75 HARD TRACKER

FOLLOW NUTRITION PLAN	SUNDAY NO ALCOHOL OR CHEAT MEALS	45-MIN OUTDOOR WORKOUT
45-MIN INDOOR WORKOUT	DRINK 1 GALLON OF WATER	READ 10 PAGES
	TAKE PROGRESS PICTURE	BE ZY
MONDAY	TUESDAY	WEDNESDAY
FOLLOW NUTRITION PLAN	FOLLOW NUTRITION PLAN	FOLLOW NUTRITION PLAN
NO ALCOHOL OR CHEAT MEALS	NO ALCOHOL OR CHEAT MEALS	NO ALCOHOL OR CHEAT MEALS
45-MIN OUTDOOR WORKOUT	45-MIN OUTDOOR WORKOUT	45-MIN OUTDOOR WORKOUT
45-MIN INDOOR WORKOUT	45-MIN INDOOR WORKOUT	45-MIN INDOOR WORKOUT
DRINK 1 GALLON OF WATER	DRINK 1 GALLON OF WATER	DRINK 1 GALLON OF WATER
READ 10 PAGES	READ 10 PAGES	READ 10 PAGES
TAKE PROGRESS PICTURE	TAKE PROGRESS PICTURE	TAKE PROGRESS PICTURE
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THURSDAY	FRIDAY	SATURDAY
FOLLOW NUTRITION PLAN	FOLLOW NUTRITION PLAN	FOLLOW NUTRITION PLAN
NO ALCOHOL OR CHEAT MEALS	NO ALCOHOL OR CHEAT MEALS	NO ALCOHOL OR CHEAT MEALS
45-MIN OUTDOOR WORKOUT	45-MIN OUTDOOR WORKOUT	45-MIN OUTDOOR WORKOUT
45-MIN INDOOR WORKOUT	45-MIN INDOOR WORKOUT	45-MIN INDOOR WORKOUT
DRINK 1 GALLON OF WATER	DRINK 1 GALLON OF WATER	DRINK 1 GALLON OF WATER
READ 10 PAGES	READ 10 PAGES	READ 10 PAGES
TAKE PROGRESS PICTURE	TAKE PROGRESS PICTURE	TAKE PROGRESS PICTURE