fitness log

name:_____ dates:_____

	ACTIVITY	TIME	DID YOU VISIT MRS. STEVENS'S WEBSITE	HOW DO YOU FEEL TODAY?	WATER BREAKS	FRUIT or VEGGIE
monday			YES NO what did you look at/do? _____ _____			
tuesday			YES NO what did you look at/do? _____ _____			
wednesday			YES NO what did you look at/do? _____ _____			
thursday			YES NO what did you look at/do? _____ _____			
friday			YES NO what did you look at/do? _____ _____			
saturday			YES NO what did you look at/do? _____ _____			
sunday			YES NO what did you look at/do? _____ _____			