7-Day Fitness Challenge Checklist

Day 1

Date_____

Active Challenge: Accumulate at least 10 minutes of walking up stairs or hill	_____ YES _____ NO
Exercise Challenge: Complete at least 15 minutes of Cardio Exercise	_____ YES _____ NO
Flexibility Challenges: At least 5 Minutes of Stretching after cardio	_____ YES _____ NO
Complete the hip stretch, neck stretch, torso stretch and upper back stretch at least once today.	_____ YES _____ NO
Nutritional Challenge: Eat vegetables with every meal	_____ YES _____ NO
Mind/Body Challenge: One-Minute Meditation	_____ YES _____ NO
Record your workouts and meals in your journal	_____ YES _____ NO

If you haven't completed some of the things on this checklist, make a note of what you still need to do and when you'll do it:

If you did complete all the assignments, write down what you found the most challenging and why:

List any other tasks you'd like to accomplish in addition to or instead of the challenges listed above:

_____ _____ YES _____ NO
_____ _____ YES _____ NO
_____ _____ YES _____ NO
_____ _____ YES _____ NO
_____ _____ YES _____ NO
_____ _____ YES _____ NO