

# SUMMER SHAPE UP

40 DAYS TO A HEALTHIER YOU!!

Name: \_\_\_\_\_

Email/Telephone #: \_\_\_\_\_

Please return this completed tracking  
card to Fit for Play between  
Monday, June 20th - Friday, July 1st

Be sure to check the website  
[www.fitforplay.net/summershapeup](http://www.fitforplay.net/summershapeup)  
for weekly motivation, tips and recipes

- \* Prizes will be awarded by a random selection from all participants who returned their tracking card. There is no minimum or maximum amount of days that have to be recorded to win. Winners will be notified via email or telephone number provided.




































































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Goal: Use the calendar below to track your progress. Put a checkmark next to the  for each day you exercise at least 30 minutes or next to the  for each day you consume at least 5 servings of fruits/vegetables.

SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
				 _____  _____	 _____  _____	 _____  _____
 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____
 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____
 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____
 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____
 _____  _____	 _____  _____					



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