



Fit Families / Fit Friends Workout Log, Week: \_\_\_/\_\_\_/\_\_\_

Family Member: \_\_\_\_\_

Challenge Coordinator: \_\_\_\_\_

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|---|
| How many meals were a family meal?<br>_____ |
|---|

|           | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast |        |        |         |           |          |        |          |
| Lunch     |        |        |         |           |          |        |          |
| Dinner    |        |        |         |           |          |        |          |
| Snacks    |        |        |         |           |          |        |          |