

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 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

RULES:

1. STICK TO A DIET
2. NO ALCOHOL OR CHEAT DAY
3. TWO 45 MIN WORKOUTS (INDOOR/OUTDOOR)
4. DRINK A GALLON OF WATER
5. READ 10 PAGES OF A NON-FICTION BOOK
6. TAKE DAILY PROGRESS PICTURE