

Your complete 75hardchallenge kit

75hardchallenge

Week	Challenge	M	T	W	T	F	S	S
1-7	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
8-14	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
15-21	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
22-28	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
29-35	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Half way

Week	Challenge	M	T	W	T	F	S	S
36-42	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
43-49	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
50-56	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

75hardchallenge

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

Week	Challenge	M	T	W	T	F	S	S
57-63	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F	S	S
64-70	Follow a diet	☐	☐	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Week	Challenge	M	T	W	T	F
71-75	Follow a diet	☐	☐	☐	☐	☐
	1 gallon of water	☐	☐	☐	☐	☐
	x2 45 minute workouts	☐	☐	☐	☐	☐
	No alcohol or cheat meals	☐	☐	☐	☐	☐
	10 pages non-fiction reading	☐	☐	☐	☐	☐
	Take a progress picture	☐	☐	☐	☐	☐

Congratulations!