Quantico Family Fitness Challenge 2013 Lifestyle Log

Му	v Name	• •								
Му	/ Family	ı/Team Name <u>:</u>				Circle	e: Session 1 or	Session 2		
	Day	Physical Activities				# of Mir	nutes or Pedom	eter Steps		
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	Tue									
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Week 1	Fri									
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		Healthy Eating- Circle a goal for this week or choose your own:								
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	Day	Physical Activities				# of Mir	nutes or Pedom	eter Steps		
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	Day	Physical Activities				# of Mir	nutes or Pedom	eter Steps		
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	Day	Physical Activities				# of Mir	nutes or Pedom	eter Steps	
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	Day	Physical Activities				# of Mir	uites or Pedom	ater Stens	
	Day	Physical Activities				# of Mir	nutes or Pedom	eter Steps	
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ek 7	Mon Tue Wed Thu	Physical Activities				# of Mir	nutes or Pedom	eter Steps	
Week 7	Mon Tue Wed Thu Fri	Physical Activities				# of Mir	nutes or Pedom	eter Steps	
Week 7	Mon Tue Wed Thu Fri Sat	Physical Activities				# of Mir	nutes or Pedom	eter Steps	
Week 7	Mon Tue Wed Thu Fri Sat Sun					# of Mir	nutes or Pedom	eter Steps	
Week 7	Mon Tue Wed Thu Fri Sat Sun	Physical Activities y Eating- Circle a goal for	or this week or	choose your own	:	# of Mir		eter Steps	
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Week 7	Mon Tue Wed Thu Fri Sat Sun		or this week or	choose your own	:	# of Mir		eter Steps	
Week 7	Mon Tue Wed Thu Fri Sat Sun Health	y Eating- Circle a goal fo	or this week or	choose your own	:		~		
Week 7	Mon Tue Wed Thu Fri Sat Sun Health		or this week or	choose your own	:				
Week 7	Mon Tue Wed Thu Fri Sat Sun Health Day Mon	y Eating- Circle a goal fo	or this week or	choose your own	:		~		
Week 7	Mon Tue Wed Thu Fri Sat Sun Health Day Mon Tue	y Eating- Circle a goal fo	or this week or	choose your own	:		~		
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