

Weekly Health and Fitness Tracker



Mark or color in the boxes you completed at the end of each day to keep yourself on track!

	Did you exercise today?	Did you eat fruits and Vegetables?	Did you drink at least 8 glasses of water?	How did you feel today?
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

Goals for the week:
