

WEEKLY EXERCISE, NUTRITION, AND HYDRATION TRACKER



	Athlete name:			Week:			
HOW TO GET YOUR FIT 5: Complete $\bf 5$ types of exercise each WEEK, and eat $\bf 5$ fruits & veggies, and drink $\bf 5$ bottles of water each DAY.							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXERCISE - How many times did you exercise each day? Write it in the box below!							
ENDURANCE Ex. 45min Walk							
STRENGTH Ex. 20min Weight Lifting							
FLEXIBILITY Ex. 30min Stretching							
BALANCE Ex. 60min Yoga Session							
NUTRITION- How many fruits & vegetables did you eat each day? Fill in the bubble below. If you ate more, take extra credit!							
FRUITS	00	00	00	00	00	00	00
VEGETABLES	000	000	000	000	000	000	000
EXTRA CREDIT	000	000	000	000	000	000	000
HYDRATION: How many bottles of water did you drink each day? Fill in the bubble below. If you drank more, take extra credit!							
A BOTTLE	00	00	00	00	00	00	00
	ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRIT FRUITS VEGETABLES EXTRA CREDIT HYDRAT A BOTTLE	Sunday EXERCI ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits FRUITS VEGETABLES EXTRA CREDIT HYDRATION: How many bottle A BOTTLE	Sunday Monday EXERCISE - How many times ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits & vegetables did you FRUITS VEGETABLES EXTRA CREDIT HYDRATION: How many bottles of water did you dr	Sunday Monday Tuesday EXERCISE - How many times did you exercise each ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits & vegetables did you eat each day? Fill in FRUITS VEGETABLES EXTRA CREDIT A BOTTLE	Sunday Monday Tuesday Wednesday EXERCISE - How many times did you exercise each day? Write it in the broken the first stretching ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits & vegetables did you eat each day? Fill in the bubble below. If you have the first stretching the first stretching that the first stretching the first stretching that stretching the first stretching the first stretching that stretching the first stretching that stretching the first str	Sunday Monday Tuesday Wednesday Thursday EXERCISE - How many times did you exercise each day? Write it in the box below! ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Weight Lifting FLEXIBILITY Ex. 30min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits & vegetables did you eat each day? Fill in the bubble below. If you ate more, take ext FRUITS O O O O O O O O O O O O O O O O O O O	Sunday Monday Tuesday Wednesday Thursday Friday EXERCISE - How many times did you exercise each day? Write it in the box below! ENDURANCE Ex. 45min Walk STRENGTH Ex. 20min Stretching BALANCE Ex. 60min Yoga Session NUTRITION- How many fruits & vegetables did you eat each day? Fill in the bubble below. If you ate more, take extra credit! FRUITS VEGETABLES EXTRA CREDIT A BOTTLE A BOTTLE A BOTTLE A BOTTLE

Fill in the star if you reached your FIT 5 at least 5 DAYS this week:





