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75 Hard Challenge Pdf

Stick to this Plan for 75 Days

Schedule

Time	Events
6:00 AM	<ul style="list-style-type: none">• Wake up early In the morning (Example Time-6:00 AM)• Drink Lukewarm Water (400ml)
6:30 AM	<ul style="list-style-type: none">• Start Exercise (Choose A Workout Plan for 45-60min)
7:45 AM	<ul style="list-style-type: none">• After Exercise• Drink Normal Water With Honey + Lemon Juice +• Take Bath• Take BreakFast (Avoid Fastfood, Soda, Alchohol, and Beverages)
09:00 AM	<ul style="list-style-type: none">• Ready to get to work (or) college• OR make a Schedule of your own
10:00 AM	<ul style="list-style-type: none">• Focus on work (or) Study
01:00 PM	<ul style="list-style-type: none">• Lunch Break• Take a Healthy Meal• Go for a walk at least 10 minutes after lunch
02:00 PM	<ul style="list-style-type: none">• Get back to focus on work (or) Study• OR make a Schedule of your own
07:00 PM	<ul style="list-style-type: none">• Start Exercise (Choose A Second Workout Plan for 45-60min)
08:00 PM	<ul style="list-style-type: none">• After exercise take healthy Drink• Take Bath
09:00 PM	<ul style="list-style-type: none">• Take Dinner With a light Meal• Go for a walk for at least 10 minutes
09:45 PM	<ul style="list-style-type: none">• make a Schedule of your own
11:00 PM	<ul style="list-style-type: none">• Go to Bed

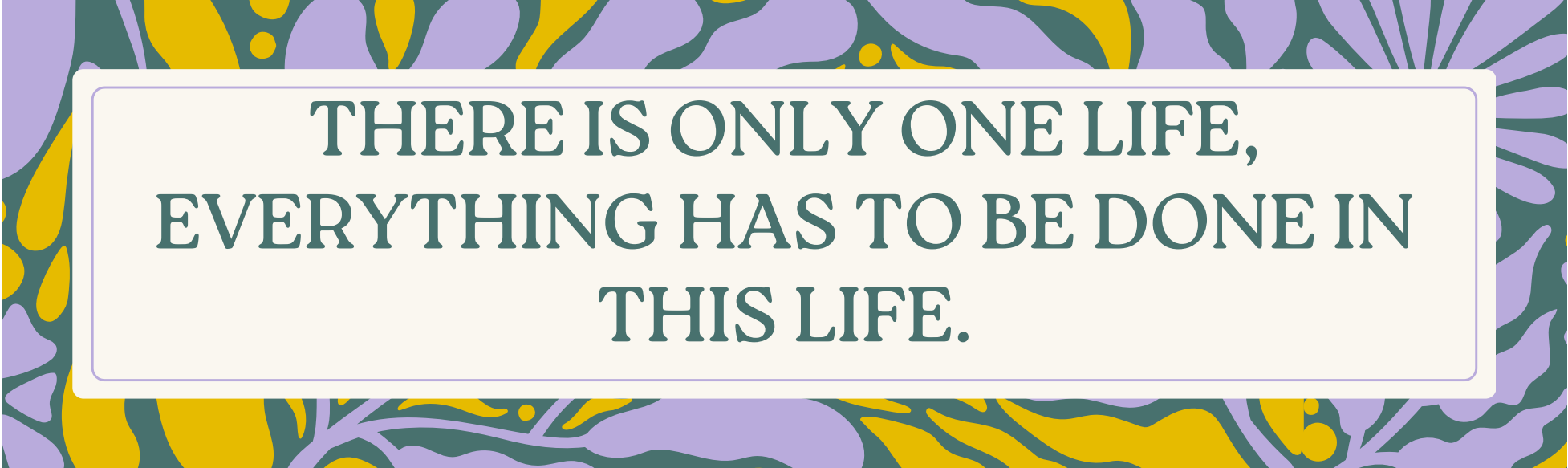
Table to Check Mark

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<input type="checkbox"/> Day-6	<input type="checkbox"/> Day-7	<input type="checkbox"/> Day-8	<input type="checkbox"/> Day-9	<input type="checkbox"/> Day-10
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<input type="checkbox"/> Day-71	<input type="checkbox"/> Day-72	<input type="checkbox"/> Day-73	<input type="checkbox"/> Day-74	<input type="checkbox"/> Day-75

Notes

- Stick to this plan for 75 Days.
- Measure your calorie intake. And how many calories are needed for you?
- Go on Calorie Deficit. Decrease the calories by 500-600 calories from the number of calories you have measured
- Reach out to me for any help at support@guideforhealthylife.com
- Take a Selfie every day for your improvement analysis.
- Stay motivated. If you are getting demotivated then get motivation from anywhere. But you have to be motivated.
- Write down everything you're doing.

Daily Motivation



**THERE IS ONLY ONE LIFE,
EVERYTHING HAS TO BE DONE IN
THIS LIFE.**