FITNESS CHALLENGE DIET, SLEEP AND EXERCISE

| Name: |
| :--- |
| Day \& Date Diet Exercise  <br> Friday   Hours of Sleep <br> Saturday    <br> Sunday    <br> Monday    <br> Tuesday    |
| Wednesday |


|  |  |  |  |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Treseai |  |  |  |

