

75 HARD CHALLENGE TRACKER

75 HARD CHALLENGE

Week One	1	2	3	4	5	6	7
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-  Follow a meal plan
-  No alcohol or cheat meals
-  2 x 45 minute workouts
-  Drink 1 gallon of water
-  Take a progress picture
-  Read 10 pages

MOTIVATION: _____

Week Two	8	9	10	11	12	13	14
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-  Follow a meal plan
-  No alcohol or cheat meals
-  2 x 45 minute workouts
-  Drink 1 gallon of water
-  Take a progress picture
-  Read 10 pages

MOTIVATION: _____

Week Three	15	16	17	18	19	20	21
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-  Follow a meal plan
-  No alcohol or cheat meals
-  2 x 45 minute workouts
-  Drink 1 gallon of water
-  Take a progress picture
-  Read 10 pages

MOTIVATION: _____

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