

THE 75 HARD CHALLENGE

"SUCCESS ISN'T ALWAYS ABOUT GREATNESS. IT'S ABOUT CONSISTENCY. CONSISTENT HARD WORK GAINS SUCCESS. GREATNESS WILL COME."

WEEK 1	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET —————→	☐	☐	☐	☐	☐	☐	☐
	WORKOUT 2X 45 MIN EACH —————→	☐	☐	☐	☐	☐	☐	☐
	DRINK 1 GALLON H2O —————→	☐	☐	☐	☐	☐	☐	☐
	READ 10 PAGES —————→	☐	☐	☐	☐	☐	☐	☐
	NO ALCOHOL/CHEAT MEALS —————→	☐	☐	☐	☐	☐	☐	☐
	PROGRESS PIC —————→	☐	☐	☐	☐	☐	☐	☐

WEEK 2	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET —————→	☐	☐	☐	☐	☐	☐	☐
	WORKOUT 2X 45 MIN EACH —————→	☐	☐	☐	☐	☐	☐	☐
	DRINK 1 GALLON H2O —————→	☐	☐	☐	☐	☐	☐	☐
	READ 10 PAGES —————→	☐	☐	☐	☐	☐	☐	☐
	NO ALCOHOL/CHEAT MEALS —————→	☐	☐	☐	☐	☐	☐	☐
	PROGRESS PIC —————→	☐	☐	☐	☐	☐	☐	☐

WEEK 3	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET —————→	☐	☐	☐	☐	☐	☐	☐
	WORKOUT 2X 45 MIN EACH —————→	☐	☐	☐	☐	☐	☐	☐
	DRINK 1 GALLON H2O —————→	☐	☐	☐	☐	☐	☐	☐
	READ 10 PAGES —————→	☐	☐	☐	☐	☐	☐	☐
	NO ALCOHOL/CHEAT MEALS —————→	☐	☐	☐	☐	☐	☐	☐
	PROGRESS PIC —————→	☐	☐	☐	☐	☐	☐	☐