

75 Hard Challenge Tracker

• A4, A5, LETTER & HALF LETTER | PRINTABLE PDF •

CHALLENGE OVERVIEW

END DATE

7

8

9

10

11

22

23

24

25

26

37

38

39

40

41

52

53

54

55

56

67

68

69

70

71

Weight

Body fat

Visceral fat

Muscle ratio

BMI

Water retention

Bone mass

Upper arm

Waist

Hips

Thigh

75 HARD CHALLENGE TRACKER

DAY

1

2

3

4

5

6

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DAY

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73

74

75

- Follow a diet - Drink 4 liters / 1 gallon of water - No alcohol or cheat meals - 2 x 45 min workouts - Take a progress photo - Read min 10 pages of nonfiction - Do a random act of kindness

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DAILY OVERVIEW

MOOD

BREAKFAST

DINNER

No alcohol

KOOTS

Book title

Author

Genre

of pages

REFLECTIONS

• UNDATED •
• LASTS A LIFETIME •

