

75 HARD challenge

	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
diet																																						
water																																						
workout 1																																						
workout 2																																						
read																																						
photo																																						

#75Hard Challenge created by: sandyfrisella

The Rules...

No Alcohol or Cheat Meals

Everything must be complete by the time you go to sleep each day

If you fail, you start back from day 1

Audiobooks don't count

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	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
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