

MOTHER
FIT
28 DAY
Challenge

Sleep & Steps Tracker

Weeks 1 & 2

DAY	LIGHTS OUT	SLEEP DURATION	NAPPED	SLEEP QUALITY	DAILY STEPS TARGET / COMPLETED
1			<input type="checkbox"/>		8,000 /
2			<input type="checkbox"/>		8,000 /
3			<input type="checkbox"/>		8,000 /
4			<input type="checkbox"/>		8,000 /
5			<input type="checkbox"/>		8,000 /
6			<input type="checkbox"/>		8,000 /
7			<input type="checkbox"/>		8,000 /
8			<input type="checkbox"/>		10,000 /
9			<input type="checkbox"/>		10,000 /
10			<input type="checkbox"/>		10,000 /
11			<input type="checkbox"/>		10,000 /
12			<input type="checkbox"/>		10,000 /
13			<input type="checkbox"/>		10,000 /
14			<input type="checkbox"/>		10,000 /

See Page 2 for Weeks 3 & 4

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Sleep & Steps Tracker

Weeks 3 & 4

DAY	LIGHTS OUT	SLEEP DURATION	NAPPED	SLEEP QUALITY	DAILY STEPS TARGET / COMPLETED
15			<input type="checkbox"/>		12,000 /
16			<input type="checkbox"/>		12,000 /
17			<input type="checkbox"/>		12,000 /
18			<input type="checkbox"/>		12,000 /
19			<input type="checkbox"/>		12,000 /
20			<input type="checkbox"/>		12,000 /
21			<input type="checkbox"/>		12,000 /
22			<input type="checkbox"/>		14,000 /
23			<input type="checkbox"/>		14,000 /
24			<input type="checkbox"/>		14,000 /
25			<input type="checkbox"/>		14,000 /
26			<input type="checkbox"/>		14,000 /
27			<input type="checkbox"/>		14,000 /
28			<input type="checkbox"/>		14,000 /