

75 HARD CHALLENGE TRACKER

INSTANT DOWNLOAD/ A4, A5, US LETTER

75 HARD CHALLENGE

Week 1

-  Follow a Diet
-  No Alcohol or Cheat meal
-  2 x 45 minute workout
-  Drink 1 Gallon of Water
-  Take a Progress Picture
-  Read 10 pages of a Book

Week 2

-  Follow a Diet
-  No Alcohol or Cheat meal
-  2 x 45 minute workout
-  Drink 1 Gallon of Water
-  Take a Progress Picture
-  Read 10 pages of a Book

Week 3

-  Follow a Diet
-  No Alcohol or Cheat meal
-  2 x 45 minute workout
-  Drink 1 Gallon of Water
-  Take a Progress Picture
-  Read 10 pages of a Book

75 HARD CHALLENGE

Start Date-

Goal-

End Date-

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					