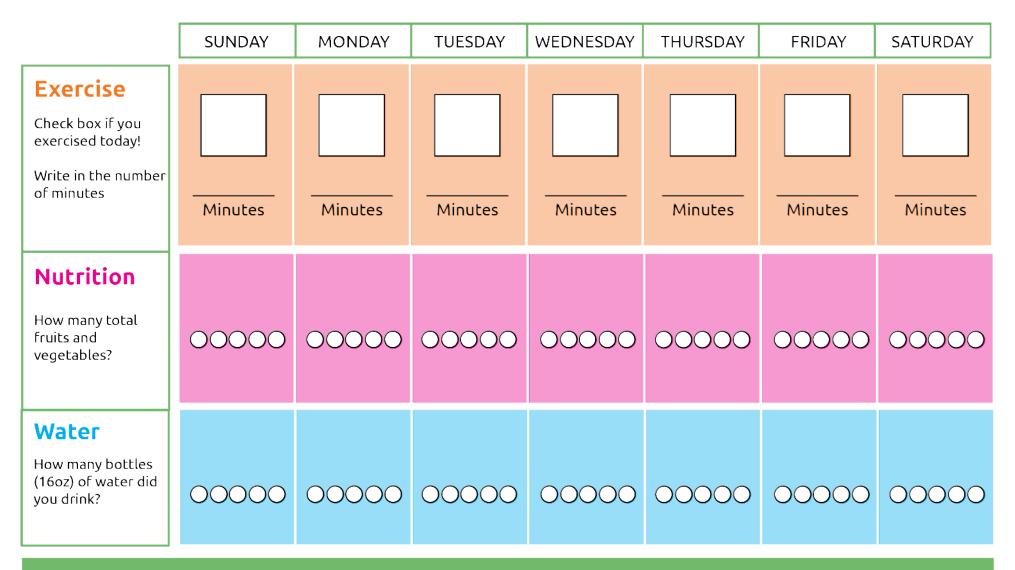
## Weekly Exercise, Nutrition and Hydration Tracking



Fill in the star if you reached your Fit 5 goal this week:



Nutrition `

