75 HARD

DAILY PLANNER

TODAY IS

.....

MEAL PLANNER

macros

CALORIES:
CARBS: g
FAT: g
PROTEIN: g

BREAKFAST

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calories: .....
carbs: .....
fat: .....
protein: .....

LUNCH

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calories: .....
carbs: .....
fat: .....
protein: .....

DINNER

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calories: .....
carbs: .....
fat: .....
protein: .....

SNACKS

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calories: .....
carbs: .....
fat: .....
protein: .....

SCHEDULE

4:00 AM	.....
5:00 AM	.....
6:00 AM	.....
7:00 AM	.....
8:00 AM	.....
9:00 AM	.....
10:00 AM	.....
11:00 AM	.....
12:00 PM	.....
1:00 PM	.....
2:00 PM	.....
3:00 PM	.....
4:00 PM	.....
5:00 PM	.....
6:00 PM	.....
7:00 PM	.....
8:00 PM	.....
9:00 PM	.....
10:00 PM	.....
11:00 PM	.....
12:00 AM	.....

CHECKLIST

- [ ] 1 gallon of water (128 oz.)
- [ ] 10 pages read
- [ ] 2 workouts - 1 outside
- [ ] macros hit - no alcohol
- [ ] progress picture