

#75HARD Checklist

Week #1

1 2 3 4 5 6 7

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #2

8 9 10 11 12 13 14

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #3

15 16 17 18 19 20 21

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						



#75HARD Checklist

Week #4

22 23 24 25 26 27 28

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #5

29 30 31 32 33 34 35

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #6

36 37 38 39 40 41 42

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						



#75HARD Checklist

Week #7

43 44 45 46 47 48 49

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #8

50 51 52 53 54 55 56

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #9

57 58 59 60 61 62 63

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						



#75 HARD Checklist

Week #10

64 65 66 67 68 69 70

Follow Your Diet	<input type="checkbox"/>						
45 Min Workout (Outside)	<input type="checkbox"/>						
45 Min Workout (Anywhere)	<input type="checkbox"/>						
Drink 1 Gallon Water	<input type="checkbox"/>						
Progress Pic	<input type="checkbox"/>						
10 Min of Reading	<input type="checkbox"/>						

Week #11

71 72 73 74 75

Follow Your Diet	<input type="checkbox"/>	★				
45 Min Workout (Outside)	<input type="checkbox"/>	★				
45 Min Workout (Anywhere)	<input type="checkbox"/>	★				
Drink 1 Gallon Water	<input type="checkbox"/>	★				
Progress Pic	<input type="checkbox"/>	★				
10 Min of Reading	<input type="checkbox"/>	★				

Congratulations!

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