

75 Hard Challenge PDF Template

DAILY TRACKING

Day Number: _____ Date: _____ dd / mm / yyyy

Workout 1 (45 minutes) - Completed

Workout 1 Activity Type: _____

Workout 2 (45 minutes, outdoor) - Completed

Workout 2 Activity Type: _____

Drank one gallon of water

Yes No

Followed diet plan (no sugar, alcohol, or cheat meals)

Yes No

Diet adherence notes

Read 10 pages of non-fiction

Took daily progress photo

All five requirements completed today

Yes No