



DIGITAL
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75 EASY CHALLENGE PRINTABLE

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75 Easy Challenge

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	Finished				

75 Easy Challenge

DAILY HABIT		1	2	3	4	5	6	7	
WEEK 1	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
WEEK 2	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
	DAILY HABIT		1	2	3	4	5	6	7
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
WEEK 3	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
	DAILY HABIT		1	2	3	4	5	6	7
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
WEEK 4	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
NOTES									

75 Easy Challenge

DAILY HABIT		1	2	3	4	5	6	7	
WEEK 7	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
WEEK 8	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
	DAILY HABIT		1	2	3	4	5	6	7
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
WEEK 9	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
	DAILY HABIT		1	2	3	4	5	6	7
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐	
WEEK 10	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐	
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐	
	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐	
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐	
	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐	
NOTES									

75 Easy Challenge

DAILY HABIT		1	2	3	4	5	6	7
WEEK 10	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐
	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐
WEEK 11	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐
	DAILY HABIT		1	2	3	4	5	
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐
	2 1 X 15 MIN WORKOUTS	☐	☐	☐	☐	☐	☐	☐
	3 NO ALCOHOL/CHEAT MEALS	☐	☐	☐	☐	☐	☐	☐
WEEK 12	4 QUARTER GALLON OF WATER	☐	☐	☐	☐	☐	☐	☐
	5 2 PAGES OF READING	☐	☐	☐	☐	☐	☐	☐
	6 TAKE A PROGRESS PICTURE	☐	☐	☐	☐	☐	☐	☐
	DAILY HABIT		1	2	3	4	5	
	1 FOLLOW A DIET	☐	☐	☐	☐	☐	☐	☐
CONGRATULATIONS!								
NOTES								