

Word Formation

Read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the space in the same line.

WHAT IS THE 75 HARD CHALLENGE?

The 75 Hard Challenge is part exercise, part **(1)** _____, and part mental progress/self-help.

NUTRITIOUS

It works by **(2)** _____ you commit 75 days (2½ months) to a military-style checklist of daily nutrition, exercise, and reading tasks.

DICTATION

Created in 2019 by entrepreneur and **(3)** _____ Andy Frisella, the 75 Hard Challenge (or #75Hard as you might see on social media) was inspired by Ironman competitions. (An Ironman is a triathlon **(4)** _____ covering more than 140 miles of long-distance swimming, **(5)** _____, and running all in 1 day.)

PODCAST

**COMPETE
BIKE**

Frisella **(6)** _____ James Lawrence, the “Iron Cowboy,” who completed 50 Ironman races in 50 days over 50 states. Lawrence believed putting yourself in **(7)** _____ or hard situations would build mental toughness. Frisella built on this idea, and 75 Hard was born.

INTERVIEW

COMFORT

Today, there are hashtags #75Hard, books, T-shirts, and more. And it seems it has taken over around the **(8)** _____.

WORLDY

Excerpt taken and adapted from the WebMD website.