75 HARD Daily Habit -- Week 1 5 4 6 Follow a Diet No Alcohol or Cheat Meals 😰 Indoor Workout - 45 mins Outdoor Workout - 45 mins Drink 1 Gallon of Water Take a Progress Picture 陼 Read 10 Pages Daily Habit -- Week 2 99/10 12 11 13 Follow a Diet No Alcohol or Cheat Meals Pon 100 Indoor Workout - 45 mins Outdoor Workout - 45 mins Drink 1 Gallon of Water Take a Progress Picture Read 10 Pages reditate 20 Daily Habit -- Week 3 16 18 17 21 20 Follow a Diet No-Aleohol or Cheat Meals 😰 Indoor Workout - 45 mins Outdoor Workout - 45 mins Drink 1 Gallon of Water Take a Progress Picture Read 10 Pages

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