

# INShape

I N D I A N A

## Nutrition & Fitness Log

Name .....

Date / /

 = Nutrition

 = Fitness

Day	Activity	Time of Day	Who Participated?	Success
EXAMPLE DAY	Walked 30 minutes	9:00am & 4:00pm	Sara & Emily	✓
	Ate an apple	Morning snack	Sara	✓
MONDAY				
				
TUESDAY				
				
WEDNESDAY				
				
THURSDAY				
				
FRIDAY				
				
SATURDAY				
				
SUNDAY				
				

This week's total success:

