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	<b>S</b>	27

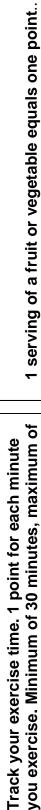
Starting (Pre) Weight:	Starting (Pre) BMI:
Ending (Post) Weight:	Ending (Post) BMI:
Password:	• ,

## Lighten Up & Get Fit Fruit and Veggie Tracker

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sun										
Mon										
Tues										
Weds										
Thurs										
Fri										
Sat										
Total										

## **Lighten Up & Get Fit Exercise Tracker**

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sun										
Mon										
Tues										
Weds										
Thurs										
Fri										
Sat										
Total										



60 minutes.



