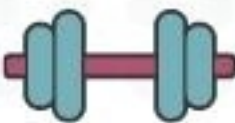


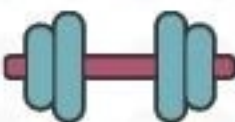
#75 HARD Challenge



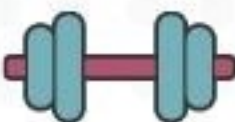
WEEK 1

DAILY HABIT		1	2	3	4	5	6	7
FOLLOW A DIET		☐	☐	☐	☐	☐	☐	☐
TWO @ 45 MINUTE WORKOUTS		☐	☐	☐	☐	☐	☐	☐
NO ALCOHOL OR CHEAT MEALS		☐	☐	☐	☐	☐	☐	☐
TAKE A PROGRESS PHOTO		☐	☐	☐	☐	☐	☐	☐
DRINK 1 GALLON OF WATER		☐	☐	☐	☐	☐	☐	☐
10 PAGES OF READING		☐	☐	☐	☐	☐	☐	☐

WEEK 2

DAILY HABIT		8	9	10	11	12	13	14
FOLLOW A DIET		☐	☐	☐	☐	☐	☐	☐
TWO @ 45 MINUTE WORKOUTS		☐	☐	☐	☐	☐	☐	☐
NO ALCOHOL OR CHEAT MEALS		☐	☐	☐	☐	☐	☐	☐
TAKE A PROGRESS PHOTO		☐	☐	☐	☐	☐	☐	☐
DRINK 1 GALLON OF WATER		☐	☐	☐	☐	☐	☐	☐
10 PAGES OF READING		☐	☐	☐	☐	☐	☐	☐

WEEK 3

DAILY HABIT		15	16	17	18	19	20	21
FOLLOW A DIET		☐	☐	☐	☐	☐	☐	☐
TWO @ 45 MINUTE WORKOUTS		☐	☐	☐	☐	☐	☐	☐
NO ALCOHOL OR CHEAT MEALS		☐	☐	☐	☐	☐	☐	☐
TAKE A PROGRESS PHOTO		☐	☐	☐	☐	☐	☐	☐
DRINK 1 GALLON OF WATER		☐	☐	☐	☐	☐	☐	☐
10 PAGES OF READING		☐	☐	☐	☐	☐	☐	☐