BEAST MODE MENTALITY

75 HARD

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VERSION 4

Control Your Mind, Control Your Life.

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	\$ Å Å A	

Self-Evaluation Example

Self-evaluation section is for you to reflect on where you are now. Make sure to give yourself a score on where you are at in this moment. Not where you want to be. Be as brutally honest as you can.

Am I eating clean? Am I exercising? If I'm not working out, overweight, or eating unhealthy, then I would give myself a score of 1/10.

Am I happy in my current company or job? Do I want to make more money? Do I have a job? I would give a score of 5 if my current job is not aligned with my passion.

This covers all relationships with friends, family, coworkers, etc. Am I calling them enough? My goal is to improve all of these scores.

Am I traveling? Am I trying something new for the first time? Exploring new cultures and travel are important to me and my personal growth.

Relationships	3/10	Health	5/10
Call Family More		Run for 45 minutes outsid	de
Meet Friends		Eat healthy	
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Self-Evaluation Part 1: Before

Date: _____

Health	Business/Career	
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Relationships	Adventure/Fun	

Self-Evaluation Part 2: Before

Date: _____

Spirit/Soul		Finance	
-	_		
Romance		Giving Back	

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Drink 1 gallon	Outdoo	or workout		
Journal				

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25 Day Reflection

Date: _____

Highlights	What I learned
How Can I Improve	Final Thoughts

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50 Day Reflection

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How Can 1 Improve	Final Thoughts
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Relationships	Adventure/Fun	

Self-Evaluation Part 2: After

Date: _____

Spirit/Soul		Finance	
-	_		
Romance		Giving Back	

Day 76 <u>terrancexin.com</u>