

7 DAY Challenge

Get Fit with Paige 2017

7-Day Fitness Challenge Checklist

Day 3

Date _____

Active Challenge:

Set an alarm to go off every hour and stretch or move for at least 1 minute _____ YES _____ NO

Exercise Challenge:

Do the exercises shown in this [Easy Total Body Workout](#) (or your own workout) _____ YES _____ NO

Flexibility Challenges: Perform the suggested stretches at least 2 times. _____ YES _____ NO

Nutritional Challenge:

Research one staple food item in your pantry or refrigerator and determine whether it's healthy or if you need to find a substitute _____ YES _____ NO

Mind/Body Challenge:

3-Minute Total Relaxation _____ 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