

## 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.

**DICTION**

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**

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.

**COMPETE**

**BIKE**

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

**INTERVIEW**

**COMFORT**

**WORLDY**

Excerpt taken and adapted from the WebMD website.