

### 75 DAY HARD CHALLENGE

| DAILY GOALS           | M                        | T                        | W                        | T                        |
|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WEEK 1

| DAILY GOALS           | M                        | T                        | W                        | T                        |
|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WEEK 2

| DAILY GOALS           | M                        | T                        | W                        | T                        |
|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WEEK 3

### 75 DAY HARD CHALLENGE

| DAILY GOALS           | M                        |
|-----------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> |

WEEK 4

| DAILY GOALS           | M                        |
|-----------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> |

WEEK 5

| DAILY GOALS           | M                        |
|-----------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> |

WEEK 6

| DAILY GOALS           | M                        |
|-----------------------|--------------------------|
| FOLLOW A DIET         | <input type="checkbox"/> |
| 1 GALLON OF WATER     | <input type="checkbox"/> |
| 2 X45 MIN WORKOUTS    | <input type="checkbox"/> |
| NO ALCOHOL/CHEAT MEAL | <input type="checkbox"/> |
| PROGRESS PICTURE      | <input type="checkbox"/> |
| READ 10 PAGES         | <input type="checkbox"/> |

WEEK 7

## COMPLETED!

75 DAY HARD CHALLENGE

WEIGHT TRACKER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

DIET RULES

1.

2.

3.

4.

5.

WORKOUT GOALS

1.

2.

3.

4.

5.

75 DAY HARD CHALLENGE RULES

1. FOLLOW A DIET

2. PROGRESS PICTURE

3. DRINK 1 GALLON OF WATER

4. WORKOUT 2X 45 MIN (1 OUTSIDE)

5. NO ALCOHOL / NO CHEAT MEAL

6. READ 10 PAGES OF NON-FICTION

MESS UP? START OVER

75 DAY HARD CHALLENGE CHECK OFF

|    |    |    |           |    |    |    |    |
|----|----|----|-----------|----|----|----|----|
| 3  | 4  | 5  | 6         | 7  | 8  | 9  | 10 |
| 13 | 14 | 15 | 16        | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26        | 27 | 28 | 29 | 30 |
| 33 | 34 | 35 | 36        | 37 | 38 | 39 | 40 |
| 43 | 44 | 45 | 46        | 47 | 48 | 49 | 50 |
| 53 | 54 | 55 | 56        | 57 | 58 | 59 | 60 |
| 63 | 64 | 65 | 66        | 67 | 68 | 69 | 70 |
| 73 | 74 | 75 | COMPLETED |    |    |    |    |