

#75Medium

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31 32 33 34 35
36 37 38 39 40 41 42
43 44 45 46 47 48 49
50 51 52 53 54 55 56
57 58 59 60 61 62 63
64 65 66 67 68 69 70
71 72 73 74 75

DAILY RULES

- Eat 90% healthy
- 45 Minute Workout
- Pic Day 1 & 57
- Drink Water
- Meditate 5 Mins
- Inspiration 10 Mins

@soreyfitness