



Get Fit
with Paige



Free 5-day
Belly Fat
Challenge

5 Day Belly Fat Challenge Day 3

Challenge 1: Strong Core Workout

Did you do the core workout today? _____ Yes _____ No

Challenge 2: High Fiber Recipes

Did you choose a high fiber recipe to try? If so, when are you going to make it? _____ Yes _____ No

Challenge 3: Being More Active

Did you choose at least 3 activities from the list and do one of them every hour today? _____ 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:
