

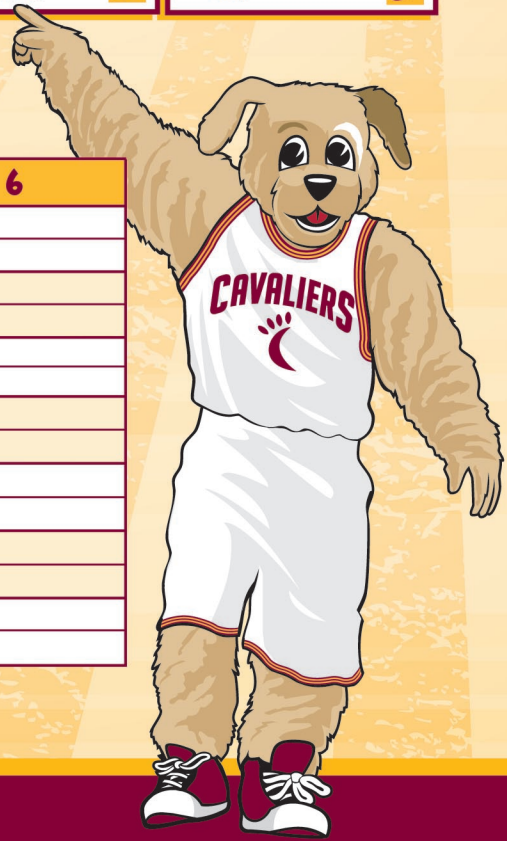
CLEVELAND CAVALIERS FIT AS A PRO



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Healthy Food Choices of the Day: <ul style="list-style-type: none"> Turkey Spinach Grapes Soy Milk Whole Wheat Bread 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Broccoli Brown Rice Grilled Chicken Squash Tomato 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Orange Vegetable Red Fruit Fish Lean Red Meat Sugar-Free dessert 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Carrots Zucchini Apple Whole Wheat Spaghetti Banana 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Red Vegetable Green Fruit Lean Meat Low-Fat Dairy Product Sugar-Free Drink 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Lettuce Lean Turkey Sweet Potato Black Beans Celery 	Healthy Food Choices of the Day: <ul style="list-style-type: none"> Purple Fruit Yellow Vegetable Whole Wheat Pasta Unsalted Nuts or Seeds Try something organic
Exercise Choices for the Day: <ul style="list-style-type: none"> 10 Mountain Climbers 10 Heel Raises 10 Wrist Circles 10 High Jumps 10 Neck Rolls 	Exercise Choices for the Day: <ul style="list-style-type: none"> 10 Squats 10 Arm Windmills 10 High Knees 10 Lunges 10 Butt Kicks 	Exercise Choices for the Day: <ul style="list-style-type: none"> Go for a walk Laugh with friends Help carry groceries Play outside Take the stairs 	Exercise Choices for the Day: <ul style="list-style-type: none"> 10 Push Ups 10 Jumping Jacks 10 Toe Touches 10 Sit-Ups 10 Arm Circles 	Exercise Choices for the Day: <ul style="list-style-type: none"> Play your favorite sport Dance to your favorite songs Help with chores Jump rope Go swimming 	Exercise Choices for the Day: <ul style="list-style-type: none"> 10 Leg Lifts 10 Shoulder Rolls 10 Scissor Kicks 10 Fist Pumps 10 Side Bends 	Exercise Choices for the Day: <ul style="list-style-type: none"> Stretch Play Tag Help with Yard Work Hoola Hoop Skip

WEEKLY LOG

WKS.	1	2	3	4	5	6
MON.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
TUE.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
WED.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
THU.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
FRI.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
SAT.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
SUN.	Food:	Food:	Food:	Food:	Food:	Food:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:



ALL FOR ONE.



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