

### 社会生活基本調査 調査票新旧対照表 (案)

**I 慢性的な健康問題による日常生活への支障の状況把握**

**【調査票 A・B】**

7 慢性的な健康問題 日常生活における支障の程度

| 令和 3 年調査 (案)  | 平成 28 年調査 |
|---|-----------|
| <p><b>【新規】</b></p> <div style="border: 2px solid #0070c0; border-radius: 15px; padding: 10px; margin: 10px 0;"> <p style="background-color: #d9e1f2; padding: 5px;"><b>7 慢性的な健康問題 日常生活における支障の程度</b><br/>・もともと当てはまるものを記入してください</p> <div style="text-align: center; margin-top: 10px;"> <p>慢性的な病気や健康問題</p> <p>ある    ない ○</p> <p>日常生活に非常に支障がある          ある程度支障がある          支障はない ○</p> <p style="font-size: small;">支障は6か月以上継続している   継続していない          支障は6か月以上継続している   継続していない</p> <p style="text-align: center;">○    ○    ○    ○</p> </div> </div> | /         |
| <p>(新規案、追加理由など)</p> <p>別添 1 『調査事項「7 慢性的な健康問題 日常生活における支障の程度」について』参照</p>  |           |

## Ⅱ 高齢社会における「介護」の詳細な状況把握

### 【調査票A・B】

旧28 ふだん世帯員以外の人から介護の手助けを受けていますか（調査票B：旧20）

| 令和3年調査（案）  | 平成28年調査   |
|--|---|
| <div data-bbox="197 427 1064 858" style="border: 1px solid blue; padding: 5px;"> <p><b>8 ふだん介護を受けていますか</b></p> <ul style="list-style-type: none"> <li>・介護とは 日常生活における入浴・着がえ・トイレ・移動・食事などの際の手助けや洗濯・掃除などの家事援助などを行うことをいいます。</li> <li>・介護には 介護保険法における要介護認定や 障害者総合支援法における障害支援区分の認定を受けていない人に対する介護も含めます。</li> <li>・一時的な病気などに対する介護は除きます</li> </ul> <p>（当てはまるものすべてに記入してください）</p> <p>同居している人から受けている      その他の人から受けている（別居の親族、訪問介護・デイサービスなど）      介護を受けていない</p> <p style="text-align: center;"> <input type="radio"/>                  <input type="radio"/> 月に3日以内                  <input type="radio"/> 週に1日                  <input type="radio"/> 週に2日                  <input type="radio"/> 週に3日                  <input type="radio"/> 週に4～5日                  <input type="radio"/> 週に6日以上                  <input type="radio"/> </p> </div> | <div data-bbox="1137 427 2078 662" style="border: 1px solid blue; padding: 5px;"> <p><b>28 ふだん世帯員以外の人から介護の手助けを受けていますか</b></p> <ul style="list-style-type: none"> <li>・世帯員以外の人からの介護の手助けとは 別居の親族からの手助けや 介護サービス(訪問介護 デイサービス)などをいいます</li> <li>・介護には 介護保険制度で要介護認定を受けていない人に対する介護も含めます</li> </ul> <p>             受けていない      受けている         </p> <p style="text-align: center;"> <input type="radio"/>                  <input type="radio"/> 月に3日以内                  <input type="radio"/> 週に1日                  <input type="radio"/> 週に2日                  <input type="radio"/> 週に3日                  <input type="radio"/> 週に4～5日                  <input type="radio"/> 週に6日以上         </p> </div> |
| <p>（修正案・修正理由など）</p> <p>別添2『調査事項「8 ふだん介護を受けていますか」について』参照</p>  |   |

### Ⅲ スマートフォン等の情報通信機器の日常生活への密着性を把握

#### 【調査票 A】

旧23 スマートフォン・パソコンなどの使用について

| 令和3年調査 (案)   | 平成28年調査   |                          |                          |                          |                          |                          |                          |                          |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
|--|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--|--|----|--|----|--|----|--|----|--|-----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|-----------|-------------|-------------|--------------|------------|--|--|
| 【削除】   | <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: right; font-size: 0.8em;">指定された第1日と第2日に <b>学業や仕事以外</b>で使用した場合に記入してください<br/>使用しなかった場合は6ページへ</p> <p>23 スマートフォン・パソコンなどの使用について</p> <p>(1) 何をするために どの時間帯に使用しましたか<br/>・下の目的のそれぞれについて 少しでも使用した時間帯すべてに記入してください<br/>・学業や仕事として使用した場合は除きます</p> <table border="1" style="width:100%; border-collapse: collapse; font-size: 0.7em;"> <thead> <tr> <th rowspan="2"></th> <th colspan="4">【第1日】10月 〇 〇 日( )曜日</th> <th colspan="4">【第2日】10月 〇 〇 日( )曜日</th> </tr> <tr> <th colspan="2">午前</th> <th colspan="2">午後</th> <th colspan="2">午前</th> <th colspan="2">午後</th> </tr> <tr> <th>ネットショッピング<br/>(商品やサービスを選んでいる時間を含む)</th> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <th>趣味・娯楽<br/>(映画鑑賞・音楽鑑賞・電子書籍による読書・ゲーム など)</th> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <th>交際・つきあい・コミュニケーション<br/>・通話・メール・チャットなどによる会話<br/>・SNSやブログなどのソーシャルメディアで行う情報交換やメッセージのやりとり など<br/>(単に情報を得るための使用は除く)<br/>・ここでいう「友人・知人」には実際に会ったことのない人は含まれません</th> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <th>その他の使用<br/>(ニュースの閲覧やその他の情報収集 など)</th> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </thead></table> <p>(2) 合計でどのくらい使用しましたか<br/>・学業や仕事として使用した時間は除きます</p> <table border="1" style="width:100%; border-collapse: collapse; font-size: 0.7em;"> <tr> <td style="width: 25%;">0 : まったく使用しなかった</td> <td style="width: 25%;">1 : 1時間未満</td> <td style="width: 25%;">2 : 1～3時間未満</td> <td style="width: 25%;">3 : 3～6時間未満</td> </tr> <tr> <td>4 : 6～12時間未満</td> <td>5 : 12時間以上</td> <td></td> <td></td> </tr> </table> <p style="text-align: center; font-size: 0.8em;">第2日も記入してください</p> </div> |                          | 【第1日】10月 〇 〇 日( )曜日      |                          |                          |                          | 【第2日】10月 〇 〇 日( )曜日      |                          |  |  | 午前 |  | 午後 |  | 午前 |  | 午後 |  | ネットショッピング<br>(商品やサービスを選んでいる時間を含む) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 趣味・娯楽<br>(映画鑑賞・音楽鑑賞・電子書籍による読書・ゲーム など) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 交際・つきあい・コミュニケーション<br>・通話・メール・チャットなどによる会話<br>・SNSやブログなどのソーシャルメディアで行う情報交換やメッセージのやりとり など<br>(単に情報を得るための使用は除く)<br>・ここでいう「友人・知人」には実際に会ったことのない人は含まれません | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | その他の使用<br>(ニュースの閲覧やその他の情報収集 など) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 0 : まったく使用しなかった | 1 : 1時間未満 | 2 : 1～3時間未満 | 3 : 3～6時間未満 | 4 : 6～12時間未満 | 5 : 12時間以上 |  |  |
|  | 【第1日】10月 〇 〇 日( )曜日   |                          |                          |                          | 【第2日】10月 〇 〇 日( )曜日      |                          |                          |                          |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
|  | 午前  |                          | 午後                       |                          | 午前                       |                          | 午後                       |                          |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
| ネットショッピング<br>(商品やサービスを選んでいる時間を含む)  | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
| 趣味・娯楽<br>(映画鑑賞・音楽鑑賞・電子書籍による読書・ゲーム など)  | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
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| 4 : 6～12時間未満   | 5 : 12時間以上  |                          |                          |                          |                          |                          |                          |                          |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |
| (削除理由)   | スマートフォン・パソコンなどの使用状況を、「24 生活時間について」において把握することと整理するため。  |                          |                          |                          |                          |                          |                          |                          |  |  |    |  |    |  |    |  |    |  |                                   |                          |                          |                          |                          |                          |                          |                          |                          |                                       |                          |                          |                          |                          |                          |                          |                          |                          |  |                          |                          |                          |                          |                          |                          |                          |                          |                                 |                          |                          |                          |                          |                          |                          |                          |                          |                 |           |             |             |              |            |  |  |

【調査票 A】

24 生活時間について

| 令和3年調査(案)  |   | 平成28年調査 |    |    |    |    |    |    |    |    |    |    |    |                  |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
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17 | 18 交際・つきあい |  |  |  |  |  |  |  |  |  |  |  |  |  | 18 | 19 受診・療養 |  |  |  |  |  |  |  |  |  |  |  |  |  | 19 | 20 その他 |  |  |  |  |  |  |  |  |  |  |  |  |  | 20 | スマートフォン・パソコンなどの使用 |  |  |  |  |  |  |  |  |  |  |  |  |  | ア<br>イ | 一緒にいた人 |  |  |  |  |  |  |  |  |  |  |  |  |  | a<br>b<br>c<br>d | 午前 | <table border="1"> <thead> <tr> <th>行動の種類</th> <th>0時</th> <th>30</th> <th>1時</th> <th>30</th> <th>2時</th> <th>30</th> <th>3時</th> <th>30</th> <th>4時</th> <th>30</th> <th>5時</th> <th>30</th> <th>6時</th> <th></th> </tr> </thead> <tbody> <tr><td>1 睡眠</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2 身の回りの用事</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>2</td></tr> <tr><td>3 食事</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>3</td></tr> 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スポーツ</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>16</td></tr> <tr><td>17 ボランティア活動・社会参加活動</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>17</td></tr> <tr><td>18 交際・つきあい</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>18</td></tr> <tr><td>19 受診・療養</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>19</td></tr> <tr><td>20 その他</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>20</td></tr> <tr><td>スマートフォン・パソコンなどの使用</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>a<br/>b<br/>c<br/>d</td></tr> <tr><td>一緒にいた人</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>a<br/>b<br/>c<br/>d</td></tr> </tbody> </table> | 行動の種類 | 0時 | 30 | 1時 | 30 | 2時 | 30 | 3時 | 30 | 4時 | 30 | 5時 | 30 | 6時 |  | 1 睡眠 |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 | 2 身の回りの用事 |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 | 3 食事 |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 | 4 通勤・通学 |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 | 5 仕事 |  |  |  |  |  |  |  |  |  |  |  |  |  | 5 | 6 学業 |  |  |  |  |  |  |  |  |  |  |  |  |  | 6 | 7 家事 |  |  |  |  |  |  |  |  |  |  |  |  |  | 7 | 8 介護・看護 |  |  |  |  |  |  |  |  |  |  |  |  |  | 8 | 9 育児 |  |  |  |  |  |  |  |  |  |  |  |  |  | 9 | 10 買い物 |  |  |  |  |  |  |  |  |  |  |  |  |  | 10 | 11 移動(通勤・通学を除く) |  |  |  |  |  |  |  |  |  |  |  |  |  | 11 | 12 テレビ・ラジオ・新聞・雑誌 |  |  |  |  |  |  |  |  |  |  |  |  |  | 12 | 13 休養・くつろぎ |  |  |  |  |  |  |  |  |  |  |  |  |  | 13 | 14 学習・自己啓発・訓練(学業以外) |  |  |  |  |  |  |  |  |  |  |  |  |  | 14 | 15 趣味・娯楽 |  |  |  |  |  |  |  |  |  |  |  |  |  | 15 | 16 スポーツ |  |  |  |  |  |  |  |  |  |  |  |  |  | 16 | 17 ボランティア活動・社会参加活動 |  |  |  |  |  |  |  |  |  |  |  |  |  | 17 | 18 交際・つきあい |  |  |  |  |  |  |  |  |  |  |  |  |  | 18 | 19 受診・療養 |  |  |  |  |  |  |  |  |  |  |  |  |  | 19 | 20 その他 |  |  |  |  |  |  |  |  |  |  |  |  |  | 20 | スマートフォン・パソコンなどの使用 |  |  |  |  |  |  |  |  |  |  |  |  |  | a<br>b<br>c<br>d | 一緒にいた人 |  |  |  |  |  |  |  |  |  |  |  |  |  | a<br>b<br>c<br>d |
| 行動の種類  | 0時  | 30      | 1時 | 30 | 2時 | 30 | 3時 | 30 | 4時 | 30 | 5時 | 30 | 6時 |                  |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 1 睡眠   |   |         |    |    |    |    |    |    |    |    |    |    |    | 1                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 2 身の回りの用事  |   |         |    |    |    |    |    |    |    |    |    |    |    | 2                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 3 食事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 3                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 4 通勤・通学  |   |         |    |    |    |    |    |    |    |    |    |    |    | 4                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 5 仕事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 5                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 6 学業   |   |         |    |    |    |    |    |    |    |    |    |    |    | 6                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 7 家事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 7                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 8 介護・看護  |   |         |    |    |    |    |    |    |    |    |    |    |    | 8                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 9 育児   |   |         |    |    |    |    |    |    |    |    |    |    |    | 9                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 10 買い物   |   |         |    |    |    |    |    |    |    |    |    |    |    | 10               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 11 移動(通勤・通学を除く)  |   |         |    |    |    |    |    |    |    |    |    |    |    | 11               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 12 テレビ・ラジオ・新聞・雑誌   |   |         |    |    |    |    |    |    |    |    |    |    |    | 12               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 13 休養・くつろぎ   |   |         |    |    |    |    |    |    |    |    |    |    |    | 13               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 14 学習・自己啓発・訓練(学業以外)  |   |         |    |    |    |    |    |    |    |    |    |    |    | 14               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 15 趣味・娯楽   |   |         |    |    |    |    |    |    |    |    |    |    |    | 15               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 16 スポーツ  |   |         |    |    |    |    |    |    |    |    |    |    |    | 16               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 17 ボランティア活動・社会参加活動   |   |         |    |    |    |    |    |    |    |    |    |    |    | 17               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 18 交際・つきあい   |   |         |    |    |    |    |    |    |    |    |    |    |    | 18               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 19 受診・療養   |   |         |    |    |    |    |    |    |    |    |    |    |    | 19               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 20 その他   |   |         |    |    |    |    |    |    |    |    |    |    |    | 20               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| スマートフォン・パソコンなどの使用  |   |         |    |    |    |    |    |    |    |    |    |    |    | ア<br>イ           |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 一緒にいた人   |   |         |    |    |    |    |    |    |    |    |    |    |    | a<br>b<br>c<br>d |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 行動の種類  | 0時  | 30      | 1時 | 30 | 2時 | 30 | 3時 | 30 | 4時 | 30 | 5時 | 30 | 6時 |                  |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 1 睡眠   |   |         |    |    |    |    |    |    |    |    |    |    |    | 1                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 2 身の回りの用事  |   |         |    |    |    |    |    |    |    |    |    |    |    | 2                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 3 食事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 3                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 4 通勤・通学  |   |         |    |    |    |    |    |    |    |    |    |    |    | 4                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 5 仕事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 5                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 6 学業   |   |         |    |    |    |    |    |    |    |    |    |    |    | 6                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 7 家事   |   |         |    |    |    |    |    |    |    |    |    |    |    | 7                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 8 介護・看護  |   |         |    |    |    |    |    |    |    |    |    |    |    | 8                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 9 育児   |   |         |    |    |    |    |    |    |    |    |    |    |    | 9                |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 10 買い物   |   |         |    |    |    |    |    |    |    |    |    |    |    | 10               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 11 移動(通勤・通学を除く)  |   |         |    |    |    |    |    |    |    |    |    |    |    | 11               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 12 テレビ・ラジオ・新聞・雑誌   |   |         |    |    |    |    |    |    |    |    |    |    |    | 12               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 13 休養・くつろぎ   |   |         |    |    |    |    |    |    |    |    |    |    |    | 13               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 14 学習・自己啓発・訓練(学業以外)  |   |         |    |    |    |    |    |    |    |    |    |    |    | 14               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 15 趣味・娯楽   |   |         |    |    |    |    |    |    |    |    |    |    |    | 15               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 16 スポーツ  |   |         |    |    |    |    |    |    |    |    |    |    |    | 16               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 17 ボランティア活動・社会参加活動   |   |         |    |    |    |    |    |    |    |    |    |    |    | 17               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 18 交際・つきあい   |   |         |    |    |    |    |    |    |    |    |    |    |    | 18               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 19 受診・療養   |   |         |    |    |    |    |    |    |    |    |    |    |    | 19               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 20 その他   |   |         |    |    |    |    |    |    |    |    |    |    |    | 20               |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| スマートフォン・パソコンなどの使用  |   |         |    |    |    |    |    |    |    |    |    |    |    | a<br>b<br>c<br>d |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| 一緒にいた人   |   |         |    |    |    |    |    |    |    |    |    |    |    | a<br>b<br>c<br>d |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |
| <p>(修正案)</p> <p>① 「行動の種類」の下に、「スマートフォン・パソコンなどの使用」として「ア 使用した」と「イ 使用しなかった」を追加</p> <p>② 表側の「スマートフォン・パソコンなどの使用」、「一緒にいた人」を色分け</p> <p>(修正理由)</p> <p>① 「旧23 スマートフォン・パソコンなどの使用について」を削除し、「24 生活時間について」において使用状況を把握することで、15分ごとの生活時間とクロスした集計(分析)を行うことができ、データとしての有用性を高めることが可能</p> <p>② 平成28年調査の実施状況報告によると、「行動の種類」と「一緒にいた人」が別の項目であることが分かりづらいという意見があることから、項目を色分けすることで、調査対象への分かりやすさを考慮</p> <p>(記入定義)</p> <p>別添3『調査事項「24 生活時間について」におけるスマートフォン・パソコンなどの記入定義』参照</p> |   |         |    |    |    |    |    |    |    |    |    |    |    |                  |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |        |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |    |   |       |    |    |    |    |    |    |    |    |    |    |    |    |    |  |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |         |  |  |  |  |  |  |  |  |  |  |  |  |  |   |      |  |  |  |  |  |  |  |  |  |  |  |  |  |   |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                     |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |         |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                    |  |  |  |  |  |  |  |  |  |  |  |  |  |    |            |  |  |  |  |  |  |  |  |  |  |  |  |  |    |          |  |  |  |  |  |  |  |  |  |  |  |  |  |    |        |  |  |  |  |  |  |  |  |  |  |  |  |  |    |                   |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |        |  |  |  |  |  |  |  |  |  |  |  |  |  |                  |

【調査票B】

16 生活時間について

| 令和3年調査 (案) |  |                  |             |   |                                     |                                  |   |   |   | 平成28年調査 |   |   |           |      |  |                  |             |   |                                     |                                  |   |   |   |   |    |  |           |
|------------|--|------------------|-------------|---|-------------------------------------|----------------------------------|---|---|---|---------|---|---|-----------|------|--|------------------|-------------|---|-------------------------------------|----------------------------------|---|---|---|---|----|--|-----------|
| 午前         |  |                  |             |   | 【第1日】                               |                                  |   |   |   | 午前      |   |   |           |      | 【第1日】  |                  |             |   |                                     |                                  |   |   |   |   |    |  |           |
| 時刻         | おもに何をしていましたか<br>※15分ごとに<br>おもなもの一つだけ<br>記入してください | スマートフォン<br>などの使用 | パソコンの<br>使用 | 同時に何か<br>他のこと<br>をしていましたか<br>※複数ある場合は<br>一つだけ記入してください | 場所<br>1 自宅<br>2 学校<br>3 移動<br>4 その他 | 一緒にいた人<br>(当てはまるものすべてを○で囲んでください) |   |   |   |         |   |   | 時刻<br>コード | 時刻   | おもに何をしていましたか<br>※15分ごとに<br>おもなもの一つだけ<br>記入してください | スマートフォン<br>などの使用 | パソコンの<br>使用 | 同時に何か<br>他のこと<br>をしていましたか<br>※複数ある場合は<br>一つだけ記入してください | 場所<br>1 自宅<br>2 学校<br>3 移動<br>4 その他 | 一緒にいた人<br>(当てはまるものすべてを○で囲んでください) |   |   |   |   |    |  | 時刻<br>コード |
|            |  |                  |             |   |                                     | 1                                | 2 | 3 | 4 | 5       | 6 | 7 |           |      |  |                  |             | 1   | 2                                   | 3                                | 4 | 5 | 6 | 7 |    |  |           |
| 0:00       |  |                  |             |   | 宅                                   |                                  |   |   |   |         |   |   | 01        | 0:00 |  |                  |             |   |                                     |                                  |   |   |   |   | 01 |  |           |
| 30         |  |                  |             |   | 中                                   |                                  |   |   |   |         |   |   | 02        | 30   |  |                  |             |   |                                     |                                  |   |   |   |   | 02 |  |           |
| 1:00       |  |                  |             |   | 他                                   |                                  |   |   |   |         |   |   | 03        | 1:00 |  |                  |             |   |                                     |                                  |   |   |   |   | 03 |  |           |
| 30         |  |                  |             |   | で                                   |                                  |   |   |   |         |   |   | 04        | 30   |  |                  |             |   |                                     |                                  |   |   |   |   | 04 |  |           |
| 2:00       |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 05        | 2:00 |  |                  |             |   |                                     |                                  |   |   |   |   | 05 |  |           |
| 30         |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 06        | 30   |  |                  |             |   |                                     |                                  |   |   |   |   | 06 |  |           |
| 3:00       |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 07        | 3:00 |  |                  |             |   |                                     |                                  |   |   |   |   | 07 |  |           |
| 30         |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 08        | 30   |  |                  |             |   |                                     |                                  |   |   |   |   | 08 |  |           |
| 4:00       |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 09        | 4:00 |  |                  |             |   |                                     |                                  |   |   |   |   | 09 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 10        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 10 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 11        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 11 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 12        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 12 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 13        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 13 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 14        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 14 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 15        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 15 |  |           |
|            |  |                  |             |   |                                     |                                  |   |   |   |         |   |   | 16        |      |  |                  |             |   |                                     |                                  |   |   |   |   | 16 |  |           |

(修正案)

「スマートフォン・パソコンなどの使用」を「スマートフォンなどの使用」と「パソコンの使用」に分割

(修正理由)

「スマートフォン・パソコンなどの使用」を分割し、スマートフォン等の「携帯端末」とパソコンの「固定端末」の使用を区別することで、通勤・通学時などの移動中におけるスマートフォン等の使用状況とその生活時間の使い方が分析できるほか、余暇時間の使い方について、いわゆる「ながら行動」の状況や、主行動・同時行動別の使用状況や傾向を把握することができ、分析の幅を広げることが可能となる。

なお、現在、携帯と固定の両機能を有する端末が存在していることに鑑み、それらの使用を「携帯端末」と「固定端末」に分けて回答することは難しく、また集計した結果に関する説明が困難と考えられるため、各選択肢の定義について、端末の種類ごとに以下のとおり分けることと整理

スマートフォンなど：スマートフォン、タブレット型端末、携帯電話、PHS

パソコン：デスクトップ型パソコン、ノートパソコン、タブレット型パソコン

(※タブレット型端末とタブレット型パソコンの区別は難しい面もあり、引き続き整理が必要)

#### IV 結果利用における有用性の向上

##### 【調査票A】

旧19 学習・自己啓発・訓練について

「(3) どのような方法でしたか」

| 令和3年調査（案）  | 平成28年調査                 |          |          |       |                |                  |                  |                               |           |     |  |                         |         |          |       |      |                |                |           |                               |     |
|--|-------------------------|----------|----------|-------|----------------|------------------|------------------|-------------------------------|-----------|-----|--|-------------------------|---------|----------|-------|------|----------------|----------------|-----------|-------------------------------|-----|
| <p>(3)どのような方法でしたか<br/>(当てはまるものすべてに記入してください)</p> <table border="1"> <tr> <td>学級・講座・教室など<br/>市町村等が行うもの</td> <td>民間が行うもの</td> <td>大学等が行うもの</td> <td>講演会など</td> <td>通信教育</td> <td><b>自学・自習</b></td> <td>勉強会など<br/>職場で自主的に</td> <td>職場外</td> <td>各種学校・専修学校</td> <td>その他</td> </tr> </table>   | 学級・講座・教室など<br>市町村等が行うもの | 民間が行うもの  | 大学等が行うもの | 講演会など | 通信教育           | <b>自学・自習</b>     | 勉強会など<br>職場で自主的に | 職場外                           | 各種学校・専修学校 | その他 | <p>(3)どのような方法でしたか<br/>(当てはまるものすべてに記入してください)</p> <table border="1"> <tr> <td>学級・講座・教室など<br/>市町村等が行うもの</td> <td>民間が行うもの</td> <td>大学等が行うもの</td> <td>講演会など</td> <td>通信教育</td> <td><b>テレビ・ラジオ</b></td> <td><b>職場での時間外</b></td> <td>各種学校・専修学校</td> <td><b>削除</b><br/>ハローワークを通じた職業訓練など</td> <td>その他</td> </tr> </table> | 学級・講座・教室など<br>市町村等が行うもの | 民間が行うもの | 大学等が行うもの | 講演会など | 通信教育 | <b>テレビ・ラジオ</b> | <b>職場での時間外</b> | 各種学校・専修学校 | <b>削除</b><br>ハローワークを通じた職業訓練など | その他 |
| 学級・講座・教室など<br>市町村等が行うもの  | 民間が行うもの                 | 大学等が行うもの | 講演会など    | 通信教育  | <b>自学・自習</b>   | 勉強会など<br>職場で自主的に | 職場外              | 各種学校・専修学校                     | その他       |     |  |                         |         |          |       |      |                |                |           |                               |     |
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| <p>(修正案)</p> <ol style="list-style-type: none"> <li>①「自学・自習」を追加し、「自学・自習」に包括される「テレビ・ラジオ」を削除</li> <li>②「職場での時間外」を、「勉強会など」の分岐の一つとして「職場で自主的に」とし、さらに分岐の一つとして「職場外」を追加</li> <li>③「ハローワークを通じた職業訓練など」を削除</li> </ol> <p>(修正理由)</p> <ol style="list-style-type: none"> <li>①「自学・自習」を追加することで、「その他」の行動者割合を下げるのが想定できるため。(別添4「アンケート結果概要」参照)</li> <li>②「職場での時間外」は、『「職場研修」以外で勤務時間外に職場で自主的にを行っているもの』と定義しているが、名称から定義を連想することが困難との意見があること。また、近年、「朝活」といったような、職場外で自己啓発のための勉強会に参加する取組みが増えているため。<br/>(別添4『令和3年社会生活基本調査の調査事項等の検証のためのアンケート結果概要』参照)</li> <li>③施策上のニーズが確認できないため。</li> </ol> |                         |          |          |       |                |                  |                  |                               |           |     |  |                         |         |          |       |      |                |                |           |                               |     |

【調査票 A】

旧21 スポーツ 趣味・娯楽について

| 令和3年調査 (案)  | 平成28年調査                |                         |             |                       |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
|---|------------------------|-------------------------|-------------|-----------------------|-----------------------|---|--|--------|---|--------|---|--------|---|---|--------|---|-------------------------|---|---|---|--------|----------|---|----------|---|------------|---|--|--------------------|---|--------|---|----------|---|---|--------|---|--------|---|--------|---|--|--|------------------------|---|-------------|---|-----------------------|---|--|--------|---|--------|---|--------|---|---|--------|---|-------------------------|---|---|---|---|----------|---|--------|---|------------|---|--|--------------------|---|--------|---|----------|---|---|--------|---|--------|---|--------|---|--|
| <div style="border: 1px solid black; padding: 5px;"> <p><b>22 スポーツ 趣味・娯楽について</b><br/>                     スポーツ 趣味・娯楽をこの1年間に何日ぐらいしましたか<br/>                     (しなかった場合を含め 右の0~9の数字から選んで記入してください)</p> <p>1:まったくしなかった<br/>                     4:10~19日(月に1日)<br/>                     7:100~199日(週に2~3日)</p> <p>2:1~4日<br/>                     5:20~39日(月に2~3日)<br/>                     8:200日以上(週に4日以上)</p> <p>3:5~9日<br/>                     6:40~99日(週に1日)<br/>                     9:何日ぐらいしたかわからない</p> <p style="text-align: right;">05</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>&lt;スポーツ&gt;<br/>                     ・単に見物している場合や<br/>                     授業・研修として行うものは<br/>                     除きます<br/>                     ・クラブ活動や部活動は含め<br/>                     ます</p> <p>この1年間に1日もしな<br/>                     かった場合を含め すべて<br/>                     の種目に記入してください</p> <table style="width:100%; border-collapse: collapse;"> <tr> <td style="width:15%;">野<br/>球<br/>(キャッチボールを含む)</td> <td style="width:15%; 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| ソフトボール  | →                      | バドミントン                  | →           | つ<br>り                | →                     | ウ<br>ォ<br>ー<br>キ<br>ン<br>グ・<br>軽<br>い<br>体<br>操                                   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| バレーボール  | →                      | ゴ<br>ル<br>フ<br>(練習場を含む) | →           | 水                     | →                     | ヨ<br>ガ  |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| バスケットボール  | →                      | グラウンドゴルフ                | →           | スキー・スノーボード            | →                     | 器<br>具<br>を<br>使<br>っ<br>た<br>ト<br>レ<br>ー<br>ニ<br>ン<br>グ                          |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
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| 卓<br>球  | →                      | 剣<br>道                  | →           | サイクリング                | →                     |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
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| ソフトボール  | →                      | バドミントン                  | →           | つ<br>り                | →                     | ウ<br>ォ<br>ー<br>キ<br>ン<br>グ・<br>軽<br>い<br>体<br>操                                   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| バレーボール  | →                      | ゴ<br>ル<br>フ<br>(練習場を含む) | →           | 水                     | →                     | 泳   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| バスケットボール  | →                      | 柔<br>道                  | →           | スキー・スノーボード            | →                     | 器<br>具<br>を<br>使<br>っ<br>た<br>ト<br>レ<br>ー<br>ニ<br>ン<br>グ                          |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| サッカー<br>(フットサルを含む)  | →                      | 剣<br>道                  | →           | 登山・ハイキング              | →                     | そ<br>の<br>他<br>の<br>ス<br>ポ<br>ー<br>ツ<br>(し<br>た<br>場<br>合)<br>(おもな種目名を一つ記入してください) |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| 卓<br>球  | →                      | ゲートボール                  | →           | サイクリング                | →                     |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |
| <p>(修正案)</p> <p>① 「ゲートボール」を削除し、「グラウンドゴルフ」を追加</p> <p>② 「ヨガ」を追加</p> <p>(修正理由)</p> <p>①平成28年調査における「その他のスポーツ (した場合)」欄に回答された種目を特別集計した結果、「グラウンドゴルフ」の行動者率が高いことが判明した一方で、「ゲートボール」は昭和61年から平成28年にかけて15歳以上行動者率が継続して低く、65歳以上行動者率をみても下降しているため。</p> <p>②平成28年調査における「その他のスポーツ (した場合)」欄に回答された種目を特別集計した結果、「ヨガ」の行動者率が最も高く、固定種目と比較しても一定の行動者率を確保しているため。</p>  |                        |                         |             |                       |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |        |          |   |          |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |  |                        |   |             |   |                       |   |  |        |   |        |   |        |   |   |        |   |                         |   |   |   |   |          |   |        |   |            |   |  |                    |   |        |   |          |   |   |        |   |        |   |        |   |  |

【調査票 A】

旧21 スポーツ 趣味・娯楽について

| 令和3年調査 (案)   |                                       |                       |                      | 平成28年調査                               |                                       |                       |                 |                                       |
|--|---------------------------------------|-----------------------|----------------------|---------------------------------------|---------------------------------------|-----------------------|-----------------|---------------------------------------|
| <p>&lt;趣味・娯楽&gt;<br/>・授業・仕事および家事として行うものは除きます<br/>・クラブ活動や部活動は含めます</p> <p>・この1年間に1日もしなかった場合を含め、すべての種目に記入してください</p> | スポーツ観覧・観戦<br>(テレビ・スマートフォン・パソコンなどによる)  | 邦楽<br>(民謡・日本古来の音楽を含む) | 編み物・手芸               | マンガを読む                                | スポーツ観覧<br>(テレビ・スマートフォン・パソコンなどによる)     | 邦楽<br>(民謡・日本古来の音楽を含む) | 編み物・手芸          | 囲碁                                    |
|  | 美術鑑賞<br>(テレビ・スマートフォン・パソコンなどによる)       | コーラス・声楽               | 趣味としての料理・菓子作り        | 囲碁                                    | 美術鑑賞<br>(テレビ・スマートフォン・パソコンなどによる)       | コーラス・声楽               | 趣味としての料理・菓子作り   | 将棋                                    |
|  | 演芸・演劇・舞踊鑑賞<br>(テレビ・スマートフォン・パソコンなどによる) | カラオケ                  | 園芸・庭いじり・ガーデニング       | 将棋                                    | 演芸・演劇・舞踊鑑賞<br>(テレビ・スマートフォン・パソコンなどによる) | カラオケ                  | 園芸・庭いじり・ガーデニング  | パチンコ                                  |
|  | 映画館での映画鑑賞                             | 邦舞・おどり                | 日曜大工                 | パチンコ                                  | 映画館での映画鑑賞                             | 邦舞・おどり                | 日曜大工            | テレビゲーム・パソコンゲーム<br>(家庭で行うもの 携帯用を含む)    |
|  | 映画館以外の映画鑑賞<br>(テレビ・DVD・パソコンなど)        | 洋舞・社交ダンス              | 絵画・彫刻の制作             | スマートフォン・テレビ・パソコンなどによるゲーム              | 映画館以外の映画鑑賞<br>(テレビ・DVD・パソコンなど)        | 洋舞・社交ダンス              | 絵画・彫刻の制作        | 遊園地 動物園 水族館などの見物                      |
|  | コンサートなどによるクラシック音楽鑑賞                   | 書道                    | 陶芸・工芸                | 遊園地 動物園 水族館などの見物                      | 音楽会などによるクラシック音楽鑑賞                     | 書道                    | 陶芸・工芸           | キャンプ                                  |
|  | コンサートなどによるクラシック以外の音楽鑑賞                | 華道                    | 写真の撮影・プリント           | キャンプ                                  | 音楽会などによるポピュラー音楽・歌謡曲鑑賞                 | 華道                    | 写真の撮影・プリント      | その他の趣味・娯楽(した場合)<br>(おもな種目を一つ記入してください) |
|  | CD・スマートフォンなどによる音楽鑑賞                   | 茶道                    | 詩・和歌・俳句・小説などの創作      | その他の趣味・娯楽(した場合)<br>(おもな種目を一つ記入してください) | CD・スマートフォンなどによる音楽鑑賞                   | 茶道                    | 詩・和歌・俳句・小説などの創作 | 分割 小説                                 |
|  | 楽器の演奏                                 | 和裁・洋裁                 | 趣味としての読書<br>(マンガを除く) |                                       | 楽器の演奏                                 | 和裁・洋裁                 | 趣味としての読書        |                                       |
|  |                                       |                       |                      |                                       |                                       |                       |                 |                                       |

(修正案)

- ① 「趣味としての読書」を、「趣味としての読書 (マンガを除く)」と「マンガを読む」に分割
- ② 「スポーツ観覧」を、「スポーツ観覧・観戦」に変更
- ③ 「音楽会などによるクラシック音楽鑑賞」を、「コンサートなどによるクラシック音楽鑑賞」に変更
- ④ 「音楽会などによるポピュラー音楽・歌謡曲鑑賞」を、「コンサートなどによるクラシック以外の音楽鑑賞」に変更
- ⑤ 「テレビゲーム・パソコンゲーム (家庭で行うもの 携帯用を含む)」を、「スマートフォン・テレビ・パソコンなどによるゲーム」に変更

(修正理由)

- ①分割することで、より分析に資する有用性の高いデータ収集が可能となるため。
- ②野球やサッカーのように“観戦”するスポーツもあるため、調査対象への分かりやすさを考慮
- ③・④「音楽会」よりも「コンサート」の方が一般的な呼称と考えられるため、調査対象への分かりやすさを考慮
- ④昨今、音楽のジャンルが多様化しており、「クラシック音楽鑑賞」、「ポピュラー音楽鑑賞・歌謡曲鑑賞」では回答しにくい面があるとの意見があることから、「ポピュラー音楽鑑賞・歌謡曲鑑賞」を「クラシック以外の音楽鑑賞」とし、調査対象への分かりやすさを考慮



⑤国内のゲームユーザ数の規模をみると、スマートフォン等を利用したアプリゲームユーザーが最も多いことから、調査対象への分かりやすさを考慮  
※平成28年調査における「その他の趣味・娯楽（した場合）」欄に回答された種目を特別集計した結果、固定種目と比較した上で、一定の行動者率を確保する種目は存在しなかった。

【調査票 A・B】

24 生活時間について（調査票 B：16）

「(1) この日は 次のいずれの日でしたか」

| 令和 3 年調査（案）  | 平成28年調査                        |                                |                       |                       |                       |                       |                       |                       |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|--|--------------------------------|--------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------|--------------------------------|-----------------|------|----|-----------------------|---------------------|---------------|-----|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <p>(1) この日は 次のいずれの日でしたか（当てはまるものすべてに記入してください）</p> <table border="1"> <tr> <td>旅行・<br/>行楽</td> <td>行事または<br/>冠婚葬祭<br/>(半日以上<br/>の参加)</td> <td>出張・<br/>研修<br/>など</td> <td>テレワーク<br/>在宅勤務</td> <td>療養</td> <td>休みの日<br/>(休暇・<br/>休日など)</td> <td>育児休業・<br/>子の看護<br/>休暇</td> <td>介護休業・<br/>介護休暇</td> <td>その他</td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table> | 旅行・<br>行楽                      | 行事または<br>冠婚葬祭<br>(半日以上<br>の参加) | 出張・<br>研修<br>など       | テレワーク<br>在宅勤務         | 療養                    | 休みの日<br>(休暇・<br>休日など) | 育児休業・<br>子の看護<br>休暇   | 介護休業・<br>介護休暇         | その他 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <p>(1) この日は 次のいずれの日でしたか（当てはまるものすべてに記入してください）</p> <table border="1"> <tr> <td>旅行・<br/>行楽</td> <td>行事または<br/>冠婚葬祭<br/>(半日以上<br/>の参加)</td> <td>出張・<br/>研修<br/>など</td> <td>在宅勤務</td> <td>療養</td> <td>休みの日<br/>(休暇・<br/>休日など)</td> <td>育児休業・<br/>子の看護<br/>休暇</td> <td>介護休業・<br/>介護休暇</td> <td>その他</td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table> | 旅行・<br>行楽 | 行事または<br>冠婚葬祭<br>(半日以上<br>の参加) | 出張・<br>研修<br>など | 在宅勤務 | 療養 | 休みの日<br>(休暇・<br>休日など) | 育児休業・<br>子の看護<br>休暇 | 介護休業・<br>介護休暇 | その他 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 旅行・<br>行楽  | 行事または<br>冠婚葬祭<br>(半日以上<br>の参加) | 出張・<br>研修<br>など                | テレワーク<br>在宅勤務         | 療養                    | 休みの日<br>(休暇・<br>休日など) | 育児休業・<br>子の看護<br>休暇   | 介護休業・<br>介護休暇         | その他                   |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |
| <input type="radio"/>  | <input type="radio"/>          | <input type="radio"/>          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |
| 旅行・<br>行楽  | 行事または<br>冠婚葬祭<br>(半日以上<br>の参加) | 出張・<br>研修<br>など                | 在宅勤務                  | 療養                    | 休みの日<br>(休暇・<br>休日など) | 育児休業・<br>子の看護<br>休暇   | 介護休業・<br>介護休暇         | その他                   |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |
| <input type="radio"/>  | <input type="radio"/>          | <input type="radio"/>          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |
| <p>(修正案)</p> <p>「在宅勤務」を「テレワーク」に変更し、分岐として「在宅勤務」と「それ以外」を設けて、把握する対象を拡大</p> <p>(修正理由)</p> <p>「働き方改革」や新型コロナウイルス感染症の影響によりテレワークが普及しつつある中で、平成28年調査までの選択肢「在宅勤務」（定義：雇用されている人が事業所への出勤を免除され、自宅において勤務すること）では、サテライトオフィス勤務やモバイル勤務といったテレワークを把握できないため、選択肢を変更し、分析に資する有用性の高いデータ収集を可能とする。</p>  |                                |                                |                       |                       |                       |                       |                       |                       |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |  |           |                                |                 |      |    |                       |                     |               |     |                       |                       |                       |                       |                       |                       |                       |                       |                       |

V 報告者負担軽減のための調査事項の廃止

【調査票A・B】

旧24 生活時間について（調査票B：旧16）

「(2) この日の天気はどうでしたか」

| 令和3年調査（案）   | 平成28年調査  |                       |               |              |                       |                       |                       |
|---|--|-----------------------|---------------|--------------|-----------------------|-----------------------|-----------------------|
| <b>【削除】</b>   | <div style="border: 1px solid black; padding: 5px;"><p style="text-align: center;">(2) この日の天気はどうでしたか</p><table style="width: 100%; border-collapse: collapse;"><tr><td style="text-align: center; width: 33%;">1日中雨が<br/>降っていた</td><td style="text-align: center; width: 33%;">一時雨が<br/>降っていた</td><td style="text-align: center; width: 33%;">雨は降ら<br/>なかった</td></tr><tr><td style="text-align: center;"><input type="radio"/></td><td style="text-align: center;"><input type="radio"/></td><td style="text-align: center;"><input type="radio"/></td></tr></table></div> | 1日中雨が<br>降っていた        | 一時雨が<br>降っていた | 雨は降ら<br>なかった | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 1日中雨が<br>降っていた  | 一時雨が<br>降っていた  | 雨は降ら<br>なかった          |               |              |                       |                       |                       |
| <input type="radio"/>   | <input type="radio"/>  | <input type="radio"/> |               |              |                       |                       |                       |
| <p>(削除理由)</p> <ul style="list-style-type: none"><li>・結果表の閲覧数が少なく、削除することによる行政利用上の支障も確認されないため。</li><li>・なお、天気情報等からほぼ同様の情報の補完が可能</li></ul> |  |                       |               |              |                       |                       |                       |

【調査票 A・B】

旧25 住居の種類（調査票 B：旧17）

旧26 自家用車の有無（調査票 B：旧18）

| 令和3年調査（案）  | 平成28年調査  |             |                          |                          |                    |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |
|--|--|-------------|--------------------------|--------------------------|--------------------|--|--|----------|-----|-------------|--------------------------|--------------------------|--------------------|--|---|---|---|---|---|---|--|----|--|----|--|--|--|---|--|---|--|
| <p>【削除】</p>  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="6" style="text-align: center; background-color: #cccccc;">世帯について</th> </tr> </thead> <tbody> <tr> <td style="width: 30%; text-align: left;">25 住居の種類</td> <td style="width: 10%; text-align: center;">持ち家</td> <td style="width: 10%; text-align: center;">民営の<br/>賃貸住宅</td> <td style="width: 10%; text-align: center;">都市再生機構・<br/>公営などの<br/>賃貸住宅</td> <td style="width: 10%; text-align: center;">給与住宅<br/>(社宅・公務員<br/>住宅など)</td> <td style="width: 10%; text-align: center;">住宅に間借り・<br/>寄宿舎・その他</td> </tr> <tr> <td></td> <td style="text-align: center;">○</td> <td style="text-align: center;">○</td> <td style="text-align: center;">○</td> <td style="text-align: center;">○</td> <td style="text-align: center;">○</td> </tr> <tr> <td style="text-align: left;">26 自家用車の有無<br/><small>・業務のみに使用している車は除きます</small></td> <td></td> <td style="text-align: center;">あり</td> <td></td> <td style="text-align: center;">なし</td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">○</td> <td></td> <td style="text-align: center;">○</td> <td></td> </tr> </tbody> </table> | 世帯について      |                          |                          |                    |  |  | 25 住居の種類 | 持ち家 | 民営の<br>賃貸住宅 | 都市再生機構・<br>公営などの<br>賃貸住宅 | 給与住宅<br>(社宅・公務員<br>住宅など) | 住宅に間借り・<br>寄宿舎・その他 |  | ○ | ○ | ○ | ○ | ○ | 26 自家用車の有無<br><small>・業務のみに使用している車は除きます</small> |  | あり |  | なし |  |  |  | ○ |  | ○ |  |
| 世帯について   |  |             |                          |                          |                    |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |
| 25 住居の種類   | 持ち家  | 民営の<br>賃貸住宅 | 都市再生機構・<br>公営などの<br>賃貸住宅 | 給与住宅<br>(社宅・公務員<br>住宅など) | 住宅に間借り・<br>寄宿舎・その他 |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |
|  | ○  | ○           | ○                        | ○                        | ○                  |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |
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|  |  | ○           |                          | ○                        |                    |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |
| <p>(削除理由)</p> <ul style="list-style-type: none"> <li>・平成28年調査における「住居の種類」と「自家用車の有無」について、それぞれの「行動の種類」別総平均時間をみると、「住居の種類」や「自家用車の有無」の違いによって、「行動の種類」のうち「仕事」など一部の行動に一定の差はみられるものの、大多数については、生活時間に傾向的な違いは見られないため。</li> <li>・結果表の閲覧数が少なく、削除することによる行政利用上の支障も確認されないため。</li> </ul> |  |             |                          |                          |                    |  |  |          |     |             |                          |                          |                    |  |   |   |   |   |   |   |  |    |  |    |  |  |  |   |  |   |  |