

circumference?

TBC Fall Session Weekly Tracker

Use this page for one week's worth of tracking, then use a new page for the next week. The Fall Session will be 10 weeks. SONA Move Challenge will be 8 weeks. Do not forget to submit code words, Nutrition Information, and SONA Move minutes weekly on Mondays.

	NAME		WEEK				
	CHALLENGES	WEDNESDAY	,				
1	FITNESS CODE WORD						
	MINDFULNESS CODE WORD						
	NUTRITION INFO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
	How many total fruits and vegetables did you eat?	00000	00000	00000	00000	00000	
2		00000	00000	00000	00000	00000	
2	vegetables did you eat? How many water bottles		#1 – Fitness and Mind #2 – Nutrition Info g	00000	submitted to TBC aftern Mondays (starting Sep	the Wednesday sessions	s (starting September 15

3	SONA MOVE CHALLENGE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
	How many minutes did you exercise?								

and exercise minutes.