





























































# 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? _____ _____	