



75 SOFT CHALLENGE



WEEK 6	SUN	MON	TUE	WED	THUR	FRI	SAT
FOLLOW A DIET							
15 MIN OR 30 MIN WORKOUT							
DRINK A HALF GALLON OF WATER							
DRINK ON SOCIAL OCCASION							
TAKE A PROGRESS PHOTO DAILY							
READ 5 PAGES OF A BOOK							
WEEK 7							
FOLLOW A DIET							
15 MIN OR 30 MIN WORKOUT							
DRINK A HALF GALLON OF WATER							
DRINK ON SOCIAL OCCASION							
TAKE A PROGRESS PHOTO DAILY							
READ 5 PAGES OF A BOOK							
WEEK 8							
FOLLOW A DIET							
15 MIN OR 30 MIN WORKOUT							
DRINK A HALF GALLON OF WATER							
DRINK ON SOCIAL OCCASION							
TAKE A PROGRESS PHOTO DAILY							
READ 5 PAGES OF A BOOK							
WEEK 9							
FOLLOW A DIET							
15 MIN OR 30 MIN WORKOUT							
DRINK A HALF GALLON OF WATER							
DRINK ON SOCIAL OCCASION							
TAKE A PROGRESS PHOTO DAILY							
READ 5 PAGES OF A BOOK							
WEEK 10							
FOLLOW A DIET							
15 MIN OR 30 MIN WORKOUT							
DRINK A HALF GALLON OF WATER							
DRINK ON SOCIAL OCCASION							
TAKE A PROGRESS PHOTO DAILY							
READ 5 PAGES OF A BOOK							