

75 HARD

weekly planner

MONDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :
snacks / drinks :
book title / pages :

TUESDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :
snacks / drinks :
book title / pages :

WEDNESDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :

WE

snacks/drinks :
book title /pages :

THURSDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :
snacks/drinks :
book title /pages :

FRIDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :
snacks/drinks :
book title /pages :

SATURDAY

DAY:

workout (inside) :
workout (outside) :
breakfast :
lunch :
dinner :
snacks/drinks :
book title /pages :

SUNDAY

DAY:

workout (inside) :

workout (outside) :

breakfast :

lunch :

dinner :

snacks / drinks :

book title / pages :