

# Fit Families and Friends

Physical Activity & Nutrition Log



Weeks: \_\_/\_\_/\_\_ - \_\_/\_\_/\_\_

Team Member: \_\_\_\_\_

Team Leader: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PHYSICAL ACTIVITY</b>							
Check the box if you exercised today!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many minutes?	_____	_____	_____	_____	_____	_____	_____
What activity did you do?	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
<b>NUTRITION GOAL</b>							
Check the box if you completed your nutrition goal today!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:							

**How many meals or snacks were eaten as a team? How many physical activities were done as a team?**

\_\_\_\_\_ meals \_\_\_\_\_ snacks \_\_\_\_\_ physical activities