

**WEEK  
EIGHT**  
50 - 56

ACHIEVEMENT	M	T	W	T	F	S	S
Follow a diet	<input type="checkbox"/>						
1 gallon of water	<input type="checkbox"/>						
x2 45 minute workouts	<input type="checkbox"/>						
No alcohol or cheat meals	<input type="checkbox"/>						
10 pages non-fiction reading	<input type="checkbox"/>						
Take a progress picture	<input type="checkbox"/>						

**WEEK  
NINE**  
57 - 63

ACHIEVEMENT	M	T	W	T	F	S	S
Follow a diet	<input type="checkbox"/>						
1 gallon of water	<input type="checkbox"/>						
x2 45 minute workouts	<input type="checkbox"/>						
No alcohol or cheat meals	<input type="checkbox"/>						
10 pages non-fiction reading	<input type="checkbox"/>						
Take a progress picture	<input type="checkbox"/>						

**WEEK  
TEN**  
64 - 70

ACHIEVEMENT	M	T	W	T	F	S	S
Follow a diet	<input type="checkbox"/>						
1 gallon of water	<input type="checkbox"/>						
x2 45 minute workouts	<input type="checkbox"/>						
No alcohol or cheat meals	<input type="checkbox"/>						
10 pages non-fiction reading	<input type="checkbox"/>						
Take a progress picture	<input type="checkbox"/>						

**WEEK  
ELEVEN**  
71 - 75

ACHIEVEMENT	M	T	W	T	F
Follow a diet	<input type="checkbox"/>				
1 gallon of water	<input type="checkbox"/>				
x2 45 minute workouts	<input type="checkbox"/>				
No alcohol or cheat meals	<input type="checkbox"/>				
10 pages non-fiction reading	<input type="checkbox"/>				
Take a progress picture	<input type="checkbox"/>				

*Congratulations!*