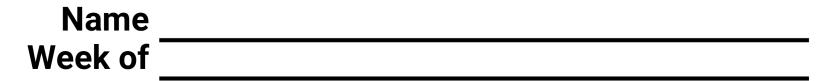
Weekly Exercise, Nutrition and Hydration Tracking Use this tracker to see your progress each week.



Sunday Monday Wednesday Thursday Friday Saturday Tuesday **Exercise** Did you exercise today? check the box if yes! **Nutrition** Did you have a

fruit or veggie today? Mark the star if yes!















Water

Did you drink water today? Yes, make the water bottle!















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

Exercise 🖈

Nutrition

Water 🖈