■ Sayee's 75-Day Hard Challenge

■ Daily Rules • Drink 2 litres water ■

- 1 hr movement ■■■■
- Read 10 pages
- Plan each day
- No desserts ■■
- Progress photo every 5 days
- No fast food ■■
- Wake up before 7:30 AM ■
- Digital discipline ■
- Night journal △■
- Skill growth (30–45 mins) ■

Weekly Mini-Challenges Week 1 → 10k steps daily

- Week 2 → Cold shower every morning
- Week 3 → No phone for 1st hour after waking
- Week 4 → Sleep before 11:00 PM
- Week 5 → Gratitude: write 3 things daily
- Week 6 → Replace 1 meal/day with healthy option
- Week 7 → 15 min meditation daily
- Week 8 → Talk to 1 new person / network daily
- Week 9 → No added sugar at all
- Week 10 → Social detox

Trooker

75-Day Tracker											
Day	Water	Movement	Read	Plan	No Desserts	No Fast Food	Wakeup	Journal	Skill Growth	Done?	
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											
Day 8											
Day 9											
Day 10											
Day 11											
Day 12											
Day 13											
Day 14											
Day 15											
Day 16											

Day	Water	Movement	Read	Plan	No Desserts	No Fast Food	Wakeup	Journal	Skill Growth	Done?
Day 17										
Day 18										
Day 19										
Day 20										
Day 21										
Day 22										
Day 23										
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Day 50										
Day 51										
Day 52										

Day	Water	Movement	Read	Plan	No Desserts	No Fast Food	Wakeup	Journal	Skill Growth	Done?
Day 53										
Day 54										
Day 55										
Day 56										
Day 57										
Day 58										
Day 59										
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Day 75										