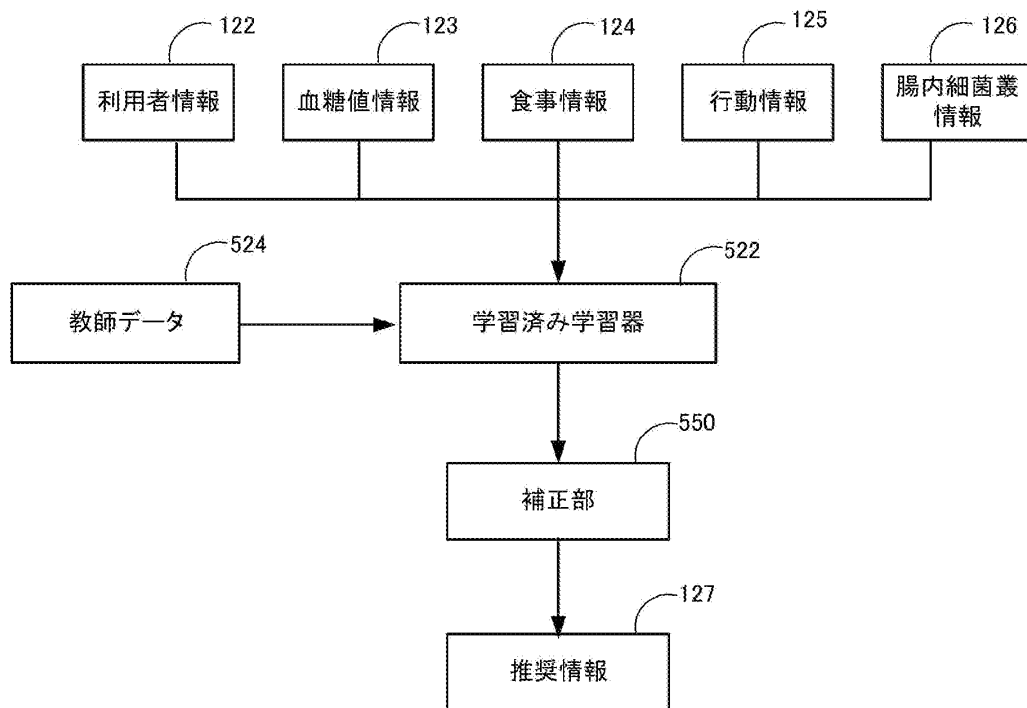
[図7]



[図8]



[図9]

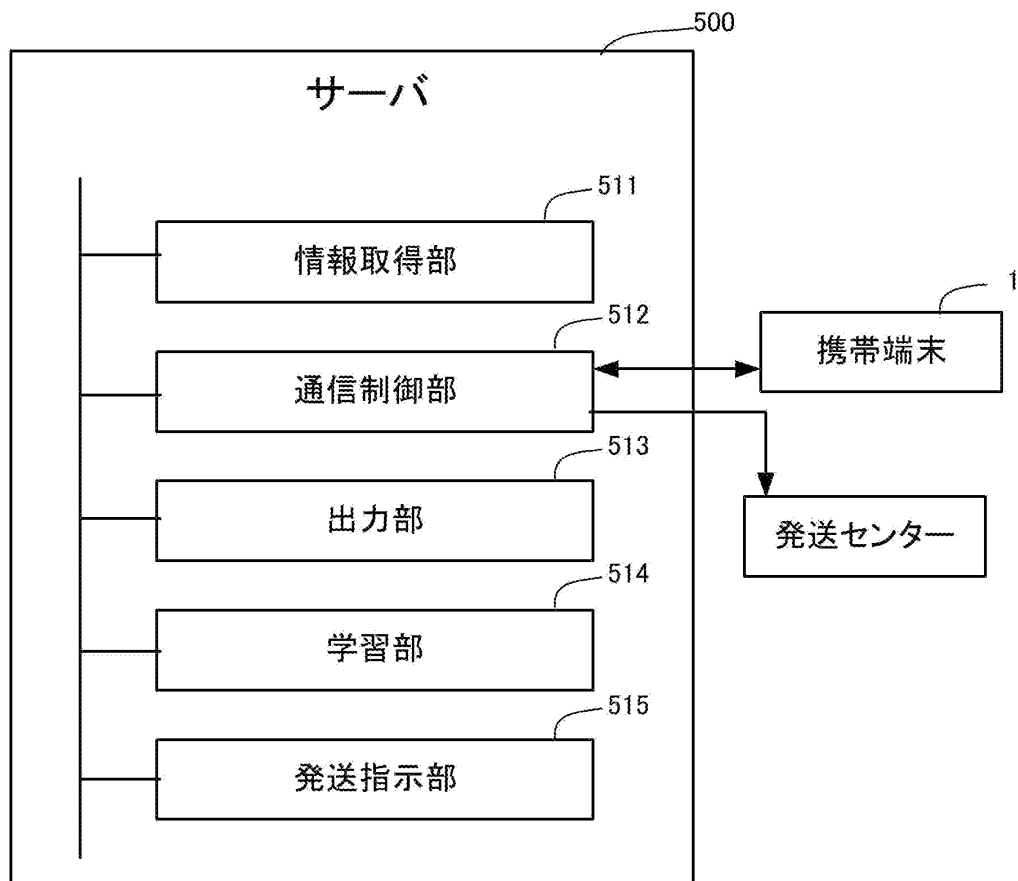


[図10]

P

ユーザID	推奨不適な行動	推奨不適な食品
029231876	ウォーキング ヨガ	そば
029231877		
....		

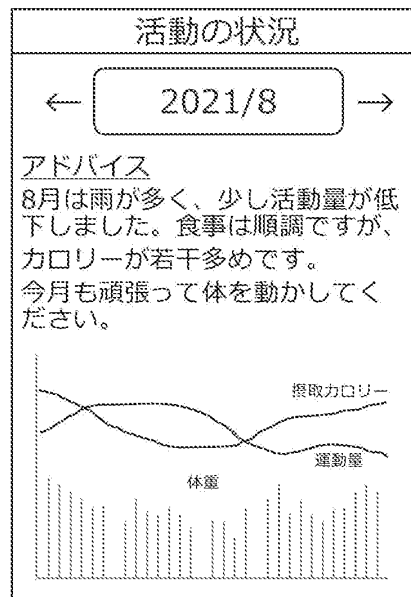
[図11]



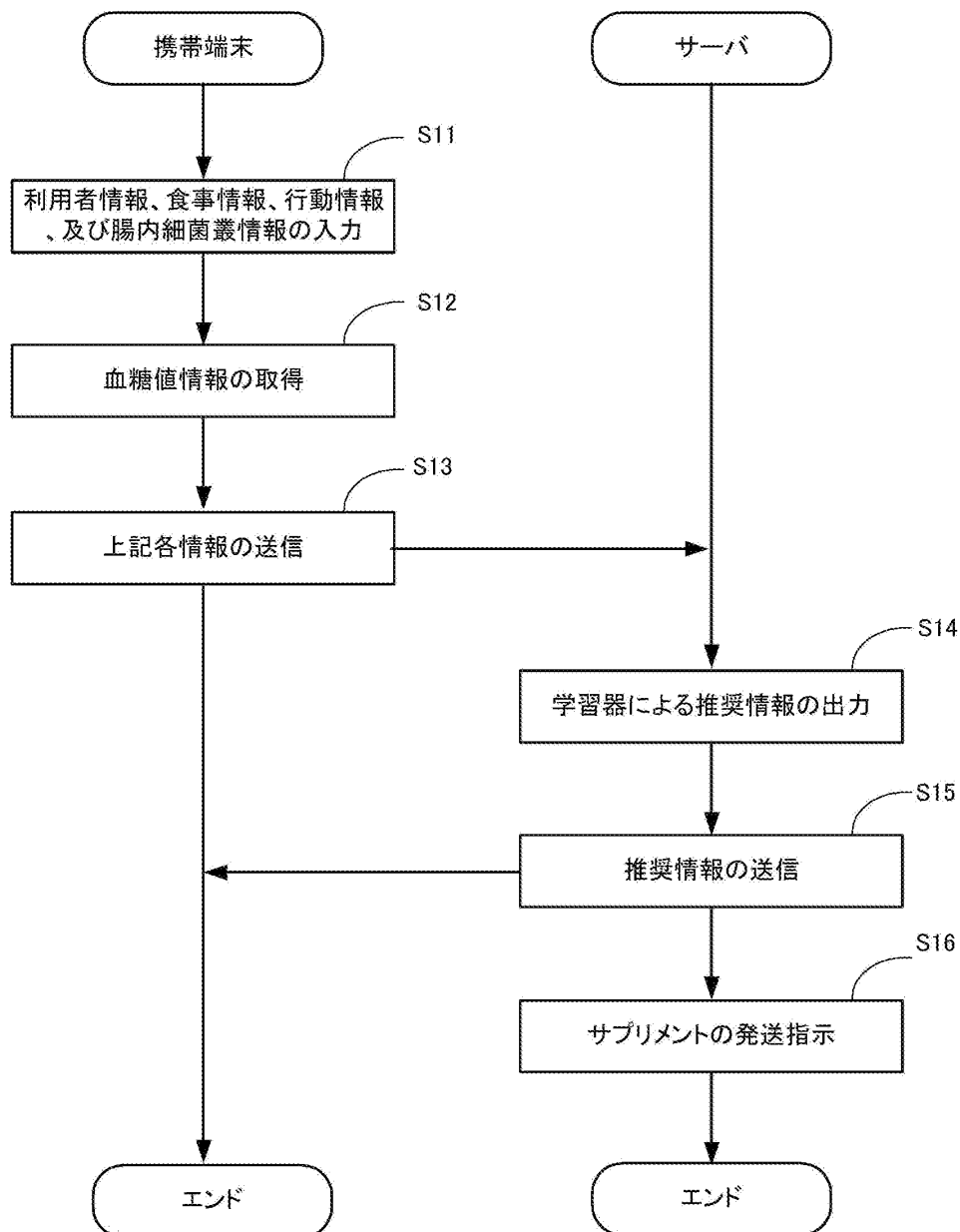
[図12]

本日のおすすめ	
アドバイス 昨日はしっかりと運動ができました。少しビタミンB2が不足がちです。ビタミンB2を摂取できる食事をおすすめします。	
朝食	トーストとハムエッグ ...
昼食	何を食べてもOK。糖質の取りすぎに注意...
夕食	鳥レバーの煮物、納豆...
行動	今日は晴れなので、8000歩の歩行を頑張ってください。...

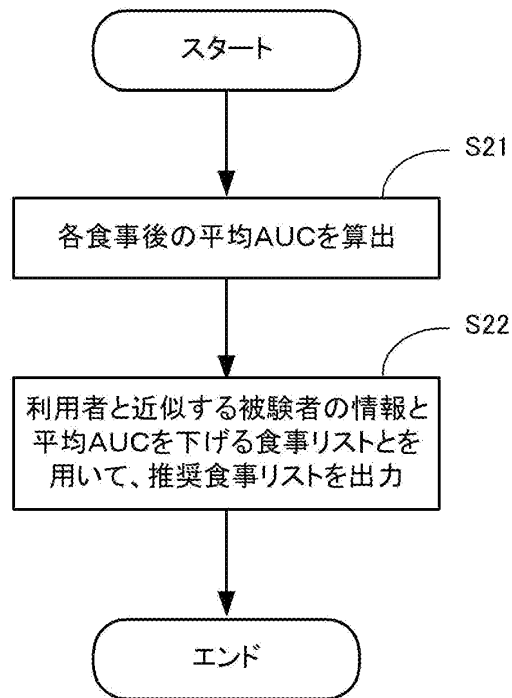
[図13]



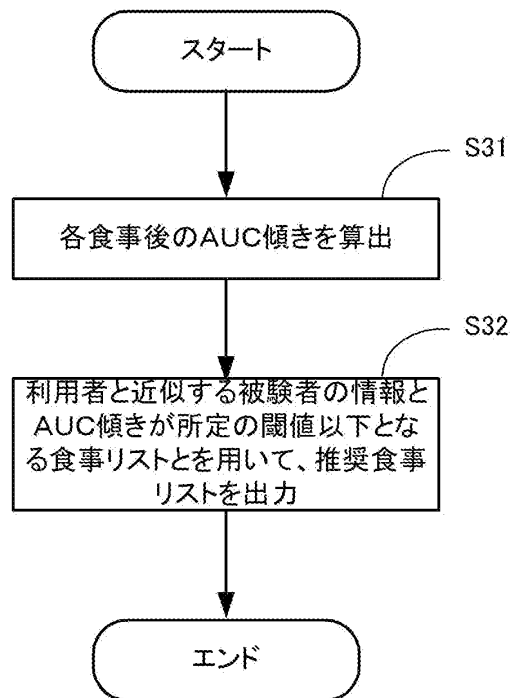
[図14]



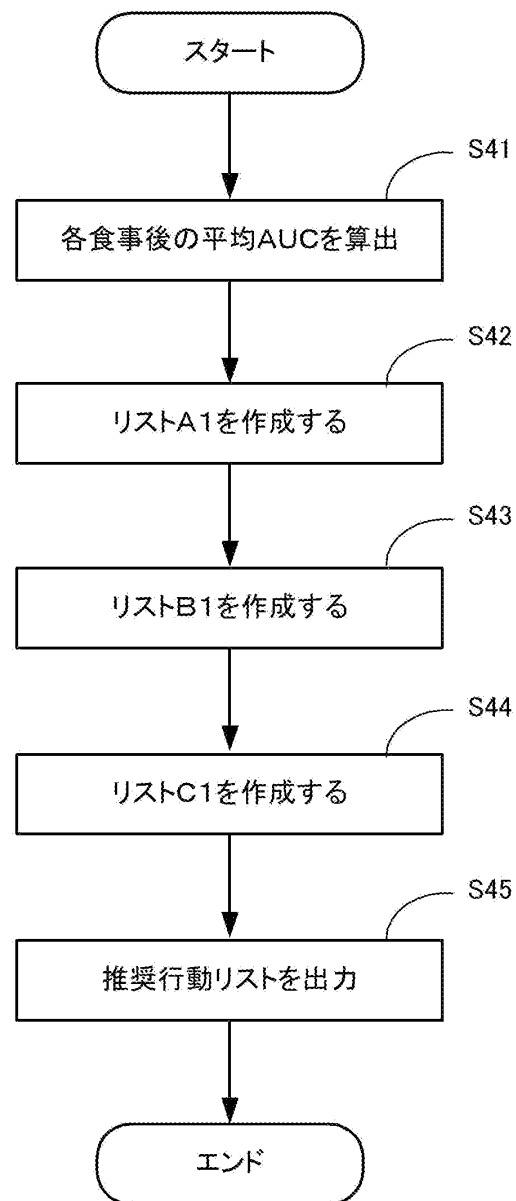
[図15]



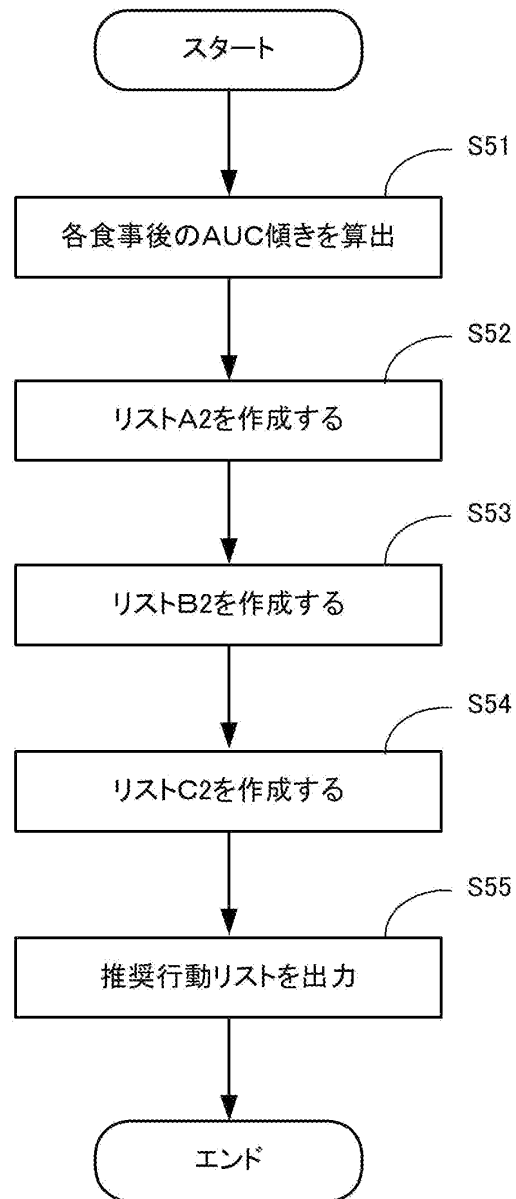
[図16]



[図17]



[図18]



[図19]

