

75 DAY HARD CHALLENGE

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

WEEK 1

75 DAY HARD CHALLENGE

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

WEEK 2

75 DAY HARD CHALLENGE

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

WEEK 3

75 DAY HARD CHALLENGE

DAILY GOALS	M	T	W	T	F	S	S
FOLLOW A DIET							
1 GALLON OF WATER							
2 X45 MIN WORKOUTS							
NO ALCOHOL/HEAT MEAL							
PROGRESS PICTURE							
READ 10 PAGES							

WEEK 4

75 DAY HARD CHALLENGE

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

WEEK 5

75 DAY HARD CHALLENGE

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

WEEK 6

75 DAY HARD CHALLENGE

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

WEEK 7

75 DAY HARD CHALLENGE

DAILY GOALS	M	T	W	T	F
FOLLOW A DIET					
1 GALLON OF WATER					
2 X45 MIN WORKOUTS					
NO ALCOHOL/HEAT MEAL					
PROGRESS PICTURE					
READ 10 PAGES					

WEEK 8

75 DAY HARD CHALLENGE

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

WEEK 9

75 DAY HARD CHALLENGE

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

WEEK 10

75 DAY HARD CHALLENGE

DAILY GOALS	M	T	W	T	F
FOLLOW A DIET					
1 GALLON OF WATER					
2 X45 MIN WORKOUTS					
NO ALCOHOL/HEAT MEAL					
PROGRESS PICTURE					
READ 10 PAGES					

WEEK 11

75 DAY HARD CHALLENGE

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

WEEK 12

COMPLETED!

75 DAY HARD CHALLENGE

WEIGHT TRACKER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

DIET RULES

1.

2.

3.

4.

5.

WORKOUT GOALS

1.

2.

3.

4.

5.

75 DAY HARD CHALLENGE RULES

1. FOLLOW A DIET

2. PROGRESS PICTURE

3. DRINK 1 GALLON OF WATER

4. WORKOUT 2X 45 MIN (1 OUTSIDE)

5. NO ALCOHOL / NO CHEAT MEAL

6. READ 10 PAGES OF NON-FICTION

MESS UP? START OVER

75 DAY HARD CHALLENGE CHECK OFF

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	COMPLETED				