Joyful & Thriving Exercise Tracker

Week of:

	Type & Amount of Exercise	Water Intake
MON		$\begin{array}{c} \bigcirc \bigcirc$
TUE		$\begin{array}{c} \circ \circ$
WED		$\begin{array}{c} \bigcirc \bigcirc$
THU		$\begin{array}{c} \circ \circ$
FRI		$\begin{array}{c} \bigcirc \bigcirc$
SAT		$\begin{array}{c} \circ \circ$
SUN		$\begin{array}{c} \bigcirc \bigcirc$

www.joyfulandthriving.com