## THE 75 HARD CHALLENGE

"SUCCESS ISN'T ALWAYS ABOUT GREATNESS. IT'S ABOUT CONSISTENCY. CONSISTENT HARD WORK GAINS SUCCESS. GREATNESS WILL COME."

	HABITS	1	2	3	4	5	6	7
WEEK 1	FOLLOW A DIET	<b>→</b> □						
	WORKOUT 2X 45 MIN EACH -	[]						
	DRINK 1 GALLON H2O	<b>→</b> □						
	READ 10 PAGES							
	NO ALCOHOL/CHEAT MEALS-							
	PROGRESS PIC	$\rightarrow \Box$						
WEEK 2	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET	<b>→</b> □						
	WORKOUT 2X 45 MIN EACH							
	DRINK 1 GALLON H20			12				
	READ 10 PAGES	<b>→</b> □						
	NO ALCOHOL/CHEAT MEALS							
	PROGRESS PIC	<b>→</b> □						
	HABITS	1	2	3	4	5	6	7
WEEK 3	FOLLOW A DIET		_		_			
	WORKOUT 2X 45 MIN EACH					H	H	H
			H	H	H	H	H	1
	DRINK 1 GALLON H20		- 14			H	H	-
	READ 10 PAGES		H	H			H	
	PROGRESS PIC		H					