

FREE 75 HARD CHALLENGE PLANNER



GOLDEN RULES

- Drink 4.5L Water Everyday
- Read 10 Pages Daily
- Two Daily 45 Minute Workouts (one must be outdoors)
- Follow the following diet

Your Diet Rules:

You set the specific rules but the guidelines are to eat only healthy food with no cheat meals and abstain from alcohol (not even at social events) and no celebratory.

MOTIVATION

Why do you want to do the 75 Day Hard Challenge? Write your reasons below and read them when you need motivation or inspiration.

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COUNTDOWN

Start Date: _____ Work each day or when you can complete it

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	End Date: _____				

Congratulations!

	Follow your schedule	Days left of challenge	Days 10 pages	Read 10 pages 45 min	Follow a page a plan
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	Follow your schedule	Days left of challenge	Days 10 pages	Read 10 pages 45 min	Follow a page a plan
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- INSTANT DOWNLOAD
- 30 PAGE JOURNAL

Body Measurement Tracker

BEFORE AFTER

Date: _____ Date: _____

Neck _____

Chest _____

Arm _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____

101Planners.com

Body Measurement Tracker

BEFORE AFTER

Date: _____ Date: _____

Neck _____

Chest _____

Arm _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____

101Planners.com

WORKOUTS

How many sets and reps?

DATE	REPS 1	REPS 2	NOTE
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DATE	REPS 1	REPS 2	NOTE
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DATE	REPS 1	REPS 2	NOTE
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DATE	REPS 1	REPS 2	NOTE
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