## 75 DAY HARD

DIET OF CHOICE:

WEEK 1	1	2	3	4	5	6	7
INDOOR WORKOUT	0	0	0	0	0	0	0
OUTDOOR WORKOUT	0	0	0	0	0	0	0
1 GALLON OF WATER	0	0	0	0	0	0	0
10 PAGES OF READING	0	0	0	0	0	0	0
PROGRESS PICTURE	0	0	0	0	0	0	0
WEEK 2	8	9	10	11	12	13	14
INDOOR WORKOUT	0	0	0	0	0	0	0
OUTDOOR WORKOUT	0	0	0	0	0	0	0
1 GALLON OF WATER	0	0	0	0	0	0	0
10 PAGES OF READING	0	0	0	0	0	0	0
PROGRESS PICTURE	0	0	0	0	0	0	0
WEEK 3	15	16	17	18	19	20	21
INDOOR WORKOUT	0	0	0	0	0	0	0
OUTDOOR WORKOUT	0	0	0	0	0	0	0
1 GALLON OF WATER	0	0	0	0	0	0	0
10 PAGES OF READING	0	0	0	0	0	0	0
PROGRESS PICTURE	0	0	0	0	0	0	0