

## 2023 歩いた歩数

日	12月	1月	2月	3月	4月	5月	6月
1	11,137	2,509	10,180	10,263	13,832	10,036	10,254
2	6,127	1,385	11,726	18,597	10,543	10,967	1,069
3	12,079	2,886	10,039	11,325	12,422	12,004	14,026
4	704	10,033	10,612	10,776	2,957	10,948	15,124
5	11,833	11,415	10,502	11,475	8,614	10,187	13,106
6	5,775	11,106	9,136	11,472	1,818	7,465	3,327
7	10,692	2,434	1,786	12,020	1,880	10,288	11,418
8	11,306	10,050	11,646	21,039	10,886	12,273	1,877
9	11,303	12,220	22,317	14,923	0	10,061	1,306
10	2,000	10,544	2,653	9,693	3,427	20,016	7,650
11	9,387	11,012	2,075	13,964	10,841	10,096	10,756
12	9,205	16,405	9,223	8,046	12,334	12,679	12,137
13	11,843	7,832	4,724	10,478	10,706	4,038	10,679
14	11,165	3,919	8,339	13,818	9,930	850	20,804
15	14,761	9,063	10,017	10,670	2,701	13936	3,498
16	10,012	7,574	10,330	9,197	10,734	1782	10935
17	2,732	6,084	18,170	5,962	14,913	10,074	11,981
18	10,038	10,520	11,785	8,056	10,732	11,194	5,239
19	15,965	15,616	1,179	10,123	10,894	10,029	13,012
20	8,925	10,152	13,194	13,257	12,882	11,834	10,340
21	10,014	11,343	11,098	1,861	10,997	10,023	2,874
22	9,936	10,101	6,593	5,141	12,000	10,981	10,157
23	11,649	6,911	12,700	0	12,139	11,945	13,604
24	12,064	1,577	1,906	2,191	11,438	14,155	10,945
25	10,198	8,536	11,608	1,862	6,566	10,332	9,047
26	12,926	10,154	6,522	1,267	10,264	10,278	11,703
27	11,297	8,528	13,027	16,760	12,356	13,286	6,189
28	11,173	10,165	10,709	5,083	11,696	11,967	11,811
29	11,105	8,140		14,112	3,800	11,185	10,663
30	1,800	11,749		11,176	10,642	825	2,363
31	1,586	8,732		11,701		10,017	
合計	290,737	268,695	263,796	306,308	274,944	315,751	277,894
平均	9,379	8,668	9,421	9,881	9,165	10,186	9,263
最大	15,965	16,405	22,317	21,039	14,913	20,016	20,804
最小	704	1,385	1,179	0	0	825	1,069

7月	8月	9月	10月	11月
3,884	2,024	10,055	8,001	
6,608	8,523	11,219	12,763	
3,366	9,385	14,472	10,325	
10,590	9,176	5,585	13,254	
9,256	10,912	8,851	10,592	
8,374	11,588	8,939	10,904	
873	8,697	10,220	7,832	
8,129	7,514	10,679	1,369	
7,823	9,500	16,496	13,370	
10,902	1,638	9,073	10,569	
13,900	9,230	10,963	11,148	
2,666	10,619	10,772	13,840	
12,574	8,741	17,244	1,677	
10,207	10,268	5,026	202	
12,180	12,287	10,390	10,047	
7,620	10,670	12,031	13,078	
5,162	13,161	10,259	11,792	
10,341	9,884	10,732	14,555	
2,823	10,810	11,509	425	
11,727	10,022	10,105	9,258	
10,308	13,303	7,063	10,478	
8,245	13,116	11,060	11,021	
4,590	1,352	12,086	13,618	
12,985	3,094	10,329	10,589	
10,546	12,701	12,437	11,298	
11,794	6,329	6,188	10,864	
8,643	10,757	19,768	10,041	
10,414	13,441	9,610	11,499	
12,036	8,911	11,334	10,381	
9,096	10,819	6,984	12,821	
12,471	9,126		13,405	
270,133	287,598	321,479	311,016	
8,714	9,277	10,716	10,033	

13,900 13,441 19,768 14,555

873 1,352 5,026 202