

# 75 Hard inspired list

WEEK OF

	TASK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Drink 1 gallon of water							
2	45 minute workout #1							
3	45 minute workout #2 (outside)							
4	No alcohol							
5	Read 10 pages							
6	Follow a diet							
7	Don't hit snooze							
8	Stretch or meditate for 20 minutes							
9	Pack a lunch							
10	Listen to an educational podcast or book							
11	Floss your teeth							
12	Make the bed							
13	Empty kitchen sink							
14	Wipe down bathroom sink							
15	Say something nice to a stranger							

NOTES:

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