

Weekly Exercise, Nutrition and Hydration Tracking

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes
Nutrition How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Water How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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

Exercise 

Nutrition 

Water 

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52	<p>Resource created from funding provided by the Golisano Foundation, Finish Line and Herbalife.</p> <p>This resource was supported by the Grant or Cooperative Agreement Number, U27 DD001156, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.</p>							
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								