

Week	Goals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Exercise							
	Nutrition							
	Water							
Week 2	Exercise							
	Nutrition							
	Water							
Week 3	Exercise							
	Nutrition							
	Water							
Week 4	Exercise							
	Nutrition							
	Water							
Week 5	Exercise							
	Nutrition							
	Water							
Week 6	Exercise							
	Nutrition							
	Water							
Week 7	Exercise							
	Nutrition							
	Water							
Week 8	Exercise							
	Nutrition							
	Water							



EXERCISE
5
days a week



EAT
5
total fruits and
vegetables per day



DRINK
5
water bottles
per day

Place a ✓ in the box for each day that you met your FIT 5 Goal!