

Quantico Family Fitness Challenge 2013

Lifestyle Log

My Name: _____

My Family/Team Name: _____









Circle: Session 1 or Session 2









	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 1	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
	Healthy Eating - Circle a goal for this week or choose your own: _____ <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		


	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 2	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
	Healthy Eating - Circle a goal for this week or choose your own: _____ <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		









	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 3	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
	Healthy Eating - Circle a goal for this week or choose your own: _____ <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		

	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 4	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
	Healthy Eating - Circle a goal for this week or choose your own: _____ <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating- Circle a goal for this week or choose your own: _____			
       			

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating- Circle a goal for this week or choose your own: _____			
       			

Week 7	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating- Circle a goal for this week or choose your own: _____			
       			

Week 8	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating- Circle a goal for this week or choose your own: _____			
       			

Log Due Dates (must return in-person to your original registration site) – Session 1: 15 Mar 2013

Session 2: 12 Apr 2013