

#75hard Weekly Tracker

You have until you go to sleep to complete the day. One of your workouts **MUST** be outside.
 Audio books **DO NOT COUNT**. Start on day 1 if you fail.

THIS PROGRAM WAS CREATED BY ANDY FRISELLA. THIS PRINTABLE WAS CREATED BY JORDANJEAN.COM.

DAYS:

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WATER (128 OUNCES OF WATER)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45 MINUTE WORKOUT (OUTDOOR)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45 MINUTE WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
READ TEN PAGES (AUDIO BOOKS DO NOT COUNT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOLLOW A DIET	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TAKE A PROGRESS PICTURE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

end of week check-in:

WHAT ARE YOU GRATEFUL FOR?

HOW ARE YOU SLEEPING?

(SELECT AN AVERAGE AT THE END OF THE WEEK)

4 HRS/NIGHT
6 HRS/NIGHT
8 HRS/NIGHT

HOW DO YOU FEEL?

