

Walk Catawba Valley “The Six Week Summer Challenge” Log Sheet

WEEK # _____ **Daily journal for the week of Sunday,** _____ **through Saturday,** _____

Sunday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Monday, _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Tuesday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Wednesday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Thursday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Friday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Saturday _____

Today, I drank eight glasses of water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Today, I ate five fruits or vegetables: ☐ ☐ ☐ ☐ ☐

Today, I exercised for a minimum of 30 minutes: ☐

Today, I participated in resistance training for a minimum of 20 minutes: ☐

Name: _____

Phone Number: _____