

# WEEKLY FITNESS TRACKER

DATE

CURRENT WEIGHT

	DURATION	ACTIVITY
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Exercise is a celebration of what your body can do,  
not a punishment for what you ate

-WOMEN'S HEALTH UK-



# 1 DAY FOOD TRACKER

DATE

CRAVINGS

FOOD/DRINK ITEM	AMOUNT
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Victories / Struggles	