



7-Day Kickstart Fitness Challenge Checklist – Day 6

Date: _____

Active Challenge:

4 stretches to do while you watch TV _____ Yes _____ No

Exercise Challenge:

Complete the [Circuit Workout](#) _____ Yes _____ No

Flexibility Challenge:

Complete the pelvic tilt exercise _____ Yes _____ No

Nutrition Challenge:

Eat your veggies first _____ Yes _____ No

Mind/Body Challenge:

Deep breathing _____ 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:
