

## Weekly Goal Tracker

<b>Week 1</b>	write in/check off the days you completed or did something towards one or more of your goals						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Food							
Hydration							
Physical Activity							
Open Option							
# of days I completed at least one of my goals							
<i>Tracking sheets do not have to be completely filled out to be turned in as long as some tracking and effort is shown, it will count as an entry</i>							

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