

#75HARD



#LiveHARD

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		

Daily Rules



Follow a diet



Take a progress picture



(2) 45 Min workouts



1 gallon of water



No alcohol or cheat meals



10 Pages of reading

READ THE FINE PRINT!

- You have until you go to sleep to complete the day
- 1 of your workouts **MUST** be outdoors
- Audio books **DO NOT** count
- Start on day 1 if you fail

@andyfrisella