















A HEALTHY MIND LIVES IN A HEALTHY BODY

| MONDAY | Activity | Duration | Sweat | Water | Reward |
|-----------|----------|----------|-------|---|--|
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| TUESDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| WEDNESDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| THURSDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| FRIDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| SATURDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |
| SUNDAY | Activity | Duration | Sweat | Water | Reward |
| | | | | <input type="radio"/> Yes <input type="radio"/> No |   |