



**Get Fit**  
with Paige



Free 5-day  
Belly Fat  
*Challenge*

**5 Day Belly Fat Challenge Day 2**

**Challenge 1: Strength**

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

**Challenge 2: Protein**

Did you calculate your protein needs? How much do you need? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 2, Part 2: Recipe**

Did you choose a high protein recipe to try? When will you make it? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 3: Time Between Tasks**

Did you take short breaks between tasks? How did it feel? \_\_\_\_\_ 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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