

Fitness Tracker



Athlete Name: _____

WEEK 4

Activity
Topic

Did you
complete
today's
activity?

Were you
physically
active today?
(minutes/hours)

MONDAY

Practice and watch
the Meditation
video.

☐

Yes

☐

No

Minutes

Hours

TUESDAY

Eat 5 fruits and
vegetables.

☐

1

☐

2

☐

3

☐

4

☐

5

Minutes

Hours

WEDNESDAY

Practice
Physical
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

Surprise Saturday!

☐

Yes

☐

No

Minutes

Hours

SUNDAY

Stretching
Sunday!

☐

Yes

☐

No

Minutes

Hours