Hello lovely person! Whether you use this for 75HARD or edit it for another personal challenge, I hope this tracker helps you bloom <3 - Kyse Kyse

WEEK 1

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 2

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 3

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| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 4

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 5

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 6

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 7

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 8

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 9

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 10

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |

WEEK 11

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TASK | M | T | W | TH | F | S | S | NOTES |
| BREAKFAST |  |  |  |  |  |  |  |  |
| WORKOUT 1 |  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |  |
| READ 10 PAGES |  |  |  |  |  |  |  |  |
| WORKOUT 2 |  |  |  |  |  |  |  |  |
| PROGRESS PIC |  |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |  |
| GALLON WATER |  |  |  |  |  |  |  |  |