# **75 HARD** 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 |
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| FOLLOW A DIET | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 X 45 MIN WORKOUTS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GALLON OF WATER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| READ 10 PAGEWS OF A ENTREPRENEUR BOOK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PROGRESS PIC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | 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 |
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| FOLLOW A DIET | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 X 45 MIN WORKOUTS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GALLON OF WATER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| READ 10 PAGEWS OF A ENTREPRENEUR BOOK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PROGRESS PIC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | 61 | 62 | 63 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 |
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| FOLLOW A DIET | | | | | | | | | | | | | | |
| 2 X 45 MIN WORKOUTS | | | | | | | | | | | | | | |
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MOTIVATION

NOTES

CRAZY LAURA