

Fitbit Tracking Form for week October 23rd - October 27th

Name _____

Monday

Food Intake:

Total Steps: _____

Breakfast: _____

Calories burned: _____

Lunch: _____

Miles Traveled: _____

Dinner: _____

Active Minutes: _____

Snacks: _____

Water Consumed: _____ **How many bottles / cups?** _____

Tuesday

Food Intake:

Total Steps: _____

Breakfast: _____

Calories burned: _____

Lunch: _____

Miles Traveled: _____

Dinner: _____

Active Minutes: _____

Snacks: _____

Water Consumed: _____ **How many bottles / cups?** _____

Wednesday

Food Intake:

Total Steps: _____

Breakfast: _____

Calories burned: _____

Lunch: _____

Miles Traveled: _____

Dinner: _____

Active Minutes: _____

Snacks: _____

Water Consumed: _____ **How many bottles / cups?** _____

Thursday

Food Intake:

Total Steps: _____

Breakfast: _____

Calories burned: _____

Lunch: _____

Miles Traveled: _____

Dinner: _____

Active Minutes: _____

Snacks: _____

Water Consumed: _____ **How many bottles/ cups?** _____

Friday

Food Intake:

Total Steps: _____

Breakfast: _____

Calories burned: _____

Lunch: _____

Miles Traveled: _____

Dinner: _____

Active Minutes: _____

Snacks: _____

Water Consumed: _____ **How many bottles / cups?** _____