

#LizFitGrit

75-Day Challenge



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

DAILY RULES:

- | | |
|--|--|
| <input type="checkbox"/> Follow a HEALTHY food plan | <input type="checkbox"/> Meditate for 5 minutes |
| <input type="checkbox"/> NO alcohol | <input type="checkbox"/> Read 10 pages of a book |
| <input type="checkbox"/> Complete (2) 30-min. workouts
(one workout must be outdoors) | <input type="checkbox"/> Drink 0.5oz of water per pound
of bodyweight |

- You have until you go to sleep to complete your goals
 - Audiobooks do NOT count
 - These are MINIMUM requirements
- If you fail at any point, you MUST restart at DAY 1
 - *Optional: take a daily progress picture*

ZERO COMPROMISE. ZERO SUBSTITUTIONS.

FAQs

When does the challenge start?

Whenever you decide. There is no set start or end date for this challenge; it is entirely individual. But don't jump right into it without a plan! Once you start, you are in it for 75 consecutive days. It could last longer if you need to restart at any point. However, the goal is to continue these habits, or some variation of them, even after you finish.

What counts as a workout?

Do you consider it a workout? Then it counts. You shouldn't be doing 2 high-intensity workouts every day, so mix it up-- power walking, running, strength training, kickboxing, yoga, bike riding, hiking, you name it!

Can I do (1) 60-minute workout?

No. You must do two separate 30-minute+ workouts.

Do I have to do an outdoor workout in inclement weather?

Yes.

What does a healthy food plan mean?

Nutritious meals, no junk food, and no overeating. But don't starve yourself either! It may be helpful to keep a food log/journal. If you would like extra guidance in this category, reach out to TMack -- tmackisagenix@gmail.com!