

#75HARDCHALLENGE

#75HA

DAILY HABIT	
 Follow a diet	
 (2) x 45 Minute Workouts	
 No Alcohol or Cheat Meals	
 Take a Progress Picture	
 1 gallon of water	
 10 Pages of Reading	

#75HARD

DAILY HABIT	1	2	3	4	5	6	7
 Follow a diet	☐	☐	☐	☐	☐	☐	☐
 (2) x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
 No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
 Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
 1 gallon of water	☐	☐	☐	☐	☐	☐	☐
 10 Pages of Reading	☐	☐	☐	☐	☐	☐	☐

DAILY HABIT	8	9	10	11	12	13	14
 Follow a diet	☐	☐	☐	☐	☐	☐	☐
 (2) x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
 No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
 Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
 1 gallon of water	☐	☐	☐	☐	☐	☐	☐
 10 Pages of Reading	☐	☐	☐	☐	☐	☐	☐

DAILY HABIT	15	16	17	18	19	20	21
 Follow a diet	☐	☐	☐	☐	☐	☐	☐
 (2) x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
 No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
 Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
 1 gallon of water	☐	☐	☐	☐	☐	☐	☐
 10 Pages of Reading	☐	☐	☐	☐	☐	☐	☐

DAILY HABIT	22	23	24	25	26	27	28
 Follow a diet	☐	☐	☐	☐	☐	☐	☐
 (2) x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
 No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
 Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
 1 gallon of water	☐	☐	☐	☐	☐	☐	☐
 10 Pages of Reading	☐	☐	☐	☐	☐	☐	☐

PRINTABLE HABIT TRACKER