

75 HARD
challenge

Daily Progress Tracker

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75					

Picture Progress Tracker

	___/___/___	___/___/___	___/___/___	___/___/___
front				
side				
back				

Measurement Tracker

	START	MONTH 1	MONTH 2	MONTH 3
waist				
stomach				
hips				
bust				
chest				
arm				
thigh				
calf				

Vision Board

—/—/—

Daily Tracker

__/__/__

Workout 1:

Workout 2:

Breakfast:

Lunch:

Dinner:

Snacks:

Read 10 Pages:

Notes:
