## FITNESS CHALLENGE LOG

HONFY WE'RE HEALTHY

DATE	MINUTES EXERCISED	WORKOUT TYPE	WELLNESS (Y/N)	WATER (8oz/drop)
Tuesday 9/4				
Wednesday 9/5				<b>*******</b>
Thursday, 9/6				<b>***</b>
Friday 9/7				<b>***</b>
Saturday 9/8				<b>***</b>
Sunday 9/9				<b>***</b>
Monday 9/10				<b>***</b>
Tuesday 9/11				<b>*******</b>
Wednesday 9/12				88888888
Thursday 9/13				88888888
Friday 9/14				88888888
Saturday 9/15				88888888
Sunday 9/16				88888888
Monday 9/17				88888888
Tuesday 9/18				88888888
Wednesday 9/19				88888888
Thursday 9/20				88888888
Friday 9/21				88888888
Saturday 9/22				88888888
Sunday 9/23				444444
Monday 9/24				444444
Tuesday 9/25				444444
Wednesday 9/26				88888888
Thursday 9/27				444444
Friday 9/28				<b>********</b>
Saturday 9/29				<b>*********</b>
Sunday 9/30				88888888
Monday 10/1				<b>***</b>
Tuesday 10/2				<b>*********</b>
Wednesday 10/3				88888888