75 DAYS

75 Soft *challenge*

my rules

START DATE

END DATE (START + 74 DAYS)

THE FOUR 75 SOFT RULES

- [ ] 45-minute workout (one rest day a week)
- [ ] Drink 3 liters of water
- [ ] Read 10 pages
- [ ] Eat well, limit alcohol to social occasions

TWO RULES OF MY OWN (OPTIONAL)

- [ ]
- [ ]

WHY I'M DOING THIS

MY REWARD ON DAY 75

A habit tracker, not medical advice. Talk to a doctor before starting a new exercise plan.

ONE ROW A DAY

Days *1–38*

✓ each rule you kept

DAY	DATE	WORKOUT	WATER	READ	EAT WELL	OWN 1	OWN 2
1							
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3							
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ONE ROW A DAY

Days *39–75*

✓ each rule you kept

DAY	DATE	WORKOUT	WATER	READ	EAT WELL	OWN 1	OWN 2
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