

FOUNDATIONS TO A HEALTHY LIFESTYLE TRACKING SHEET



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEEK	CHALLENGE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		2/15/2020	2/16/2020	2/17/2020	2/18/2020	2/19/2020	2/20/2020	2/21/2020
Week 1	EXTRA						9:45AM Family Fit	
	Cardio							
	Drink 6 - 8 cups of water							
		2/22/2020	2/23/2020	2/24/2020	2/25/2020	2/26/2020	2/27/2020	2/28/2020
Week 2	EXTRA		7PM (ZOOM)		7PM Nutritionist		9:45AM Family Fit	
	Cardio							
	Squats							
	No fast food							
		3/1/2020	3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020	3/7/2020
Week 3	EXTRA		7PM (ZOOM)				9:45AM Family Fit	
	Cardio							
	Squats							
	Push-ups							
	Mindful eating							
		3/8/2020	3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020	3/14/2020
Week 4	EXTRA	1PM Nutritionist	7PM (ZOOM)				9:45AM Family Fit	
	Cardio							
	Squats							
	Push ups							
	Plank							
	Meatless meals							
		3/15/2020	3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020	3/21/2020
Week 5	EXTRA	7PM Nutritionist	7PM (ZOOM)				9:45AM Family Fit	
	Cardio							
	Squats							
	Push ups							
	Plank							
	Stretches							
	Prep meals							
		3/22/2020	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020	3/28/2020
Week 6	EXTRA		7PM (ZOOM)				9:45AM Family Fit	
	Cardio Plus							
	Squats							
	Push ups							
	Plank							
	Stretches							
	No sugar added foods							