

1 $5-1=$

16 $9-2=$

31 $17-16=$

2 $2-1=$

17 $14-3=$

32 $10-4=$

3 $19-11=$

18 $15-2=$

33 $3-3=$

4 $15-2=$

19 $19-5=$

34 $8-3=$

5 $14-13=$

20 $15-5=$

35 $17-12=$

6 $12-2=$

21 $14-10=$

36 $14-5=$

7 $13-10=$

22 $4-1=$

37 $13-12=$

8 $17-17=$

23 $18-18=$

38 $11-5=$

9 $19-5=$

24 $19-5=$

39 $19-4=$

10 $18-6=$

25 $14-7=$

40 $10-2=$

11 $8-2=$

26 $15-7=$

41 $11-7=$

12 $20-14=$

27 $14-3=$

42 $20-5=$

13 $17-4=$

28 $17-16=$

43 $7-5=$

14 $10-5=$

29 $13-7=$

44 $6-4=$

15 $7-6=$

30 $18-9=$

45 $18-11=$



1 $18-5=$

16 $5-1=$

31 $17-6=$

2 $12-11=$

17 $20-7=$

32 $19-5=$

3 $16-2=$

18 $20-13=$

33 $17-15=$

4 $19-16=$

19 $15-14=$

34 $17-7=$

5 $17-2=$

20 $8-6=$

35 $10-2=$

6 $12-7=$

21 $17-16=$

36 $12-11=$

7 $15-11=$

22 $13-9=$

37 $20-6=$

8 $9-3=$

23 $12-8=$

38 $19-4=$

9 $7-4=$

24 $13-4=$

39 $11-9=$

10 $14-10=$

25 $9-1=$

40 $20-14=$

11 $16-9=$

26 $8-7=$

41 $14-8=$

12 $17-12=$

27 $19-14=$

42 $12-1=$

13 $15-5=$

28 $15-10=$

43 $10-4=$

14 $19-17=$

29 $8-4=$

44 $19-11=$

15 $16-4=$

30 $15-2=$

45 $12-8=$



— 減算 45 C009 —

1	4	16	7	31	1
2	1	17	11	32	6
3	8	18	13	33	0
4	13	19	14	34	5
5	1	20	10	35	5
6	10	21	4	36	9
7	3	22	3	37	1
8	0	23	0	38	6
9	14	24	14	39	15
10	12	25	7	40	8
11	6	26	8	41	4
12	6	27	11	42	15
13	13	28	1	43	2
14	5	29	6	44	2
15	1	30	9	45	7

1	13	16	4	31	11
2	1	17	13	32	14
3	14	18	7	33	2
4	3	19	1	34	10
5	15	20	2	35	8
6	5	21	1	36	1
7	4	22	4	37	14
8	6	23	4	38	15
9	3	24	9	39	2
10	4	25	8	40	6
11	7	26	1	41	6
12	5	27	5	42	11
13	10	28	5	43	6
14	2	29	4	44	8
15	12	30	13	45	4



脳の健康をサポートする情報とトレーニング

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