**Learning how to use the Weekly Fitness Tracker**

1. Under the Name tab - Write each family members names along the side of the tracker, each color represents a different family member
2. Under the exercise tab - List the fitness activities each member would like to do under exercise tab. Each family member can add 5 different activities
3. Under the days of the week - Record the time spent on each activity under the day of the week you did the activity.
4. Under the water tab - For each day of the week color in a glass of water for every 250ml of water drink per day.
5. Under the fruits and veggies tab- When eating meals and half the plate is fruits/and or vegetables indicate that on your tracker with the letter of the meal.

B-for breakfast, L-for lunch and D-for dinner. Some days you may have all 3 letters under that day of the week and some days you may only have a 1 or 2 meals that way.