

75 HARD TRACKER

SUNDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE



MONDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE

TUESDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE

WEDNESDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE

THURSDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE

FRIDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE

SATURDAY

- ☐ FOLLOW NUTRITION PLAN
- ☐ NO ALCOHOL OR CHEAT MEALS
- ☐ 45-MIN OUTDOOR WORKOUT
- ☐ 45-MIN INDOOR WORKOUT
- ☐ DRINK 1 GALLON OF WATER
- ☐ READ 10 PAGES
- ☐ TAKE PROGRESS PICTURE