

FIT 5



WEEKLY EXERCISE, NUTRITION, AND HYDRATION TRACKER



Athlete name: _____ Week: _____

HOW TO GET YOUR FIT 5: Complete **5** types of exercise each WEEK, and eat **5** fruits & veggies, and drink **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	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
	VEGETABLES	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
	EXTRA CREDIT	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○

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 OF WATER = 16oz.	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
		○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○

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

