

#75 *Hard Challenge*

Get Up & Get Strong

Woche 1

M D M D F S S

-  14h Fasten - 10h Essen
-  3l Wasser trinken
-  10 Seiten lesen
-  2 * 20 Minuten Workout
-  7 Uhr aufstehen
-  Fortschritt-Bild gespeichert

A 6x7 grid of 42 circles, each with a teal outline and a light gray fill. The circles are arranged in 6 rows and 7 columns, with a small gap between each circle.

Woche 2

M D M D F S S

-  14h Fasten - 10h Essen
-  3l Wasser trinken
-  10 Seiten lesen
-  2 * 20 Minuten Workout
-  7 Uhr aufstehen
-  Fortschritt-Bild gespeichert

Woche 3

M D M D F S S

-  14h Fasten - 10h Essen
-  3l Wasser trinken
-  15 Seiten lesen
-  2 * 30 Minuten Workout
-  6 Uhr aufstehen
-  Fortschritt-Bild gespeichert

A 6x7 grid of circles. The circles are arranged in 6 rows and 7 columns. The color of the circles alternates in a checkerboard pattern: teal circles are located at positions where both the row and column indices are even (assuming 1-indexing from the top-left), and light gray circles are located at positions where either the row or column index is odd. Specifically, there are 4 teal circles in each row (at columns 2, 4, 6, and 7) and 4 teal circles in each column (at rows 2, 4, and 6).