

# Excelでマラソンカードに記録しよう

## 学習目標

- ・日付とその日に走った周数を記入するだけで、走った数だけマス目に色が塗られます。

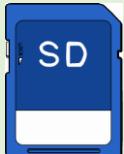
# Excelでマラソンカードに記録しよう

The image shows three Excel spreadsheets side-by-side:

- Left Sheet (Help):** A guide titled "Excelでマラソンカードに記録しよう (50ます)" with instructions in Japanese. It includes sections for "利用のポイント" (Usage Points), "1枚目" (Sheet 1), "2枚目" (Sheet 2), and "3枚目" (Sheet 3). It also contains a note about "使い方" (Usage) and a "いいね" (Like) button.
- Middle Sheet (マラソンカード):** The main data entry sheet. It has a header row with columns for "No.", "日(月)" (Day/Month), "走(周)" (Run/Circuit), and "累計" (Cumulative). Below this is a 16x5 grid for 16 weeks. Each week has a header row with columns for "No.", "日(月)" (Day/Month), "走(周)" (Run/Circuit), and "累計" (Cumulative). The grid cells are color-coded: orange for weeks 1-5, light blue for weeks 6-10, and light orange for weeks 11-16. The cumulative total for each week is shown in the last column of each row.
- Right Sheet (サンプル):** A sample sheet showing a 16x5 grid for 16 weeks, with cumulative totals for each week.

- ・マラソンカード 50ます

- ・マラソンカード 100ます



- ・Excel納戸