

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



45 Minute Workout (2)



No alcohol & no cheat
meals
1 gallon of water



10 Pages Reading



Take a progress picture



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

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