



MY WESTS TIGERS

Food & Fitness Journal

WELCOME TO YOUR FITNESS JOURNAL

Use this journal to keep track of your healthy eating and physical activity and get one step closer to being the best athlete you can be!



#SHOW YOUR STRIPES



	PHYSICAL ACTIVITY	BREAKFAST	LUNCH	DINNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEK:

Australian physical activity guidelines recommend children and young people (age 5-17) do at least 60 minutes each day of moderate to vigorous physical activity that makes the heart beat faster



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