

# Weekly Exercise, Nutrition and Hydration Tracking

Use this tracker to see your progress each week.

Name \_\_\_\_\_  
Week of \_\_\_\_\_

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

## Exercise

Check the box of which exercise you did today and how much time.

- Endurance
- Strength
- Flexibility
- Balance
- Rest Day

Time \_\_\_\_\_

- Endurance
- Strength
- Flexibility
- Balance
- Rest Day

Time \_\_\_\_\_

- Endurance
- Strength
- Flexibility
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- Rest Day

Time \_\_\_\_\_

- Endurance
- Strength
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Time \_\_\_\_\_

- Endurance
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Time \_\_\_\_\_

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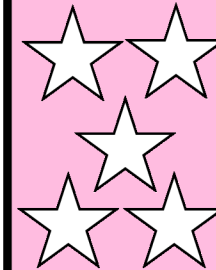
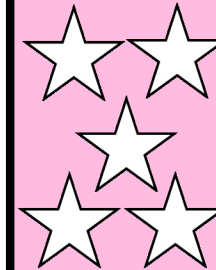
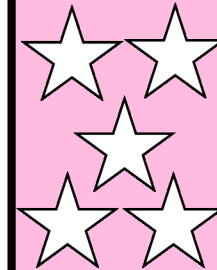
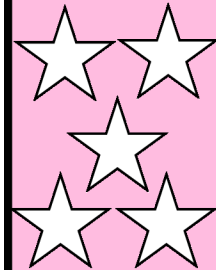
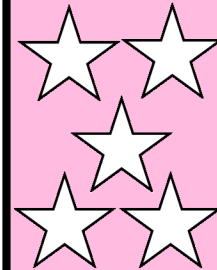
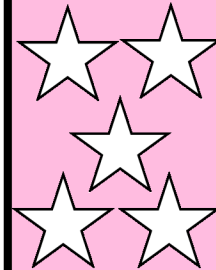
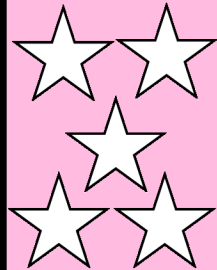
Time \_\_\_\_\_

- Endurance
- Strength
- Flexibility
- Balance
- Rest Day

Time \_\_\_\_\_

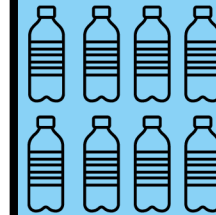
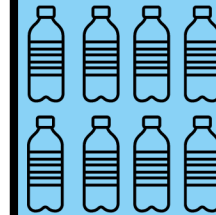
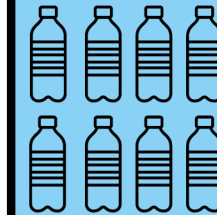
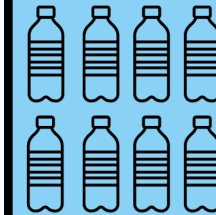
## Nutrition

Mark a star each meal or snack you ate a fruit and/or veggie.



## Water

Mark off a water bottle each time you drink 8 oz (half a water bottle) or more.



Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★