

7 DAY Challenge

Get Fit with Paige 2017

7-Day Fitness Challenge Checklist

Day 6

Date _____

Active Challenge:

While watching TV, get up during every commercial break and exercise, stretch or walk around. _____ YES _____ NO

Exercise Challenge:

Do this [Basic Total Body Dumbbell Workout](#) _____ YES _____ NO

Flexibility Challenge:

Do this [Core and Flexibility Workout](#) _____ YES _____ NO

Nutritional Challenge:

Stay hydrated _____ YES _____ NO

Mind/Body Challenge:

Before you go to bed, take five minutes and write down at least 5 things you accomplished today and at least 5 things you'd like to accomplish tomorrow. _____ 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