

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




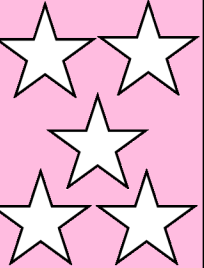
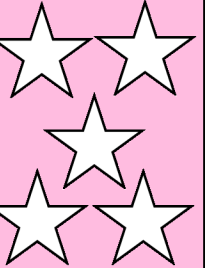
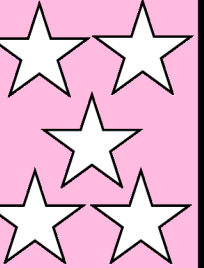

Exercise

Check the box if you exercised today. You can add for how long too!

 Minutes	 Minutes	 Minutes	 Minutes	 Minutes	 Minutes	 Minutes
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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 half a water bottle or more.

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

Exercise ★

Nutrition ★

Water ★