

# seventy-five hard

Daily Schedule (Week 1)	1	2	3	4	5	6	7
 Follow a Diet	<input type="checkbox"/>						
 No Alcohol or Cheat Meals	<input type="checkbox"/>						
 2x 45 Min Workouts	<input type="checkbox"/>						
 1 Gallon of Water	<input type="checkbox"/>						
 Progress Pic	<input type="checkbox"/>						
 Read 10 Pages	<input type="checkbox"/>						

Daily Schedule (Week 2)	8	9	10	11	12	13	14