

# 7 DAY Challenge

## Get Fit with Paige 2017

### 7-Day Fitness Challenge Checklist

#### Day 5

Date \_\_\_\_\_

**Active Challenge:**

Stand while you work whenever possible

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

**Exercise Challenge:**

Do 20 minutes (altogether or split throughout the day) of light-to-medium cardio

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

**Flexibility Challenge:**

Perform the suggested stretches at least twice

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

**Nutritional Challenge:**

Find a new healthy recipe to try

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

**Mind/Body Challenge:**

One-minute vacation

\_\_\_\_\_ 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