



**Get Fit**  
with Paige



Free 5-day  
Belly Fat  
*Challenge*

**5 Day Belly Fat Challenge Day 5**

**Challenge 1: Circuit Training**

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

**Challenge 2: Water**

Did you drink a glass of water before every meal and snack? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Challenge 3: Tension and Anxiety**

Did you notice your tension and anxiety and choose at least one thing from the list? \_\_\_\_\_ 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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