

75 MEDIUM CHALLENGE

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START DATE:

END 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	66	67	68	69	70	71	72
73	74	75					

75 MEDIUM CHALLENGE



DAILY HABIT		1	2	3	4	5	6	7
WEEK 1	FOLLOW A GOOD DIET	<input type="checkbox"/>						
	45-MINUTE WORKOUTS PER DAY	<input type="checkbox"/>						
	NO ALCOHOL OR CHEATING	<input type="checkbox"/>						
	DRINK 1 GALLON OF WATER	<input type="checkbox"/>						
	5 PAGES OF READING	<input type="checkbox"/>						
	TAKE A PROGRESS PICTURE	<input type="checkbox"/>						
DAILY HABIT		1	2	3	4	5	6	7
WEEK 2	FOLLOW A GOOD DIET	<input type="checkbox"/>						
	45-MINUTE WORKOUTS PER DAY	<input type="checkbox"/>						
	NO ALCOHOL OR CHEATING	<input type="checkbox"/>						
	DRINK 1 GALLON OF WATER	<input type="checkbox"/>						
	5 PAGES OF READING	<input type="checkbox"/>						
	TAKE A PROGRESS PICTURE	<input type="checkbox"/>						
DAILY HABIT		1	2	3	4	5	6	7
WEEK 3	FOLLOW A GOOD DIET	<input type="checkbox"/>						
	45-MINUTE WORKOUTS PER DAY	<input type="checkbox"/>						
	NO ALCOHOL OR CHEATING	<input type="checkbox"/>						
	DRINK 1 GALLON OF WATER	<input type="checkbox"/>						
	5 PAGES OF READING	<input type="checkbox"/>						
	TAKE A PROGRESS PICTURE	<input type="checkbox"/>						

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