

FREE PRINTABLE TRACKER FOR 75 HARD



75 HARD TRACKER

	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
FOLLOW A DIET																														
2 X 45 MIN WORKOUTS																														
GALLON OF WATER																														
READ 10 PAGES OF A ENTREPRENEUR BOOK																														
PROGRESS PIC																														

	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
FOLLOW A DIET																														
2 X 45 MIN WORKOUTS																														
GALLON OF WATER																														
READ 10 PAGES OF A ENTREPRENEUR BOOK																														
PROGRESS PIC																														

	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
FOLLOW A DIET															
2 X 45 MIN WORKOUTS															
GALLON OF WATER															
READ 10 PAGES OF A ENTREPRENEUR BOOK															
PROGRESS PIC															

MOTIVATION

NOTES

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