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Start date

Finish date

75 Soft Tracker

Four daily rules for 75 days. Fill a circle for each rule you keep. Bold boxes end each week, when one workout can be active recovery. Stars mark your milestones.

Daily rules — Eat well · Move 45 min · 3 litres water · Read 10 pages

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

Why I am doing this

How I feel at the finish

Missed a rule? Restart at day 1, or keep going and note it. Your challenge, your rules.

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My 75 Soft plan

75 Soft rules vary from version to version. Write your own version here, so Day 40 you knows exactly what counts.

Eat well

What "eating well" means for me

Move 45 minutes

My movement menu (walks, classes, sport)

3 litres of water

How I will remember to drink

Read 10 pages

Books on my list

My rest day each week is

If I miss a rule, I will

Your challenge, your rules. Write them down once.

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Reading log

Ten pages a day adds up to 750 pages, often three or four whole books.
Log each book as you go.

Book	Started	Finished	Rating

Pages read in total

_____ / 750

Any book counts. Pick ones you enjoy.

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Weekly check-ins

Every seventh day, colour your energy (one to five circles) and write one line about the week.

Week 1
Energy ○○○○○

Week 2
Energy ○○○○○

Week 3
Energy ○○○○○

Week 4
Energy ○○○○○

Week 5
Energy ○○○○○

Week 6
Energy ○○○○○

Week 7
Energy ○○○○○

Week 8
Energy ○○○○○

Week 9
Energy ○○○○○

Week 10
Energy ○○○○○

Week 11
Energy ○○○○○

Day 71 to 75
The final five days. What will you do on Day 75?

Notice how you feel, not only what you did.

The finish line

Fill this in on Day 75. Stick it on the fridge; you earned it.

CERTIFICATE OF COMPLETION

75 days

I finished the 75 Soft challenge

Name

Started

Finished

The thing I am proudest of