

75 HARD challenge

	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
diet																																						
water																																						
workout 1																																						
workout 2																																						
read																																						
photo																																						

#75hard Challenge created by: @andyfrisella

The Rules...

No Alcohol or Cheat Meals

Everything must be complete by the time you go to sleep each day

If you fail, you start back from day 1

Audiobooks don't count