



# Weekly Exercise, Nutrition and Hydration Tracking

Weeks Completed:



1



2



3



4



5



6

**Step Count:**

**Sunday:** \_\_\_\_\_

**Monday:** \_\_\_\_\_

**Tuesday:** \_\_\_\_\_

**Wednesday:** \_\_\_\_\_

**Thursday:** \_\_\_\_\_

**Friday:** \_\_\_\_\_

**Saturday:** \_\_\_\_\_

Athlete Name: \_\_\_\_\_

DATE:	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Exercise</b> Check box if you exercised for 30 minutes today!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<b>Nutrition</b> How many fruits?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
How many vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
<b>Water</b> How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

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

**Exercise**



**Nutrition**



**Water**

