

75 DAY CHALLENGE IS A TRANSFORMATIVE MENTAL TOUGHNESS PROGRAM

- **75 Hard Day Challenge** is the only program that can permanently change your life - from your way of thinking to the level of discipline you approach every single task in front of you with

Warning

✓ This is about mental toughness.

- **Rules :**

1- Work out twice a day for at least 45 minutes. One of these workouts must be an outdoor session

2- Drink 4 liters of water per day.

3- Pick a diet or eating plan and stick to that plan. You don't necessarily have to count calories but be intelligent — no chocolates, no cake, no soft drinks, and NO ALCOHOL (this is the one I'll struggle with the most).

4- Read a minimum of 10 pages every day of growth mindset material or self-help book. No fifty shades of grey content! stick to real life material to work on your mindset.

5- Take one progress photo each day — Even though this is more of a mental challenge, the by-product will be a physical change at the end of the 75 days.

- Each Day has five dedicated pages :

1- Daily schedule (Top Priorities, To do List, water intake, mood tracker)

2- Daily reading (Book title, favorite things about the book, notes)

3- Diet strategy (breakfast, snacks, lunch, dinner, nutrition advice)

4- Workout plan (Goal, indoor workout, outdoor workout)

5- Memories board (Blank page)