



F.I.T Challenge that's All About Health Contest

Welcome to the 12 week F.I.T challenge that can take you to your goals that you have always wanted to achieve!

The following food log will help you keep track of your success and guide you each day on what you need to do!

Keeping a record of your food intake and work outs, along with your daily challenges will help your recognize where you need to approve and what is making you successful!

CONTESTANTS INFO		MEASUREMENTS (INCHES)		CURRENT HEALTH STATUS	
NAME		ARMS		BLOOD PRESSURE	
PHONE #		CHEST		HEART RATE	
EMAIL		UNDER RIBS		WEIGHT	
START DATE		BELLY BUTTON		List below rate on scale 1-10 (1 being low 10 being high)	
		BUTT		Current ACTIVITY level	
		QUAD		Current ENERGY level	
		KNEE			
		CALF			
		TOTAL			

F.I.T Challenge that's All About Health Contest

Food Log WEEK ONE

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							

✓ GOALS							
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Food Log WEEK TWO

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE							

WEEK							
✓ GOALS							

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Food Log WEEK THREE

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							

BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK FOUR

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							

HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK FIVE

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							

INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK SIX

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							
EXERCISE							

INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK SEVEN

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							
WATER INTAKE							

EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK EIGHT

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							

WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK NINE

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							

WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK TEN

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
SUPPER							

WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK ELEVEN

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							

SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

F.I.T Challenge that's All About Health Contest
Food Log WEEK TWELVE

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							

SUPPER							
WATER INTAKE							
EXERCISE							
INTENSITY							
HOW U FEEL							
BLOG FOR THE WEEK							
✓ GOALS							

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FINAL MEASUREMENTS

CONTESTANTS INFO		MEASUREMENTS (INCHES)		CURRENT HEALTH STATUS	
NAME		ARMS		BLOOD PRESSURE	
PHONE #		CHEST		HEART RATE	
EMAIL		UNDER RIBS		WEIGHT	
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		BUTT		Current ACTIVITY level	
		QUAD		Current ENERGY level	
		KNEE			
		CALF			
		TOTAL			
		1 ST WEEK TOTAL		(SUBTRACT TOTALS)	
		TOTAL			

THANK YOU FROM THE F.I.T FAMILY AND REMEDIES RX FOR TAKING PART OF MAKING A DIFFERENCE IN YOUR HEALTH AND LIFESTYLE!