

2022 歩いた歩数

日	1月	2月	3月	4月	5月	6月
1	1,681	11,070	10,952	10,764	9,150	11,855
2	11,224	11,662	12,406	7,490	11,322	11,010
3	13,354	11,224	11,503	2,181	12,770	10,207
4	11,528	10,667	11,647	2,964	10,929	10,123
5	22,677	11,606	16,712	10,145	12,492	11,223
6	11,765	11,698	10,398	10,974	11,125	10,786
7	11,456	11,300	22,406	12,790	17,082	7,677
8	0	7,261	12,846	12,429	9,457	5,434
9	0	10,062	10,601	15,626	12,978	47
10	12,878	11,817	11,656	11,528	10,957	0
11	610	11,792	12,441	14,152	1,878	0
12	0	10,534	11,237	12,799	3,532	856
13	0	607	11,677	21,970	7,269	2,937
14	802	9,526	12,872	3,586	11563	553
15	10,000	10,355	10,037	11,048	885	4,332
16	11,894	19,305	11,252	12,267	13809	12232
17	12,892	10,001	10,537	15,594	16,054	11,463
18	11,484	10,670	2,546	12,601	10,382	11,575
19	10,397	8,959	11,383	12,652	13,225	11,720
20	22,450	10,947	11,953	10,269	21,787	4,371
21	10,565	6,488	11,377	9,930	13,192	1,606
22	10,227	11,876	1,639	11,270	11,985	16,306
23	735	11,763	10,207	10,275	12,607	11,950
24	12,892	11,834	12,234	10,274	10,651	9,208
25	10,293	11,374	15,926	13,256	15,742	12,736
26	16,429	11,449	1,928	10,684	10,672	7,773
27	10,515	10,695	10,581	17,485	11,863	14,642
28	13,575	13,272	18,138	19,812	16,507	20,364
29	10,025		10,052	2,141	13,250	10,148
30	11,268		12,794	13,023	11,359	10,154
31	11,724		12,670		11,201	
合計	295,340	299,814	354,608	341,979	357,675	253,288
平均	9,527	10,708	11,439	11,399	11,538	8,443
最大	22,677	19,305	22,406	21,970	21,787	20,364
最小	0	607	1,639	2,141	885	0

2022 歩いた歩数

7月	8月	9月	10月	11月	合計
4,305	12,355	10,143	13,790	9,247	
8,303	12,618	10,239	10,215	10,372	
8,454	20,793	9,214	12,977	15,271	
11,051	10,965	14,948	12,361	12,056	
1,456	9,576	12,707	8,981	16,155	
10,205	13,054	1,995	12,345	10,029	
10,379	8,879	11,857	6,319	12,581	
11,446	12,026	10,741	10,170	10,305	
12,797	10,237	9,312	13,282	11,753	
10,834	11,497	4,188	13,429	15,030	
15,804	10,193	10,111	11,627	10,438	
9,163	21,571	13,489	11,604	12,844	
11,529	10,347	9,491	12,160	1,790	
10,077	1,304	12,214	11,176	14,984	
11,488	1,077	10,837	10,034	1,368	
12,695	9,382	9,667	9,489	10,401	
11,271	10,048	11,270	4,487	13,863	
12,440	767	1,476	5,411	10,286	
1,277	11,063	4,149	12,019	11,371	
5,528	11,636	10,581	14,152	6,951	
10,348	5,822	11,391	0	13,192	
10,944	4,258	11,079	12,405	8,396	
11,873	11,508	11,411	10,096	10,499	
9,505	10,347	11,453	11,827	12,519	
12,621	21,279	10,527	12,546	10,019	
8,293	11,495	10,695	11,998	11,194	
2,025	9,278	7,353	10,157	12,732	
2,555	11,672	21,390	11,726	13,582	
1,811	12,589	9,098	12,011	1,526	
11,373	12,659	11,242	12,189	10,263	
7,771	20,709		12,398		
279,621	341,004	304,268	333,381	321,017	3,816,237 29,356
9,020	11,000	10,142	10,754	10,701	10,454
15,804	21,571	21,390	14,152	16,155	
1,277	767	1,476	0	1,368	