






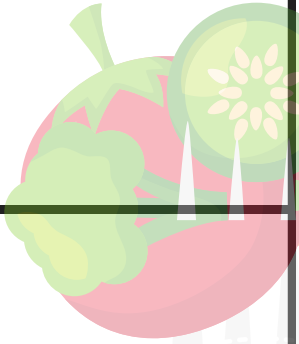

























DON'T FORGET YOUR FITNESS

M	T	W	Th	F	S	Su	Weekly Total
							
Total Oz:	Total Oz:	Total Oz:	Total Oz:	Total Oz:	Total Oz:	Total Oz:	
							
Total Hrs:	Total Hrs:	Total Hrs:	Total Hrs:	Total Hrs:	Total Hrs:	Total Hrs:	
							
Total Svgs:	Total Svgs:	Total Svgs:	Total Svgs:	Total Svgs:	Total Svgs:	Total Svgs:	
							
Total Min:	Total Min:	Total Min:	Total Min:	Total Min:	Total Min:	Total Min:	

Instructions: Fill in each shape to track your fitness progress. Enter numeric total (hours, glasses, servings, etc.). Please return your weekly total to the Front Desk (or LuAnn Larson) by Monday of the following week to be eligible for weekly shout outs and grand prizes at the end of the challenge. (Challenge ends: 1/5/2025)

































 **Water**
Recommended
64 oz per day

 **Sleep**
Recommended
7-9 hours a night


 **Fruits/Veggies**
Recommended 5
servings per day


 **Exercise**
Recommended 150 min
per week (5 days of 30 min)

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December 9 - 15


This chart belongs to:

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