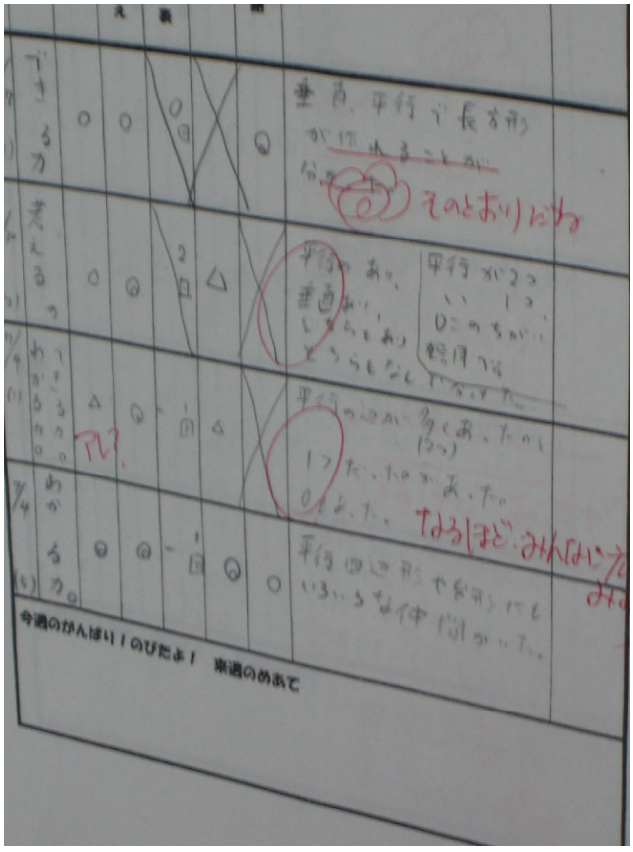D-3　自己評価カード