

# Live Fit Challenge Log Sheet



Week _____	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL
Servings/Fruits/Veggies								
Pedometer-Steps								
Other Exercise								
Total Steps								

My daily goals: \_\_\_\_Steps

My weekly goals: \_\_\_\_Steps

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Name \_\_\_\_\_ Month \_\_\_\_\_