

75 HARD

checklist

This checklist is a comprehensive guide to help you stay on track with the 75 Hard Challenge. Use it to ensure you meet your daily goals in each of the following areas.

Diet and Nutrition

- Choose a diet and stick to it every day, with no cheat meals or alcohol.
- Ensure all your meals align with your chosen nutritional plan.

Exercise Routines

- Complete two 45-minute workouts, with one being outdoors.
- Workouts can be any type and intensity, as long as they adhere to the 45-minute requirement.

Water Intake

- Drink 1 gallon of water each day.
- Track your water intake throughout the day to ensure you meet this goal.

Reading Requirements

- Read 10 pages of non-fiction or self-help material that promotes personal growth.
- Use a bookmark or note the page number to keep track of your daily reading.

Progress Tracking

- Take a progress picture every day to visually document your journey.
- Store your photos in a consistent format and location for easy reference.