

75 HARD CHALLENGE

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

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"Commit, Conquer, Transform: Use Our
75 Hard Challenge Template to
Succeed!"

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