



## 7-Day Kickstart Fitness Challenge Checklist – Day 5

Date: \_\_\_\_\_

### Active Challenge:

Walk up a flight of stairs or a hill \_\_\_\_\_ Yes \_\_\_\_\_ No

### Exercise Challenge:

Complete the [Cardio Workout](#) \_\_\_\_\_ Yes \_\_\_\_\_ No

### Flexibility Challenge:

Complete the 3 ball stretches \_\_\_\_\_ Yes \_\_\_\_\_ No

### Nutrition Challenge:

Drink a glass of water before a meal/snack \_\_\_\_\_ Yes \_\_\_\_\_ No

### Mind/Body Challenge:

Total Body Release \_\_\_\_\_ 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:

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