

75 Hard Challenge

Daily Habit	1	2	3	4	5	6	7
Healthy Diet 🥕							
2* 45 Min workout 🏃							
Take a progress picture							
3 Litres of Water 💧							
10 Pages a day 📖							
No Alcohol or cheat meals 🚫							

Daily Habit	8	9	10	11	12	13	14
Healthy Diet 🥕							
2* 45 Min workout 🏃							
Take a progress picture							
3 Litres of Water 💧							
10 Pages a day 📖							
No Alcohol or cheat meals 🚫							

Daily Habit	15	16	17	18	19	20	21
Healthy Diet 🥕							
2* 45 Min workout 🏃							
Take a progress picture							
3 Litres of Water 💧							
10 Pages a day 📖							
No Alcohol or cheat meals 🚫							

Daily Habit	22	23	24	25	26	27	28
Healthy Diet 🥕							
2* 45 Min workout 🏃							
Take a progress picture							
3 Litres of Water 💧							
10 Pages a day 📖							
No Alcohol or cheat meals 🚫							