



75 HARD *Challenge*

DAILY *Journal*

OVERVIEW

DAY: DATE: M T W T F S S

START DATE:
GOAL:

Workout 2

1	2	3	4	5	6	7
18	19	20	21	22	23	24
35	36	37	38	39	40	41
52	53	54	55	56	57	58
69	70	71	72	73	74	75

#75 HARD CHALLENGE PRINTABLE

10 PAGES

75 HARD Challenge

MENTAL TOUGHNESS CHALLENGE

left arm right arm
 chest waist
 hips
 left thigh right thigh
 left calf right calf

Weight:

READING LIST

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- No Alcohol
 - No cheatmeals
 - Progress Picture
 - Water
- Litres/Ounces