



YOU HAVE THE POWER TO CHOOSE

FITQUEST ACTIVITY TRACKER



KEY



DAY OF THE WEEK	TYPE OF ACTIVITY	WHAT TIME OF THE DAY	WHO WILL PARTICIPATE	DID WE DO IT?
MONDAY	walk 20 minutes, ride a bike	7am & 5pm	Mom & Emma	*
<i>For Example</i>	eat 2 vegetables	Lunch	Emma & Jamie	*
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How Many Stars Did You Give Yourself?