

7 DAY Challenge

Get Fit with Paige 2017

7-Day Fitness Challenge Checklist

Day 7

Date _____

Active Challenge:

Accumulate at least 15 minutes of walking up stairs or hill-climbing.

_____ YES _____ NO

Exercise Challenge: Spend at least 5-10 minutes working your abs, choosing one of the suggested Ab Workout.

_____ YES _____ NO

Flexibility Challenge: Do this [Easy Stretch](#) workout at least twice today.

_____ YES _____ NO

Nutritional Challenge:

Keep track of everything you eat today.

_____ YES _____ NO

Mind/Body Challenge:

Two-Minute Meditation

_____ YES _____ NO

Record your workouts and meals in your journal

_____ 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