

Weekly Food and Fitness Log

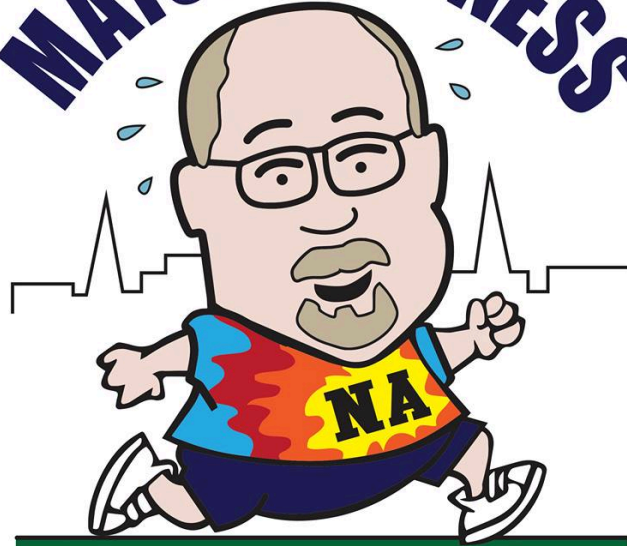
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	POINTS
Water								
	/	/	/	/	/	/	/	/
Fruit								
Vegetables								
Physical Activity								
Bonus Activity								

NAME _____

TEAM NAME _____

TOTAL POINTS _____

MAYOR'S FITNESS



CHALLENGE