

**THE TUF CLUB**



**Supplement Superstores™**  
Vitamins Fitness Wellness

# **GO HARD**

**ACCEPT THE  
CHALLENGE**

**COMPLETE  
WORKOUTS**

**TRACK YOUR  
PROGRESS**

**WIN  
PRIZES!**



## **CREATE A DAILY SCHEDULE**

Plan specific times for your workouts, reading, and water intake.



## **MEAL PLAN**

For help reach out for TUF Meal Plans. Prepare a nutrition plan that aligns with the challenge's dietary rules.



## **JOIN THE TUF COMMUNITY ON FACEBOOK**

Connect and prepare for the challenge ahead.



## **LISTEN TO YOUR BODY**

Pay attention to signs of fatigue or strain and adjust your workouts accordingly.



## **PRIORITIZE SLEEP**

Aim for 7-8 hours of quality sleep each night for recovery and energy.



## **PRACTICE MINDFULNESS**

Incorporate stress-reduction techniques like stretching, deep breathing, and meditation.



## **MONITOR PROGRESS**

Use your 75 TUF Tracker to share your progress.



## **SEEK SUPPORT FROM THE 75 TUF COMMUNITY**

Engage with like minded TUF Champs for support and encouragement.

















## **CELEBRATE MILESTONES WITH US ON INSTAGRAM**








Tag **@theTUFClub** and **@S2Faction** and celebrate your progress and small victories along the way.





DAILY HABIT – WEEK 9		1	2	3	4	5	6	7
 Follow a Diet		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 No Alcohol or Cheat Meals		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Indoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Outdoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Drink 1 Gallon of Water		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Take a Progress Picture		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Read 10 Pages		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY HABIT – WEEK 10		1	2	3	4	5	6	7
 Follow a Diet		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 No Alcohol or Cheat Meals		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Indoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Outdoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Drink 1 Gallon of Water		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Take a Progress Picture		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Read 10 Pages		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY HABIT – WEEK 11		1	2	3	4	5
 Follow a Diet		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 No Alcohol or Cheat Meals		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Indoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Outdoor Workout - 45 Mins		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Drink 1 Gallon of Water		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Take a Progress Picture		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Read 10 Pages		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>