

FITNESS CHALLENGE LOG

HONEY WE'RE HEALTHY

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