

# 7 DAY Challenge

## Get Fit with Paige 2017

### 7-Day Fitness Challenge Checklist

#### Day 4

Date \_\_\_\_\_

**Active Challenge:**

Accumulate at least 10 minutes of extra walking today

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

**Exercise Challenge:**

Do 15-30 minutes (all together or split throughout the day) of steady-state, medium-intensity cardio.

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

**Flexibility Challenges:**

Do one of the suggested flexibility workouts twice today

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

**Nutritional Challenge:**

If you eat out, go online and find a nearby restaurant that has their menu and nutritional information listed. Choose a healthy meal before you leave the house

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

**Mind/Body Challenge:**

2-minute meditation

\_\_\_\_\_ 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