

	WEEK 7							WEEK 8							WEEK 9						
DATE																					
DAY	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
Follow a diet																					
Drink a gallon of water																					
45-min workout																					
45-min workout (outside)																					
Progress photo																					
Read 10-pages in a book																					

	WEEK 10							WEEK 11				
DATE												
DAY	64	65	66	67	68	69	70	71	72	73	74	75
Follow a diet												
Drink a gallon of water												
45-min workout												
45-min workout (outside)												
Progress photo												
Read 10-pages in a book												

75 Hard Challenge Notes
Books Read: _____ _____
Workouts Completed: _____ _____
Other: _____ _____

75 HARD CHALLENGE RESULTS			
Day 1 Measurements Weight: _____ Waist (in/cm): _____ Hips (in/cm): _____ Chest (in/cm): _____ L Arm (in/cm): _____ R Arm (in/cm): _____ L Thigh (in/cm): _____ R Thigh (in/cm): _____	Day 25 Measurements Weight: _____ Waist (in/cm): _____ Hips (in/cm): _____ Chest (in/cm): _____ L Arm (in/cm): _____ R Arm (in/cm): _____ L Thigh (in/cm): _____ R Thigh (in/cm): _____	Day 50 Measurements Weight: _____ Waist (in/cm): _____ Hips (in/cm): _____ Chest (in/cm): _____ L Arm (in/cm): _____ R Arm (in/cm): _____ L Thigh (in/cm): _____ R Thigh (in/cm): _____	Day 75 Measurements Weight: _____ Waist (in/cm): _____ Hips (in/cm): _____ Chest (in/cm): _____ L Arm (in/cm): _____ R Arm (in/cm): _____ L Thigh (in/cm): _____ R Thigh (in/cm): _____