

# 75 HARD

start date:  
end date:



- 1 follow a diet:
- 2 work out twice a day for 45 min (at least one outside)
- 3 drink 4 liters of water a day
- 4 read 10 pages of nonfiction a day
- 5 take a 5 minute cold shower every day
- 6 take progress pics every day

## GOALS:

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