

# #75 HARD

# Checklist

- Follow Your Diet (No Cheating!)
- 45 Min Workout (Outside)
- 45 Min Workout (Anywhere)
- Drink 1 Gallon Water
- Progress Pic
- 10 Min of Reading

X  
X  
X  
X  
X  
X

X  
X  
X  
X  
X  
X

X X X X X X