

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

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Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

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Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

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Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

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Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
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Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Water How many bottles (16oz) of water did you drink? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○

Fill in the star if you reached your Fit 5 goal this week:

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WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
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Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
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Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

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Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
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Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Water How many bottles (16oz) of water did you drink? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
Water How many bottles (16oz) of water did you drink? ○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								