

75 DAY HARD CHALLENGE TRACKER

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75 DAY HARD CHALLENGE

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 1

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 4

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 7

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 10

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 11

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 3

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 6

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 9

COMPLETED!

75 DAY HARD CHALLE
75 DAY HARD CHALLENGE
75 DAY HARD CHALLENGE

WEIGHT TRACKER

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 1

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 4

DAILY GOALS
M

FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 7

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 10

DAILY GOALS
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FOLLOW A DIET
1 GALLON OF WATER
2 X45 MIN WORKOUTS
NO ALCOHOL/CHEAT MEAL
PROGRESS PICTURE
READ 10 PAGES

WEEK 11

DIET RULES

1.
2.
3.
4.
5.

WORKOUT GOALS

1.
2.
3.
4.
5.

75 DAY HARD CHALLENGE RULES

FOLLOW A DIET
PROGRESS PICTURE
DRINK 1 GALLON OF WATER
WORKOUT 2X 45 MIN (1 OUTSIDE)
NO ALCOHOL / NO CHEAT MEAL
READ 10 PAGES OF NON-FICTION

75 DAY HARD CHALLENGE CHECK OFF

3	4	5	6	7	8	9	10
13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30
33	34	35	36	37	38	39	40
43	44	45	46	47	48	49	50
53	54	55	56	57	58	59	60
63	64	65	66	67	68	69	70
73	74	75	COMPLETED				

MESS UP? START OVER