

# Fresh Start Fitness Challenge

{Daily Tracker – Slim}

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water □□□□□□□□	Water □□□□□□□□	Water □□□□□□□□	Water □□□□□□□□	Water □□□□□□□□	Water □□□□□□□□	Water □□□□□□□□
Exercise?	Exercise?	Exercise?	Exercise?	Exercise?	Exercise?	Exercise?
No Sugar?	No Sugar?	No Sugar?	No Sugar?	No Sugar?	No Sugar?	No Sugar?
6+ Hrs Sleep?	6+ Hrs Sleep?	6+ Hrs Sleep?	6+ Hrs Sleep?	6+ Hrs Sleep?	6+ Hrs Sleep?	6+ Hrs Sleep?
Personal Goal?	Personal Goal?	Personal Goal?	Personal Goal?	Personal Goal?	Personal Goal?	Personal Goal?
Contact Partner?	Contact Partner?	Contact Partner?	Contact Partner?	Contact Partner?	Contact Partner?	Contact Partner?

\*\* report results **Every Wednesday** to <http://funonadime.net>

\*\*email Michelle (at) funonadime (dot) net if you have any ?s