



# 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**

**American Association for Active  
Lifestyles and Fitness**



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