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75 Hard Challenge Tracker and Rules Checklist

Page 1: the 6 daily rules as a checklist and a 75-day tracker grid.

The 6 daily rules (as commonly shared)

- ☐ **1.** Workout 1: at least 45 minutes, any type.
- ☐ **2.** Workout 2: at least 45 minutes outdoors, at least 3 hours after the first.
- ☐ **3.** Diet of your choice: no cheat meals and no alcohol.
- ☐ **4.** Water: 1 gallon (about 128 ounces), spread through the day.
- ☐ **5.** Read 10 pages of a nonfiction or self-improvement book.
- ☐ **6.** Take a progress photo: same spot, same light, private is fine.

Miss any task on any day and the original rules restart you at day 1. Decide your own rule first if you modify it.

75-day tracker

Mini boxes: 1 Workout 1 2 Workout 2 3 Diet 4 Water 5 Reading 6 Photo

1 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**2** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**3** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**4** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**5** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**6** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**7** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**8** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**9** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**10** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**11** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**12** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**13** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**14** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**15** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6
16 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**17** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**18** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**19** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**20** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**21** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**22** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**23** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**24** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**25** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**26** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**27** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**28** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**29** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**30** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6
31 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**32** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**33** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**34** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**35** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**36** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**37** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**38** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**39** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**40** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**41** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**42** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**43** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**44** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**45** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6
46 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**47** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**48** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**49** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**50** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**51** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**52** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**53** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**54** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**55** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**56** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**57** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**58** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**59** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**60** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6
61 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**62** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**63** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**64** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**65** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**66** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**67** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**68** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**69** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**70** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**71** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**72** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**73** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**74** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6	**75** ☐1 ☐2 ☐3 ☐4 ☐5 ☐6

Check off a day only once all 6 boxes are done. Phases: days 1 to 25 build the routine, days 26 to 50 add a little, days 51 to 75 hold steady with no new personal records.

Start date _____ **Restarts** _____

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Weekly Planner, Meals, and Your Why

Page 2: a two-workout weekly planner, meal ideas, and a why I started note.

Weekly two-workout planner (each workout 45 minutes)

Day	Workout A	Workout B outdoors	Water and reading
Monday	*Idea: Lower-body strength* ☐ _____	*Idea: Brisk walk* ☐ _____	☐ Gallon ☐ 10 pages
Tuesday	*Idea: Upper-body strength* ☐ _____	*Idea: Walk or easy jog* ☐ _____	☐ Gallon ☐ 10 pages
Wednesday (easy)	*Idea: Mobility and stretching* ☐ _____	*Idea: Easy walk* ☐ _____	☐ Gallon ☐ 10 pages
Thursday	*Idea: Full-body strength* ☐ _____	*Idea: Walk with 6 to 8 pickups* ☐ _____	☐ Gallon ☐ 10 pages
Friday	*Idea: Indoor cardio* ☐ _____	*Idea: Brisk walk* ☐ _____	☐ Gallon ☐ 10 pages
Saturday	*Idea: Full-body strength* ☐ _____	*Idea: Longer walk or hike* ☐ _____	☐ Gallon ☐ 10 pages
Sunday (easy)	*Idea: Gentle yoga or mobility* ☐ _____	*Idea: Easy walk* ☐ _____	☐ Gallon ☐ 10 pages

Easy days are a modified option: the original rules have no rest days. Both workouts still last 45 minutes.

Meal ideas (no cheat meals, no alcohol)

Breakfast Oats with fruit and yogurt, eggs and toast, a smoothie. Make overnight oats in 4 jars at once.

Lunch Grain bowls with roasted vegetables and a protein. Roast 2 sheet pans on Sunday.

Dinner Sheet-pan chicken or tofu, chili, stir-fry with rice. Cook a double batch, freeze half.

Snacks Fruit, nuts, hummus and vegetables, cheese and crackers.

Social Check the menu first. Party drink: sparkling water with citrus.

My 10-minute backup dinner: _____

Why I started

Write it for the version of you on day 40. Energy, sleep, strength, and mood count as progress too.

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