

BEAST MODE MENTALITY

75 HARD

terrancexin.com


VERSION 4

"

***Control Your
Mind, Control
Your Life.***

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75 HARD TRACKER

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Day 71	Day 72	Day 73	Day 74	Day 75		

DAY 1

DATE _____

_____ Woke up

_____ Went to Sleep

_____ Hours slept

_____ Weight

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

Journal writing area with horizontal lines.

DAY 6

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

Journal writing area with 12 horizontal lines.

DAY 20

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 23

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

25 Day Reflection

Date: _____

Highlights

What I learned

How Can I Improve

Final Thoughts

DAY 30

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 32

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

Journal writing area with horizontal lines.

DAY 36

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 37

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

Journal writing area with 11 horizontal lines.

DAY 39

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 41

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 49

DATE _____

Woke up

Went to Sleep

Hours slept

Weight

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

DAY 50

DATE _____

Woke up _____

Went to Sleep _____

Hours slept _____

Weight _____

Selfie

Follow diet plan

Meditate

Read 10pg

45 min workout

Drink 1 gallon

Outdoor workout

Journal

[Large lined area for journaling]

50 Day Reflection

Date: _____

Highlights

What I learned

How Can I Improve

Final Thoughts

75 Day Reflection

Date: _____

Highlights

What I learned

How Can I Improve

Final Thoughts

Day 76

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