Day 1 plan

75 Soft Challenge · eat well · move 45 min · 3 L water · read 10 pages, every day for 75 days

Start date _____ **Day 75 lands on** _____

Why I'm doing this

One sentence you'll read on day 30 when it gets boring.

"Eating well" means, for me:

Pick 2 or 3 concrete rules you can actually keep (e.g. veg at every dinner, no takeout on weekdays).

My 45 minutes

Write when and what. One day a week is active recovery (easy walk, stretching, gentle yoga).

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

3 liters of water

About 101 oz. Mark your bottle size and how many refills that takes.

Bottle size: _____ Refills per day: _____ First one by: _____

My first book

Any genre counts. 10 pages a day is roughly 4 to 6 books over 75 days.

If I miss a day, I will:

There's no reset in 75 Soft. Decide now what "pick it back up" looks like.

Free from 75softchallenge.com · Not medical advice. Check with a doctor before starting a new exercise or diet routine.

75-day checklist

Tick a box for each rule you hit. E = eat well · M = move 45 min · W = 3 L water · R = read 10 pages

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

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Weekly check-in

Week ____ of 11 · A sample page from the full 75 Soft Tracker Bundle

Days I hit all four: ___ / 7 Workouts: ___ / 7 Water days: ___ / 7 Pages read: ____

Energy this week (1 to 5) ○ ○ ○ ○ ○

Sleep this week (1 to 5) ○ ○ ○ ○ ○

What worked

What got in the way

One thing I'll change next week

Active-recovery day was