|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week:** | **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Exercise  Check box if you exercised for 30 minutes today!  Enter total number of minutes of physical activity each day. | Minutes | Minutes | Minutes | Minutes | Minutes | Minutes | Minutes |
| Nutrition  How many fruits did you eat today?  How many Veggies did you eat today? | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O |
| Water  How many glasses of water (8oz) did you drink today? | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O | O O O O O  O O O O O |

**Instructions**

Please fill out and return this sheet at each weekly Fit Club.

Be sure to include sports practices or any other strenuous activity in your minutes of physical activity Exercise Box



Water

Nutrition

Exercise

Fill in a star below if you accomplished a weekly goal of:

Exercise: 4 days of at least 30 minutes of physical activity

Nutrition: 4 days of eating at least 2 fruits or vegetables

Water: 4 days of drinking at least 64 ox of water

**Athlete name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Weekly Exercise, Nutrition and Hydration Tracking