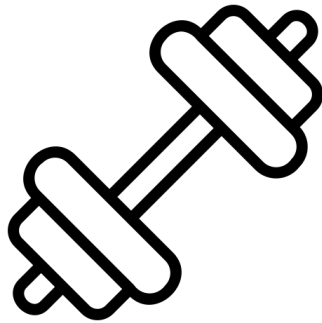


75 DAY CHALLENGE



This Book Belongs To

Concept

For 75 consecutive days, you must complete all 6 tasks daily, without exception. If you miss any, even slightly, you must start over from Day 1.

1. Follow a diet
2. Two 45-minute workouts per day
3. Drink 1 gallon (approx. 3.8 liters) of water
4. Read 10 pages of a non-fiction/self-development book
5. Take a progress photo daily
6. No cheat meals or alcohol

Tips for beginners

For 75 consecutive days, you must complete all 6 tasks daily, without exception. If you miss any, even slightly, you must start over from Day 1.

1. Plan Every Day in Advance
2. Start Simple
3. Prepare Your Environment
4. Stack Habits Together
5. Use Reminders
6. Track Your Progress
7. Expect Challenges (and Plan for Them)
8. Stay Accountable
9. Mindset is Everything
10. Don't Wait for Motivation—Build Discipline

Vision Board

Days Tracker

1													
				75									

BODY MEASUREMENTS		
	START DATE / /	END DATE / /
WEIGHT		
CHEST		
ARMS		
WAIST		
HIPS		
TIGHTS		
CALVES		

Weekly Body Measurements

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
WEIGHT						
CHEST						
ARMS						
WAIST						
HIPS						
TIGHTS						
CALVES						

	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
WEIGHT					
CHEST					
ARMS					
WAIST					
HIPS					
TIGHTS					
CALVES					