#75 Days Hard

WEEKLY TRACKER

Week 1

Water (16 glasses)							
Outdoor Workout (45min)							
Indoor Workout (45min)							
Read 10 Pages (NF)							
Random Act of Kindness							
5 Minute Cold Shower							
Following Diet							
No Smoke/Alcohol							
Meditate (15 Min)							
Feeling							
Progress Picture							