



Health and Fitness Goals

Weekly Checklist



| | M | T | W | Th | Fri | Sa | Su |
|--------------------------|---|---|---|----|-----|----|----|
| Drink 32 oz + Water | | | | | | | |
| Exercise 30+ minutes | | | | | | | |
| 3 Servings Fruit/Veggies | | | | | | | |
| No eating after 9 pm | | | | | | | |
| No treats on weekdays | | | | | | | |
| 1 treat on weekends | | | | | | | |



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Fitness Planner Checklist

Brendan G. Carr



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