

#75HARD

#LiveHARD



# #75HARDCHALLENGE

## #75HARD

DAILY HABIT	1	2	3	4
Follow a diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) x 45 Minute Workouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No Alcohol or Cheat Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a Progress Picture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 gallon of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Pages of Reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAILY HABIT	8	9	10	11
Follow a diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) x 45 Minute Workouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No Alcohol or Cheat Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a Progress Picture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 gallon of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Pages of Reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAILY HABIT	15	16	17	18
Follow a diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) x 45 Minute Workouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No Alcohol or Cheat Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a Progress Picture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 gallon of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Pages of Reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAILY HABIT	22	23	24	25
Follow a diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(2) x 45 Minute Workouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No Alcohol or Cheat Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a Progress Picture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 gallon of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 Pages of Reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## #75HARD

DAILY HABIT	29	30	31	32	33	34	35
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						
DAILY HABIT	36	37	38	39	40	41	42
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						
DAILY HABIT	43	44	45	46	47	48	49
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						
DAILY HABIT	50	51	52	53	54	55	56
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						

## #75HARD

DAILY HABIT	57	58	59	60	61	62	63
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						
DAILY HABIT	64	65	66	67	68	69	70
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						
DAILY HABIT	71	72	73	74	75		
Follow a diet	<input type="radio"/>						
(2) x 45 Minute Workouts	<input type="radio"/>						
No Alcohol or Cheat Meals	<input type="radio"/>						
Take a Progress Picture	<input type="radio"/>						
1 gallon of water	<input type="radio"/>						
10 Pages of Reading	<input type="radio"/>						

FINISH DATE: \_\_\_\_\_

# PRINTABLE HABIT TRACKER

## Daily Rules

- Follow a diet
- (2) 45 Min workouts
- No alcohol or cheat meals
- Take a progress picture
- 1 gallon of water
- 10 Pages of reading

A4 PRINTABLE SHEETS FOR ENTIRE CHALLENGE