#75HARD

DAILY HABIT	1	2	3	4	5	6	7
Follow a diet	0	0	0	0	0	0	0
🍃 (2) x 45 Minute Workouts	0	0	0	0	0	0	0
No Alcohol or Cheat Meals	0	0	0	0	0	0	0
Take a Progress Picture	0	0	0	0	0	0	0
1 gallon of water	0	0	0	0	0	0	0
10 Pages of Reading	0	0	0	0	0	0	0
DAILY HABIT	8	9	10	11	12	13	14
Follow a diet	0	0	0	0	0	0	0
🆕 (2) x 45 Minute Workouts	0	0	0	0	0	0	0
No Alcohol or Cheat Meals	0	0	0	0	0	0	0
Take a Progress Picture	0	0	0	0	0	0	0
1 gallon of water	0	0	0	0	0	0	0
10 Pages of Reading	0	0	0	0	0	0	0
DAILY HABIT	15	16	17	18	19	20	21
Follow a diet	0	0	0	0	0	0	0
💪 (2) x 45 Minute Workouts	0	0	0	0	0	0	0
No Alcohol or Cheat Meals	0	0	0	0	0	0	0
Take a Progress Picture	0	0	0	0	0	0	0
1 gallon of water	0	0	0	0	0	0	0
10 Pages of Reading	0	0	0	0	0	0	0
DAILY HABIT	22	23	24	25	26	27	28
Follow a diet	0	0	0	0	0	0	0
🖕 (2) x 45 Minute Workouts	0	0	0	0	0	0	0
No Alcohol or Cheat Meals	0	0	0	0	0	0	0
Take a Progress Picture	0	0	0	0	0	0	0
1 gallon of water	0	0	0	0	0	0	0
10 Pages of Reading	0	0	0	0	0	0	0