

75 HARD CHALLENGE TRACKER

75 HARD challenge Weekly planner

	Breakfast	Lunch	Dinner	Snacks	Exercise
Monday					

75 HARD challenge



1	2	3	4	5	6	7
8	9	10	11	12	13	14
18	19	20	21			
25	26	27	28			
32	33	34	35			
39	40	41	42			
46	47	48	49			
53	54	55	56			
60	61	62	63			
67	68	69	70			
74	75	Finished!				

75 HARD challenge

Start Date:

End Date:

Goal:

Results:

DAILY HABIT

Week: 1

1 2 3 4 5 6 7



Followed diet

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Progress photo

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10 pages of reading

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Workout outside (45 min)

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Workout #2 (45 min)

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No cheat meals

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No alcohol

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1 Gallon of water

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DAILY HABIT

Week: 2

8 9 10 11 12 13 14



Followed diet

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Progress photo

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1 Gallon of water

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75 HARD challenge



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