

■ 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 ■

■ 75-Day Tracker

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