

75 Soft Challenge Tracker

75 SOFT CHALLENGE TRACKER
DATE STARTED _____ DATE COMPLETED _____

DAILY TASKS

 DRINK 1 GALLON OF WATER DRINK 1 GALLON OF WATER    		 DRINK 1 GALLON OF WATER DRINK 1 GALLON OF WATER    		 DRINK 1 GALLON OF WATER DRINK 1 GALLON OF WATER    	
DAY 1		DAY 36		DAY 71	
DAY 2		DAY 37		DAY 72	
DAY 3		DAY 38		DAY 73	
DAY 4		DAY 39		DAY 74	
DAY 5		DAY 40		DAY 75	
DAY 6		DAY 41		DAY 76	
DAY 7		DAY 42		DAY 77	
DAY 8		DAY 43		DAY 78	
DAY 9		DAY 44		DAY 79	
DAY 10		DAY 45		DAY 80	
DAY 11		DAY 46		DAY 81	
DAY 12		DAY 47		DAY 82	
DAY 13		DAY 48		DAY 83	
DAY 14		DAY 49		DAY 84	
DAY 15		DAY 50		DAY 85	
DAY 16		DAY 51		DAY 86	
DAY 17		DAY 52		DAY 87	
DAY 18		DAY 53		DAY 88	
DAY 19		DAY 54		DAY 89	
DAY 20		DAY 55		DAY 90	
DAY 21		DAY 56		DAY 91	
DAY 22		DAY 57		DAY 92	
DAY 23		DAY 58		DAY 93	
DAY 24		DAY 59		DAY 94	
DAY 25		DAY 60		DAY 95	
DAY 26		DAY 61		DAY 96	
DAY 27		DAY 62		DAY 97	
DAY 28		DAY 63		DAY 98	
DAY 29		DAY 64		DAY 99	
DAY 30		DAY 65		DAY 100	
DAY 31		DAY 66		DAY 101	
DAY 32		DAY 67		DAY 102	
DAY 33		DAY 68		DAY 103	
DAY 34		DAY 69		DAY 104	
DAY 35		DAY 70		DAY 105	

編者序

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