

Fortunes, Food & Fitness LLC  
 Drink More, Move More Challenge      Weekly Tracking Sheet  
[www.fortunesfoodandfitness.com](http://www.fortunesfoodandfitness.com)

| Day | Water glasses | Urine color/odor | Activity | Notes |
|-----|---------------|------------------|----------|-------|
| 1   |               |                  |          |       |
| 2   |               |                  |          |       |
| 3   |               |                  |          |       |
| 4   |               |                  |          |       |
| 5   |               |                  |          |       |
| 6   |               |                  |          |       |
| 7   |               |                  |          |       |