

75 Hard Challenge

75-day overview tracker

Mark a day only after every daily task is complete.

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

START DATE

TARGET FINISH DATE

Use page 2 as your reusable daily checklist.

The official program says one missed task restarts the count at day 1.

Source: help.andyfrisella.com/en-US/75-hard-154492

Daily checklist

DAY _____ OF 75

DATE _____

COMPLETE EVERY BOX BEFORE YOU MARK THE DAY

- ☐ I followed the diet I chose.
- ☐ I drank no alcohol and ate no off-plan meals.
- ☐ I completed workout one for 45 minutes.
- ☐ I completed workout two for 45 minutes.
- ☐ At least one workout took place outdoors.
- ☐ I drank one gallon of plain water.
- ☐ I read 10 pages of nonfiction.
- ☐ I took one progress photo.

TODAY'S NOTES

ONE BOX EMPTY?

The official 75 Hard program says restart at day 1.

This printable summarizes the program rules; it is not medical advice.
Choose safety and qualified care over a challenge rule.