

The 75 Hard Challenge

- 1. Pick a diet and stick to it: no cheats, no alcohol
- 2. Read 10 pages of a non-fiction book
- 3. Drink one gallon of water
- 4. Take a progress picture
- 5. Two, 45 minute workouts - one must be outside
- 6. If you miss a rule... Start over

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