

FITNESS CHALLENGE **DIET, SLEEP AND EXERCISE**



Ν	la	m	e

Name.					
Day & Date	Diet	Exercise	Hours of Sleep		
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					

Thursday		
Friday		
Tilday		
Saturday		
Sunday		
Manadan		
Monday		
Tuesday		
Wednesday		
vvcancoddy		
-		
Thursday		