75 DAY HARD CHALLENGE

PLANNER

101 PLANNERS .com

GOLDEN RULES

- Drink 4.5L Water Everyday
- Read 10 Pages Daily
- Two Daily 45 Minute Workouts (one must be outdoors)
- Follow the following diet

Your Diet Rules:

You set the specific rules but the guidelines are to eat only healthy food with no cheat meals and drink no alcohol (not even at social events and celebrations).

MOTIVATION

Why do you want to do the 75 Day Hard Challenge?

List your reasons below and read them when you need motivation or inspiration.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

COUNTDOWN

Start Date:_____ Mark each day off when you complete it.

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

End Date:_____

Congratulations!

101Planners.com

	Follow your chosen diet	Drink 4.5l of water	Read 10 pages	Exercise twice for 45 mins		Take a progress picture
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						

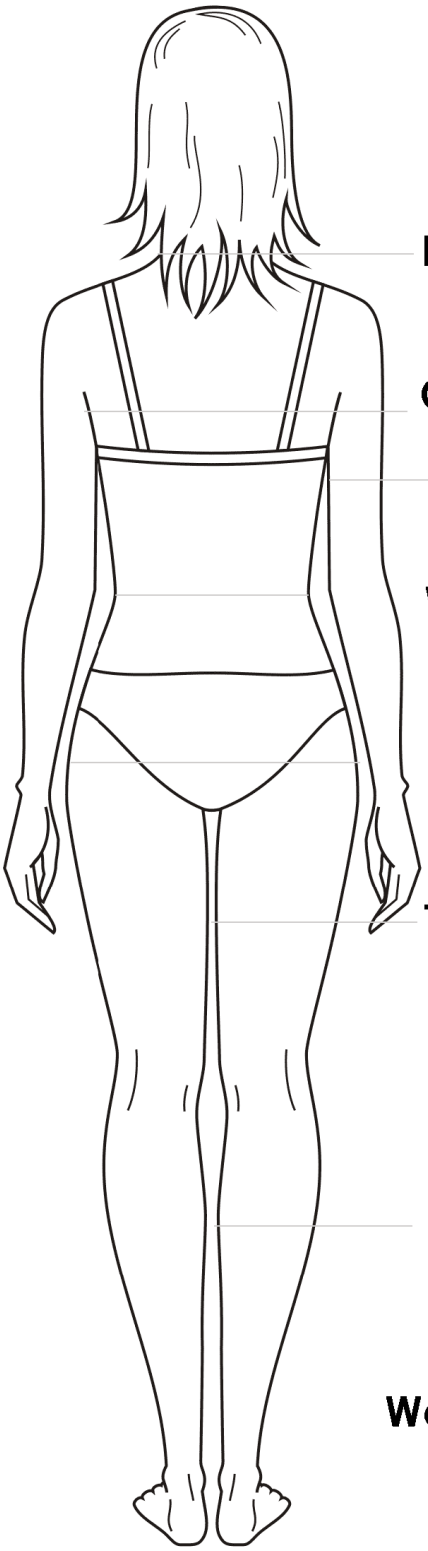
	Follow your chosen diet	Drink 4.5l of water	Read 10 pages	Exercise twice for 45 mins		Take a progress picture
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						
49						
50						

	Follow your chosen diet	Drink 4.5l of water	Read 10 pages	Exercise twice for 45 mins		Take a progress picture
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						

MEASUREMENTS

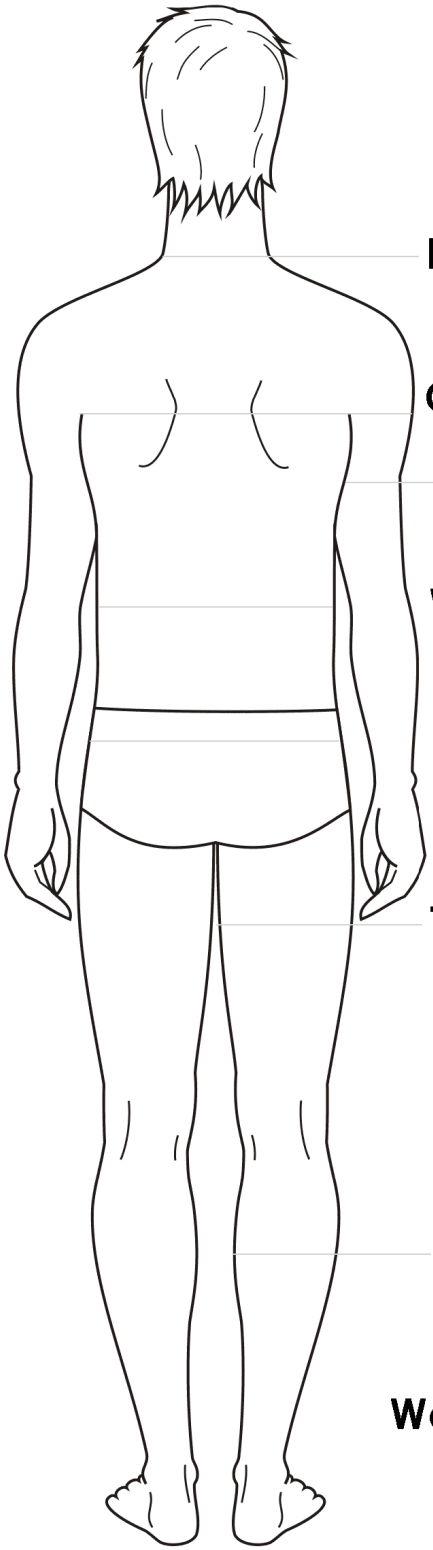
Week	Weight	Chest	Waist	Upper Arms		Thighs		Hips
				Left	Right	Left	Right	
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
End of the Program								

Body Measurement Tracker



	BEFORE	AFTER
	Date:	Date:
Neck		
Chest		
Arm	L / R	L / R
Waist		
Hips		
Thigh	L / R	L / R
Calf	L / R	L / R
Weight		

Body Measurement Tracker



	BEFORE	AFTER
	Date:	Date:
Neck		
Chest		
Arm	L / R	L / R
Waist		
Hips		
Thigh	L / R	L / R
Calf	L / R	L / R
Weight		

101Planners.com

WORKOUTS

This will help you see progress.

	DATE	WORKOUT 1	WORKOUT 2	NOTES
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				

	DATE	WORKOUT 1	WORKOUT 2	NOTES
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				

	DATE	WORKOUT 1	WORKOUT 2	NOTES
61				
62				
63				
64				
65				
66				
67				
68				
69				
70				
71				
72				
73				
74				
75				

FOOD LOG

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com