

#75 HARD CHALLENGE

#75 HARD

RULES	1	2	3	4	5	6	7
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	8	9	10	11	12	13	14
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	15	16	17	18	19	20	21
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	22	23	24	25	26	27	28
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

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RULES	1	2	3	4	5	6	7
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	8	9	10	11	12	13	14
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	15	16	17	18	19	20	21
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	22	23	24	25	26	27	28
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

#75 HARD

RULES	29	30	31	32	33	34	35
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	36	37	38	39	40	41	42
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	43	44	45	46	47	48	49
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

RULES	50	51	52	53	54	55	56
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
2 x 45 min workouts	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐
10 pages of reading	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐

INSTANT
DOWNLOAD

CONGRATULATIONS!
YOU DID IT!

#75 HARD DAILY CHECKLIST

DATE: _____ DAY: _____

DAILY HABITS:

☐ Follow a diet

☐ 1 gallon of water

☐ Workout 1 (45 minutes)

☐ Progress picture

☐ Read 10 pages of nonfiction

☐ Workout 2 (45 minutes)

☐ No alcohol/no cheat meals

MEALS:

WORKOUT 1:

WORKOUT 2:

Editable #75 HARD TRACKER

PROGRESS TRACKER

WEIGHT TO LOSE		WEIGHT LOST	

DATE	WEIGHT	GAIN/LOSS	NOTES

OBSERVATIONS

#75 HARD TRACKER

STARTING WEIGHT: _____ GOAL WEIGHT: _____

STARTING DATE: _____ ENDING 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					

BEFORE AND AFTER

PASTE YOUR PHOTO BEFORE

PASTE YOUR PHOTO AFTER

CALORIE COUNTER

WEEK OF: _____

DAY OF THE WEEK	EXERCISE CALORIES BURNED	CALORIES CUT THROUGH DIET

HEALTHY FOOD CHECKLIST

FOOD GROUP	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WHOLE GRAINS	☐	☐	☐	☐	☐	☐	☐
VEGETABLES	☐	☐	☐	☐	☐	☐	☐
FRUITS	☐	☐	☐	☐	☐	☐	☐
DAIRY	☐	☐	☐	☐	☐	☐	☐
NUTS	☐	☐	☐	☐	☐	☐	☐

#75 HARD TRACKER

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					

NOTES

15 PAGES
EDITABLE IN ADOBE
READER