

KEEP FIT

NAME: _____

FOR: _____

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-------------|------|-----|-------|-----|-----|-----|
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| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| GRAND TOTAL | | | | | | |



Pointing Kids in the Right Direction
www.KidPointz.com