










Fitness DAWGS

Food and Activity Log ©2017 FitnessDAWGS.com

Name: _____ Age: _____ School: _____

Parent Name: _____ Parent Email: _____

Circle which week you are on 1st 2nd 3rd 4th Dates: _____ (ex. 8/1/19-8/7/19)

Activity	Mon	TUE	WED	THUR	FRI	SAT	SUN	GOAL	I DID IT
60 min play/activity 								7	
3 -5 servings of Vegetables 								7	
2 - 3 servings of Fruits 								7	
6 - 8 cups of Water 								7	
No sugary drinks 								7	
No junk foods 								7	
No fast food 								7	
Dog Pounds Lost (Only if BMI is greater than 85th percentile)	ENTER THE NUMBER OF POUNDS LOST THIS WEEK IN THE "I DID IT" COLUMN							1	

Total	50
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Turn in four (4) consecutive completed Food and Activity Log to Launch and redeem for a FREE 30 minute Jump Time!