

# 75 Challenge ultimate bundle

20 Pages • Make your own rules!

## 75 Day Challenge

WEEK 1

M T W T F S S

Follow a diet strictly  
No alcohol & cheat meals  
2 x 45 minute workouts  
1 gallon of water  
Read 10 pages  
Take a progress picture

Day 1-7 | Note

WEEK 2

Follow a diet strictly  
No alcohol & cheat meals  
2 x 45 minute workouts  
1 gallon of water  
Read 10 pages  
Take a progress picture

Day 8-14 | Note

WEEK 3

Follow a diet strictly  
No alcohol & cheat meals  
2 x 45 minute workouts  
1 gallon of water  
Read 10 pages  
Take a progress picture

Day 15-21 | Note

editable

## Body Measurements

Week 1 2 3

Weight

## Daily Journal

Day: Date: M T W T F S S

Workout 1

Workout 2

## 75 Day Challenge

1												39
2												40
3												
4												
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## 75 Day Challenge

Start Date: End Date:

## 75 Day Challenge

Start Date: End Date:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75

Day 1		Weight
Body fat	Arm	Hip
Muscle	Bust	Thigh
BMI	Waist	Calf
Day 75		Weight
Body fat	Arm	Hip
Muscle	Bust	Thigh
BMI	Waist	Calf

Reading List Notes

5	6	7
12	13	14
19	20	21
26	27	28
33	34	35
40	41	42
47	48	49
54	55	56
61	62	63
68	69	70
74	75	

Snack
Alcohol
Cheating
Progress Picture
Water
Ounces