

# 75 HARD CHALLENGE

DATE: \_\_\_\_\_ S M T W R F S

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|-------------------------|--|--|--|--|--|--|--|
| DIET                    |  |  |  |  |  |  |  |
| 2 x 45 MINUTE WORKOUT   |  |  |  |  |  |  |  |
| NO ALCOHOL/CHEAT MEALS  |  |  |  |  |  |  |  |
| PROGRESS PICTURES       |  |  |  |  |  |  |  |
| DRINK 1 GALLON OF WATER |  |  |  |  |  |  |  |
| READ 10 PAGES           |  |  |  |  |  |  |  |

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