

75 HARD CHALLENGE

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____ S M T W R F S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____

DATE: _____

S

M

T

W

R

F

S

DIET							
2 x 45 MINUTE WORKOUT							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PICTURES							
DRINK 1 GALLON OF WATER							
READ 10 PAGES							

NOTES _____
