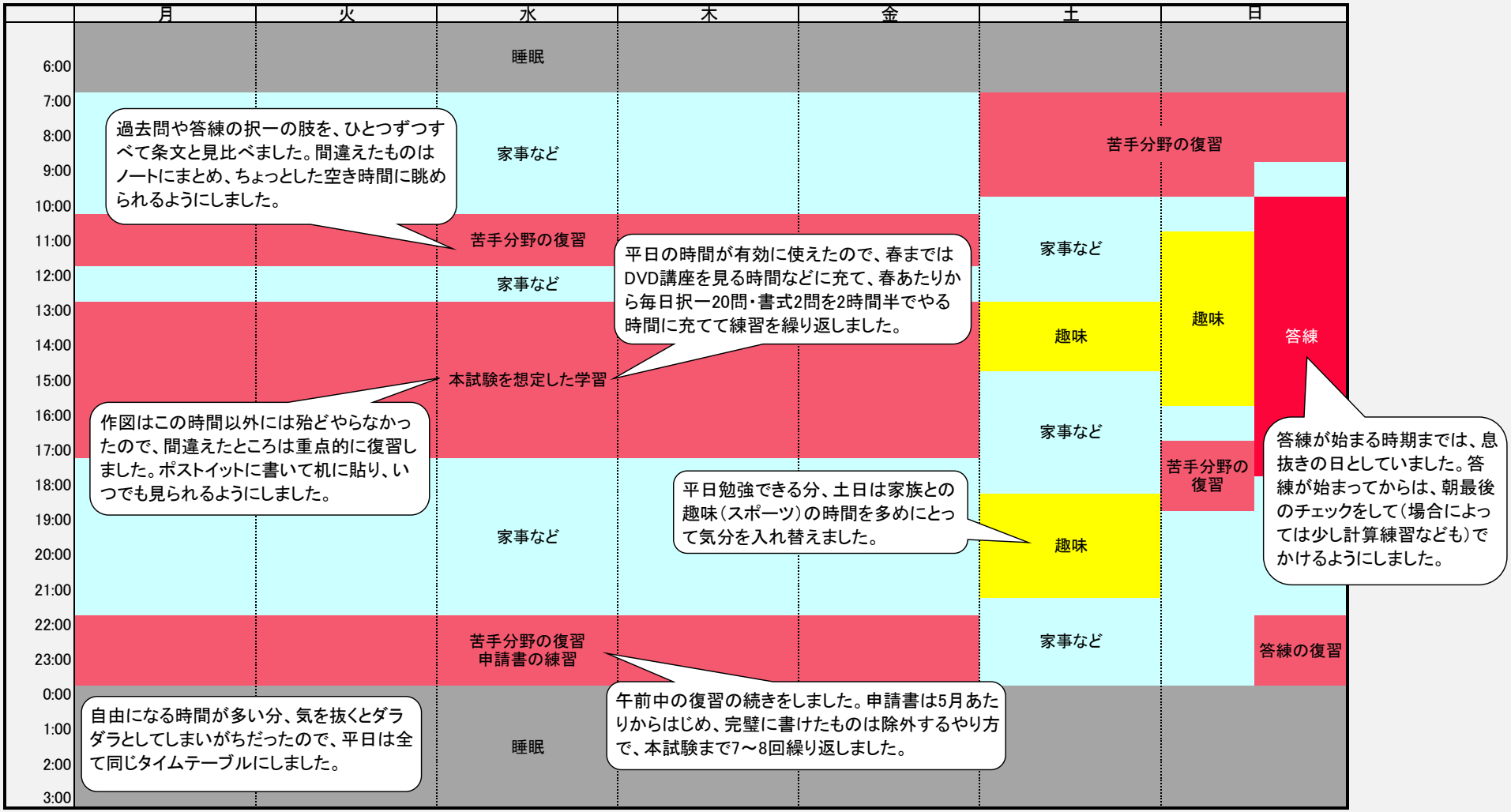1週間の学習スケジュール