

75 Hard Challenge Worksheets
Printable PDFs 8.5" X11"

75 Hard Challenge

You have until bedtime to complete the day
1 workout is outdoors
Audiobooks do not count
If you fail you must start over at day 1

WEEK 1	1	2	3	4	5	6	7
Follow a diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45 Minute Workout (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No alcohol & no cheat meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Pages Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a progress picture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 2
Follow a diet
45 Minute Workout (2)
No alcohol & no cheat meals
1 gallon of water
10 Pages Reading
Take a progress picture

WEEK 3
Follow a diet
45 Minute Workout (2)
No alcohol & no cheat meals
1 gallon of water
10 Pages Reading
Take a progress picture

WEEK 4
Follow a diet
45 Minute Workout (2)
No alcohol & no cheat meals

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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