75 Hard tracker

Start date: Attempt: My diet:

Day	Date	Diet	Workout 1 45 min	Workout 2 outdoors	Water 1 gallon	Read 10 pages	Photo
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Day	Date	Diet	Workout 1 45 min	Workout 2 outdoors	Water 1 gallon	Read 10 pages	Photo
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Tick each box when it is done. Fit75 is not affiliated with 75 Hard.