

Fitness Tracker



**Special
Olympics**
Michigan

Athlete Name: _____

WEEK 3

Activity
Topic

Did you
complete
today's
activity?

Were you
physically
active today?
(minutes/hours)

MONDAY

Practice developing
a positive mindset.

Yes

No

Minutes

Hours

TUESDAY

Ground Turkey
Taco recipe.

Yes

No

Minutes

Hours

WEDNESDAY

Practice Social
Wellness!

Yes

No

Minutes

Hours

THURSDAY

Drink 8 cups of water
throughout today.

1 2 3 4

5 6 7 8

Minutes

Hours

FRIDAY

Fit Friday!

Yes

No

Minutes

Hours

SATURDAY

Apple Nachos
snack recipe.

Yes

No

Minutes

Hours

SUNDAY

Stretching
Sunday!

Yes

No

Minutes

Hours