



# CHECKLIST WEEK 3

|                      | Mon                                                                               | Tue | Wed | Thu | Fri | Sat | Sun |              |
|----------------------|-----------------------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|--------------|
| Nutrition-LUNCH      |  |     |     |     |     |     |     |              |
| F2S classes          |                                                                                   |     |     |     |     |     |     |              |
| Outdoor challenge    |                                                                                   |     |     |     |     |     |     |              |
| Colour <b>ORANGE</b> |                                                                                   |     |     |     |     |     |     |              |
| Ex. challenge        |                                                                                   |     |     |     |     |     |     |              |
| POINTS               |                                                                                   |     |     |     |     |     |     | Total points |



See **BALANCED PLATE** page and our **TIPS** in our Fit2Shine cook book.