

75 HARD CHALLENGE TRACKER

INSTANT DOWNLOAD/ A4, A5, US LETTER

75 HARD CHALLENGE

Week 1

1 2 3 4 5 6 7

- Follow a Diet
- No Alcohol or Cheat meal
- 2 x 45 minute workout
- Drink 1 Gallon of Water
- Take a Progress Picture
- Read 10 pages of a Book

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Week 2

8 9 10 11 12 13 14

- Follow a Diet
- No Alcohol or Cheat meal
- 2 x 45 minute workout
- Drink 1 Gallon of Water
- Take a Progress Picture
- Read 10 pages of a Book

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Week 3

15 16 17 18 19 20 21

- Follow a Diet
- No Alcohol or Cheat meal
- 2 x 45 minute workout
- Drink 1 Gallon of Water
- Take a Progress Picture
- Read 10 pages of a Book

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75 HARD CHALLENGE

Start Date-

Goal-

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		