

75Hard

Daily Habit	1	2	3	4	5	6	7
 Progress Picture	☐	☐	☐	☐	☐	☐	☐
 Workout 01	☐	☐	☐	☐	☐	☐	☐
 10 Pages of Book	☐	☐	☐	☐	☐	☐	☐
 Workout 02	☐	☐	☐	☐	☐	☐	☐
 A gallon of water	☐	☐	☐	☐	☐	☐	☐
 Follow a diet	☐	☐	☐	☐	☐	☐	☐

week 1

Daily Habit	8	9	10	11	12	13	14
 Progress Picture	☐	☐	☐	☐	☐	☐	☐
 Workout 01	☐	☐	☐	☐	☐	☐	☐