

Day:	
Breakfast:	Exercise:
Lunch:	
Tea/Dinner:	Last night I went to bed at: Today I got up at:
Snacks:	I cleaned my teeth before going to school? <input checked="" type="checkbox"/> before going to bed? <input type="checkbox"/>



**cubs**

***Fitness  
Challenge***

***Food and  
Exercise Diary***

**Name:** .....

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