

75 MEDIUM Challenge

WHEN YOU ARE READY FOR CHANGE, BUT NOT READY FOR HARD

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

Follow a Diet

Drink 1 gallon of water

One 45 Minute workout

10 Pages of reading

One Cheat meal per week

Take a daily progress picture

IF YOU MISS A DAY, YOU START OVER FROM DAY ONE!