

# 75 HARD CHALLENGE TRACKER

A4 | A5 | US LETTER

## 75 HARD CHALLENGE

### WEEK 1

| HABIT              | M | T | W | T | F | S | S | NOTES |
|--------------------|---|---|---|---|---|---|---|-------|
| FOLLOW A DIET      |   |   |   |   |   |   |   |       |
| 2-45 MIN. WORKOUTS |   |   |   |   |   |   |   |       |
| DRINK 1 GAL. WATER |   |   |   |   |   |   |   |       |
| READ 10 PAGES      |   |   |   |   |   |   |   |       |
| PROGRESS PHOTO     |   |   |   |   |   |   |   |       |

### WEEK 2

| HABIT              | M | T | W | T | F | S | S | NOTES |
|--------------------|---|---|---|---|---|---|---|-------|
| FOLLOW A DIET      |   |   |   |   |   |   |   |       |
| 2-45 MIN. WORKOUTS |   |   |   |   |   |   |   |       |
| DRINK 1 GAL. WATER |   |   |   |   |   |   |   |       |
| READ 10 PAGES      |   |   |   |   |   |   |   |       |
| PROGRESS PHOTO     |   |   |   |   |   |   |   |       |

### WEEK 3

| HABIT              | M | T | W | T | F | S | S | NOTES |
|--------------------|---|---|---|---|---|---|---|-------|
| FOLLOW A DIET      |   |   |   |   |   |   |   |       |
| 2-45 MIN. WORKOUTS |   |   |   |   |   |   |   |       |
| DRINK 1 GAL. WATER |   |   |   |   |   |   |   |       |
| READ 10 PAGES      |   |   |   |   |   |   |   |       |
| PROGRESS PHOTO     |   |   |   |   |   |   |   |       |

### WEEK 4

| HABIT              | M | T | W | T | F | S | S | NOTES |
|--------------------|---|---|---|---|---|---|---|-------|
| FOLLOW A DIET      |   |   |   |   |   |   |   |       |
| 2-45 MIN. WORKOUTS |   |   |   |   |   |   |   |       |
| DRINK 1 GAL. WATER |   |   |   |   |   |   |   |       |
| READ 10 PAGES      |   |   |   |   |   |   |   |       |
| PROGRESS PHOTO     |   |   |   |   |   |   |   |       |

## 75 HARD CHALLENGE

START DATE: \_\_\_\_\_ FINISH DATE: \_\_\_\_\_

|    |    |    |    |    |
|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 |
| 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 |
| 46 | 47 | 48 | 49 | 50 |
| 51 | 52 | 53 | 54 | 55 |
| 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 |

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DOWNLOAD

