



**Get Fit**  
with Paige



Free 5-day  
Belly Fat  
*Challenge*

**5 Day Belly Fat Challenge Day 1**

**Challenge 1: Cardio**

Did you do the cardio workout today? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 2: Reduce Sugar**

Did you pick ONE item with less sugar to substitute? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 2, Part 2: Recipe**

Did you choose a low sugar recipe to try this week? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 3: One-Minute Breathing**

Did you take at least one minute today to simply breathe? \_\_\_\_\_ 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've accomplished today in addition to or instead of any of the challenges listed above:

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