

#75HARD CHALLENGE

WEEK
NINE

DAILY HABIT	M	T	W	T	F	S	S
Follow a diet	☐	☐	☐	☐	☐	☐	☐
2 x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
Drink 4 Litres of Water (1 gallon)	☐	☐	☐	☐	☐	☐	☐
Read 10 Pages of a self dev book	☐	☐	☐	☐	☐	☐	☐

WEEK
TEN

DAILY HABIT	M	T	W	T	F	S	S
Follow a Diet	☐	☐	☐	☐	☐	☐	☐
2 x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
Drink 4 Litres of Water (1 gallon)	☐	☐	☐	☐	☐	☐	☐
Read 10 Pages of a self dev book	☐	☐	☐	☐	☐	☐	☐

WEEK
ELEVEN

DAILY HABIT	M	T	W	T	F	S	S
Follow a Diet	☐	☐	☐	☐	☐	☐	☐
2 x 45 Minute Workouts	☐	☐	☐	☐	☐	☐	☐
No Alcohol or Cheat Meals	☐	☐	☐	☐	☐	☐	☐
Take a Progress Picture	☐	☐	☐	☐	☐	☐	☐
Drink 4 Litres of Water (1 gallon)	☐	☐	☐	☐	☐	☐	☐
Read 10 Pages of a self dev book	☐	☐	☐	☐	☐	☐	☐

FINISHED!