

My 75 day challenge

Pick a version, write your rules once, sign it. Then tick one box per rule per day on pages 2 and 3.

My version

☐ 75 Hard☐ 75 Medium☐ 75 Soft☐ Glow Up 75☐ My own

Day 1 date:

Day 75 date:

Why I'm doing this:

My daily rules

1.

2.

3.

4.

5.

6.

Signed:

The four versions at a glance

Version	Daily rules	Miss a day?
75 Hard	Two 45-min workouts (one outdoors) · strict diet, no alcohol or cheat meals · 1 gallon water · 10 pages non-fiction · progress photo	Restart at day 1
75 Medium	One 45-min workout · eat well, limit alcohol · 3 litres water · 10 pages · 10 min mindfulness	Carry on
75 Soft	One 45-min workout, 1 recovery day a week · eat well, drink only socially · 3 litres water · 10 pages of any book	Carry on
Glow Up 75	Move 45 min · SPF before you leave · hair care · 3 litres water · 10 pages, no feed · phone out, lights by 12	Carry on

Day 1 photo or note

Day 75 photo or note

Days 1–38

Part 1 of 2. Write a rule in each row, tick or colour a box when it's done. Shaded columns mark alternate weeks.

Rule	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	Total
● Rule 1: _____																																							
● Rule 2: _____																																							
● Rule 3: _____																																							
● Rule 4: _____																																							
● Rule 5: _____																																							
● Rule 6: _____																																							
● Rule 7: _____																																							
● Rule 8: _____																																							
● All done today?																																							

Days 39–75

Part 2 of 2. Write a rule in each row, tick or colour a box when it's done. Shaded columns mark alternate weeks.

Rule	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	Total
● Rule 1: _____																																						
● Rule 2: _____																																						
● Rule 3: _____																																						
● Rule 4: _____																																						
● Rule 5: _____																																						
● Rule 6: _____																																						
● Rule 7: _____																																						
● Rule 8: _____																																						
● All done today?																																						

75-day streak

Colour one circle for every day you hit all your rules. Missed one? Leave it white and keep going (unless you're doing 75 Hard).

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

Milestones. Day 15: the novelty is gone. Day 30: the first habit runs on autopilot. Day 45: the halfway wall. Day 60: people start to notice. Day 75: put the two photos side by side.

Weekly check-in

Week	Days	Days hit	Energy /5	Sleep	Win	Fix
Week 1	1–7					
Week 2	8–14					
Week 3	15–21					
Week 4	22–28					
Week 5	29–35					
Week 6	36–42					
Week 7	43–49					
Week 8	50–56					
Week 9	57–63					
Week 10	64–70					
Week 11	71–75					

Day 75 **review**

Fill this in on the last day, before you celebrate.

Days I hit every rule (out of 75):

The rule that got easy first:

The rule I fought every day:

The week I nearly quit, and why I didn't:

What changed that a photo can't show:

The 2 habits I'm keeping after day 75:

Next challenge (or a rest week):



Day 1



Day 75

Keep it going. Most habits stick when you keep one or two of them, not all six. Pick the two from your list and give them another 30 days.