



**Get Fit**  
with Paige



Free 5-day  
Belly Fat  
*Challenge*

**5 Day Belly Fat Challenge Day 4**

**Challenge 1: Whole Body Flow**

Did you do the whole body flow today? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 2: Your Omega-3s**

Did you figure out how to get your omega-3s?  
Supplement, food or a combo? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 3: Sleep**

Did you review your sleep hygiene and choose  
at least one thing to work on tonight? \_\_\_\_\_ 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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