

# 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 if you exercised today.

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## Nutrition

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

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## Water

Mark off a water bottle each time you drink 16 oz (a whole a water bottle) or more.

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

Exercise ★

Nutrition ★

Water ★