75 HARD CHALLENGE TRACKER

PREPARING FOR THE 75 HARD CHALLENGE	
75 Hard Challenge Start Date:	Nutrition Plan:

	WEEK 1					WEEK 2						WEEK 3									
DATE																					
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Follow a diet																					
Drink a gallon of water																					
45-min workout																					
45-min workout (outside)																					
Progress photo																					
Read 10-pages in a book																					

			٧	VEEK	4			WEEK 5							WEEK 6								
DATE																							
DAY	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42		
Follow a diet																							
Drink a gallon of water																							
45-min workout																							
45-min workout (outside)																							
Progress photo																							
Read 10-pages in a book																							

			٧	VEEK	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																							

			W	EEK	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): L Thigh (in/cm): R Thigh (in/cm):	Day 25 Measurements Weight:	Day 50 Measurements Weight:	Day 75 Measurements Weight:								