








Fitness & Hydration TRACKER.

Move Your Body • Stay Hydrated • Feel Great



Day	Type of Exercise			Duration (min)	Calories Burned
	Cardio	Yoga	Strength		
Monday	○ ○ ○ ○ ○ ○				
Tuesday	○ ○ ○ ○ ○ ○				
Wednesday	○ ○ ○ ○ ○ ○				
Thursday	○ ○ ○ ○ ○ ○				
Friday	○ ○ ○ ○ ○ ○				
Saturday	○ ○ ○ ○ ○ ○				
Sunday	○ ○ ○ ○ ○ ○				

Day	Daily Water Goal
Monday	 ○
Tuesday	 ○
Wednesday	 ○
Thursday	 ○
Friday	 ○
Saturday	 ○
Sunday	 ○

Tomorrow I'll focus on

Weekly Notes

