

Your complete 75hardchallenge kit

75hardchallenge

Achievement	M	T	W	T	F	S	S
Week 1-7							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 8-14							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 15-21							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 22-28							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 29-35							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Half way

Achievement	M	T	W	T	F	S	S
Week 36-42							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 43-49							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 50-56							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

75hardchallenge

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	66	67	68	69	70

Achievement	M	T	W	T	F	S	S
Week 57-63							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F	S	S
Week 64-70							
Follow a diet	☐	☐	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐	☐	☐

Achievement	M	T	W	T	F
Week 71-75					
Follow a diet	☐	☐	☐	☐	☐
1 gallon of water	☐	☐	☐	☐	☐
x2 45 minute workouts	☐	☐	☐	☐	☐
No alcohol or cheat meals	☐	☐	☐	☐	☐
10 pages non-fiction reading	☐	☐	☐	☐	☐
Take a progress picture	☐	☐	☐	☐	☐

Congratulations!