Fit 5 is a fitness resource to help you stay healthy and fit by tracking physical activity, nutrition, and hydration. This easy plan helps improve health and fitness through three simple goals: exercising 5 days per week, eating 5 fruits and vegetables per day, and drinking 5 bottles of water per day.

Print this page and use it to track your fitness for two weeks. Once you've completed two weeks, submit your results online at somn.org/Fit5 by June 1, 2020. We're giving away an Apple Watch to one lucky person who submits their results!

WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE Log the number of minutes. Shoot for 30 minutes 5 days a week!	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes
NUTRITION How many fruits and veggie did you eat? Shoot for 5 a day!	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
HYDRATION How many 16oz water bottles did you drink? Shoot for 5 a day!	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE Log the number of minutes. Shoot for 30 minutes 5 days a week!	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes	_____ minutes
NUTRITION How many fruits and veggie did you eat? Shoot for 5 a day!	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
HYDRATION How many 16oz water bottles did you drink? Shoot for 5 a day!	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○