

# 7 DAY Challenge

## Get Fit *with Paige* 2017

### 7-Day Fitness Challenge Checklist

#### Day 2

Date \_\_\_\_\_

**Active Challenge:**

Park in the furthest parking space from the door

\_\_\_\_\_ YES \_\_\_\_\_ NO

**Exercise Challenge:**

Spend at least 5-10 Minutes doing the suggested ab exercises or your own workout

\_\_\_\_\_ YES \_\_\_\_\_ NO

**Flexibility Challenges:**

Do each of the suggested stretches at least once today

\_\_\_\_\_ YES \_\_\_\_\_ NO

**Nutritional Challenge:**

Eat one meal or snack with no distractions - no TV, reading, driving, conversation, etc.

\_\_\_\_\_ YES \_\_\_\_\_ NO

**Mind/Body Challenge:**

Set a worry appointment

\_\_\_\_\_ 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