75 Hard Checklist

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
Take Progess Picture							
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 2 Follow a Healthy Diet	Day 8	Day 9	Day 10 □	Day 11 □	Day 12 □	Day 13	Day 14
	Day 8	Day 9	Day 10 □	_		_	Day 14 □ □
Follow a Healthy Diet	Day 8	Day 9	Day 10				Day 14 ☐ ☐ ☐
Follow a Healthy Diet 45 Mins Workout (Outside)	Day 8	Day 9					Day 14
Follow a Healthy Diet 45 Mins Workout (Outside) 45 Mins Workout (Anywhere)	Day 8	Day 9					Day 14

Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
Take Progess Picture							
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Week 4 Follow a Healthy Diet	Day 22	Day 23 □	Day 24	Day 25 □	Day 26 □	Day 27	Day 28 □
	Day 22 □		Day 24 □	Day 25 □ □	Day 26 □	Day 27 □	
Follow a Healthy Diet	Day 22 ☐ ☐ ☐		Day 24 ☐ ☐ ☐		Day 26 □ □ □		
Follow a Healthy Diet 45 Mins Workout (Outside)			Day 24		Day 26 □ □ □ □ □		
Follow a Healthy Diet 45 Mins Workout (Outside) 45 Mins Workout (Anywhere)			Day 24		Day 26		

Week 5	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
Take Progess Picture							
Week 6	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
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Week 7	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
Take Progess Picture							
Week 8	Day 50	Day 5 4	D 50	D 50	Day 5 4	DoveEE	D T 0
	Day 30	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Follow a Healthy Diet							Day 56 □
Follow a Healthy Diet 45 Mins Workout (Outside)		_					□ □ □
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45 Mins Workout (Outside)			□ □ □ □ □ □		□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □		
45 Mins Workout (Outside) 45 Mins Workout (Anywhere)			Day 52		Day 54		

Week 9	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Follow a Healthy Diet							
45 Mins Workout (Outside)							
45 Mins Workout (Anywhere)							
Drink 1 Gallon Water							
Read 10 Pages of Book							
Take Progess Picture							
Week 10	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Follow a Healthy Diet							
45 Mins Workout (Outside)							
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45 Mins Workout (Anywhere)							
45 Mins Workout (Anywhere) Drink 1 Gallon Water							
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Week 11	Day 71	Day 72	Day 73	Day 74	Day 75
Follow a Healthy Diet					
45 Mins Workout (Outside)					
45 Mins Workout (Anywhere)					
Drink 1 Gallon Water					
Read 10 Pages of Book					
Take Progess Picture					