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75 Soft Challenge Tracker and Rules Sheet

Page 1: the 4 daily rules and a 75-day tracker. Check a box for each habit you finish.

The 4 rules (the version most people follow)

- **F** Food: eat well, and only drink alcohol on social occasions.
- **W** Workout: 45 minutes every day, with one day a week as active recovery.
- **H** Hydrate: drink about 3 liters of water a day (needs vary; ask your doctor if unsure).
- **R** Read: 10 pages of any book (or a faith or reflection practice).

Start date: _____ *Finish date:* _____ *Missed a day? No restart. Mark it with a dot and keep going.*

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

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Weekly Plan, Meal Ideas, and Reflection

Page 2: a 45-minute workout template, easy meal ideas, and a weekly check-in.

Weekly workout template (45 minutes a day)

☐	**Mon**	Full-body strength: squats, push-ups, rows, glute bridges	Moderate
☐	**Tue**	Brisk walk, easy jog, or bike	Easy to moderate
☐	**Wed**	Lower body and core strength	Moderate
☐	**Thu**	Yoga, Pilates, or mobility flow	Easy
☐	**Fri**	Upper body strength plus a short walk	Moderate
☐	**Sat**	Fun cardio: a hike, dance class, swim, or run intervals	Moderate to hard
☐	**Sun**	Active recovery: easy walk and 10 minutes of stretching	Easy

Days 1 to 25, foundation: easy effort, strength is 2 sets of 8 to 12 reps.
Days 26 to 50, build: 3 sets, add reps or a little weight when the last 2 reps feel easy.
Days 51 to 75, own it: keep 3 strength days, make one walk longer, plan what comes next.
Warm up for about 5 minutes first. Stop on sharp pain, dizziness, chest pain, or numbness.

Meal ideas (no calorie targets)

Breakfast

- ☐ Greek yogurt, berries, and granola
- ☐ Oatmeal with peanut butter and banana
- ☐ Eggs, toast, and sliced tomatoes

Lunch

- ☐ Chicken or chickpea grain bowl
- ☐ Turkey and veggie wrap with fruit
- ☐ Leftover soup and a side salad

Dinner

- ☐ Sheet-pan salmon or tofu, potatoes, broccoli
- ☐ Turkey or bean chili with rice
- ☐ Stir-fry with frozen veggies and eggs

Snack

- ☐ Apple and cheese
- ☐ Hummus with carrots and crackers
- ☐ Trail mix or a smoothie

Weekly reflection

Week number: ____ Habits done this week: Food ___/7 Workout ___/7 Water ___/7 Reading ___/7

The habit that felt easiest:

The habit that slipped, and one small fix:

How my energy and sleep felt:

One thing I am proud of:

Missed a day? Keep going, add a day at the end, or restart only if you chose that rule.
Pregnant, injured, or managing a heart, kidney, or other condition? Check with your doctor first.