## 75 Hard Template

Patient's Name: Brooke Shillingford
Date of Birth: August 2, 1995
Gender: Female
Referring Physician's Name: Joey Hoyles

## Additional Notes:

Diet: On a calorie deficit.
Workout: At least 3 out of 7 workouts must be fun or low-impact.

## 75 Hard Challenge

## Rules:

Consistently do the five daily tasks and follow the one over-arching rule for the entire 75 days. If you skip a day or miss a task, you must start over on day one.

## Tasks:

Task 1: Pick a diet to follow without alcohol and cheat meals. Choosing a diet to help you reach your goals is ideal so that you may stick to it.

Task 2: Drink a gallon of water every day.
Task 3: Complete two daily 45-minute workouts of your choice. One of them must be done outside.
Task 4: Read ten pages of a non-fiction book daily. Ideally, the book is a self-development book for personal growth.

Task 5: Take a progress photo every day to remember the daily progress of your journey.

| Day | Date | Stuck to the Diet | Drank 1 Gallon of Water | Did 2 45minute Workouts | Read 10 <br> Pages <br> Per Day | Take a progress Photo |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | November 24, 2023 | 485 calories and 65 grams of protein | $\square$ | Jogging and HIIT | Atomic <br> Habits | $\square^{150 \mathrm{lbs}}$ |
| 2 | November 25, 2023 | $\nabla^{1494 \text { calories and } 67}$ | $\square$ | Running and Strength | Atomic Habits | $\square^{148 \mathrm{lbs}}$ |
| 3 | November 26, 2023 | 1516 calories and 67 grams protein | $\square$ | Swimming and Strength | Atomic Habits | 149 lbs |
| 4 | November 27, 2023 | 549 calories and 79 grams of protein | $\square$ | Walking and Pilates | Atomic Habits | $\square^{148 \mathrm{lbs}}$ |
| 5 | November 28, 2023 | 487 calories and 69 grams of protein | $\square$ | Hiking and Cardio | Atomic Habits | $\square^{148 \mathrm{lbs}}$ |
| 6 | November 29, 2023 | 483 calories and 77 <br> grams of protein | $\square$ | Swimming and Strength | Atomic Habits | 148 lbs |
| 7 | November 30, 2023 | 523 calories and 64 grams of protein | $\square$ | $\nabla^{\begin{array}{c} \text { Outdoor Yoga and } \\ \text { Dancing Classes } \end{array}}$ | Atomic Habits | $\nabla^{149 \mathrm{lbs}}$ |
| 8 | December 1, 2023 | 551 calories and 81 grams of protein | $\square$ | Jogging and Zumba | Atomic <br> Habits | $\square^{148 \mathrm{lbs}}$ |


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