75 Hard Template

75 HARD TEMPLATE

Patient information

Referring physician name: _____

Additional notes

The following tasks must be followed each day for 75 consecutive days, failure to complete a task means you must start over on day one.

Tasks: Eat a healthy diet that does not include cheat meals or alcohol. Drink a gallon of water each day. Complete two 45 minute workouts of your choice a day, one must be done outside. Read 10 pages of a non-fiction book daily. Take a progress photo every day.

GOALS - SPECIFY BELOW

Goals - Specify below

Date: _____ dd / mm / yyyy

Weight: _____

Body fat percentage: _____

Body measurements: _____

Photo: _____

DIET

Diet

Daily macro goal: _____

Daily calorie goal: _____