

25 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:

Goals & Intentions

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.