

Fitness Tracker



**Special
Olympics**
Michigan

Athlete Name: _____

WEEK 5

Activity
Topic

Did you
complete
today's
activity?

Were you
physically
active today?
(minutes/hours)

MONDAY

Mindful Eating video.

- Yes
 No

Minutes

Hours

TUESDAY

Trail Mix recipe.

- Yes
 No

Minutes

Hours

WEDNESDAY

Practice
Intellectual
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