

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

Did you exercise today? check the box if yes!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Nutrition

Did you have a fruit or veggie today? Mark the star if yes!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Water

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fill in the star if you reached you Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★