

Fitness Challen	ge Activity Log
Weeks:/_	J
Name:	
Challenge Coo	rdinator:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes  Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes  Comments:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments:	Time:minutes Comments: