



7-Day Kickstart Fitness Challenge Checklist – Day 1

Date: _____

Active Challenge:

Accumulate at least 10 minutes of walking _____ Yes _____ No

Exercise Challenge:

Complete the [Total Core Workout](#) _____ Yes _____ No

Flexibility Challenge:

Complete the Daily Stretches at least once _____ Yes _____ No

Nutrition Challenge:

Drink at least one extra glass of water _____ Yes _____ No

Mind/Body Challenge:

One-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, how do you feel? How will you reward yourself?

List any other things you'd like to accomplish today in addition to or instead of any of the challenges listed above:
