## 75 DAY HARD

DIET OF CHOICE:

WEEK 1							
INDOOR WORKOUT	$\circ$	0	$\circ$	$\bigcirc$	0	0	0
OUTDOOR WORKOUT	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
1 GALLON OF WATER	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
10 PAGES OF READING	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
PROGRESS PICTURE	$\circ$	0	$\circ$	$\bigcirc$	$\circ$	0	0
WEEK 2							
INDOOR WORKOUT	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
OUTDOOR WORKOUT	$\bigcirc$	0	$\circ$	$\bigcirc$	0	0	$\bigcirc$
1 GALLON OF WATER	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
10 PAGES OF READING	$\bigcirc$	0	$\circ$	$\circ$	0	0	$\bigcirc$
PROGRESS PICTURE	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$	$\bigcirc$	$\circ$	0
WEEK 3							
INDOOR WORKOUT	$\circ$	0	$\bigcirc$	$\circ$	$\circ$	0	0
OUTDOOR WORKOUT	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
1 GALLON OF WATER	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
10 PAGES OF READING	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
PROGRESS PICTURE	$\bigcirc$	$\bigcirc$	0	$\circ$	$\circ$	$\bigcirc$	$\circ$