

- NO BLEED
- 300 DPI
- 8.5x11

INCLUDE
FILES



KIDS FITNESS JOURNAL

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THIS BOOK BELONGS TO

What I Ate Today

Date:

Breakfast

Lunch

Dinner

Snacks:

I Drank Glasses Of Water

I Slept Hours Last Night

Some of today's activities that
Got me moving!

Today I felt happy about: