活　動　計　画　表

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | | 5 | | 6起床 | | 7 | | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 | | 16 | | 17 | | 18 | | 19 | | 20 | | 21 | | 22消灯 | | 備　　　　考 |
| 記　　入　　例 | 晴天 |  |  | |  | |  | |  | | 入所 | | 飯ごう炊飯　　　昼食片付け　　　オリエンテーリング　　　　　夕食準備　　　　　　夕食片付け　　　　　　　星空観察  夕食　　　　　　　キャンプファイア　就寝準備 | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | ※活動の内容がわかる記入をしてください。  ※炊飯準備・食事・片付けの時間、退所時間の前には清掃・片付けの時間を計画してください。 |
|  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | 就寝 | |
| 荒天 |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  | |  | |  | |  | | 飯ごう炊飯　　　昼食片付け　　　　　考古館見学　　　　　　　夕食準備　　　夕食　夕食片付け　　室内レク　　　　就寝準備 | |  | |  | |  | |  | |  | |  | |  | |
| 月　　日　(　) | 晴天 |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  |
| 荒天 |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| 月　　日　(　) | 晴天 |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  |
| 荒天 |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |

団体名

茅野市青少年自然の森