75 Medium Challenge Tracker

A steadier 75-day challenge tracker

Track 75 days, one tick at a time. This pack is undated, so you can start on any day that suits you. It follows the steadier Medium routine: one longer daily workout, an eating plan followed most of the time, water, reading, and a short daily pause.

My Day 1 date: _____

My reason for starting: _____

What's inside

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Before you print

Print at 100% scale (Actual size). This pack comes in A4 and US Letter - use the file that matches your paper.

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Rules, Resolved

This guide's version - plus the variants

The rules in this guide

1. Move every day - one 45-minute workout or active session each day.
2. Eat well, most of the time - follow an eating plan you have chosen, about 90% of the time (roughly one planned treat meal a week). This guide does not prescribe a particular plan.
3. Drink water - half your body weight in ounces each day. Work out your number in the box below before Day 1.
4. Read - 10 pages a day of any book you choose.
5. Pause - five minutes a day of meditation, prayer, or quiet reflection.
6. Photo (weekly, not daily) - a progress photo on Day 1, once a week, and on Day 75. It is NOT a daily tick; photo days are marked with a filled dot in the grids.

Before Day 1, write your choices here

My daily water target: _____ ounces

My eating plan: _____

My alcohol choice: _____

The restart rule in this guide: a missed day does NOT restart the challenge. Record it honestly and keep going the next day. Do not back-fill ticks you did not earn. Note: some Medium versions do require a restart after a broken rule - that is a different version from this guide's. If you deliberately chose a restart version before Day 1, follow that version's rule, but do not mix rules halfway through.

Versions vary - pick yours before Day 1

Versions differ, so pick yours before Day 1 and keep it for 75 days. Water: half a gallon a day in some versions, half body weight in ounces in others; a few use 2-3 litres or 80-100 ounces. Reading: 5 pages vs 10 pages vs 10 minutes. Photo: daily in some, Day 1 + Day 75 only in others, weekly in others (this guide: weekly). Cheat meal / alcohol: once a week in some, banned in others; one widely shared version bans alcohol entirely with a 90% diet, another allows social-occasion alcohol. This guide: one planned treat meal a week, no alcohol rule of its own beyond your chosen plan. Meditation / prayer: 5 minutes in some versions only (this guide includes it). Workout: 45 minutes is common; some allow rest days or 5 workouts a week plus daily steps. This guide: one 45-minute session daily; a rest day is marked as a rest day, not a missed day. Restart: disputed, not universal - see the rule above.

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How to Use This Pack

Print it, start any day, tick as you go

The daily rhythm

1. Print the pack and write your Day 1 date on the cover.
2. Each day, tick one box per rule in the grid. Photo days (filled dot) are the only days for a photo.
3. Use the Notes column for anything worth remembering.
4. At the end of each week, fill in the weekly check-in.
5. At Day 38, pause for the mid-challenge check. At Day 75, fill in the final review.

Tick key

✓ = rule done

☐ = rule not done - note why

● = photo day (filled dot in the grid)

If you miss a day

Record the missed day honestly in the grid - leave the boxes blank, or note what happened in the Notes column - and keep going the next day. A missed day does NOT restart this challenge, and you do not back-fill ticks you did not earn. If you deliberately chose a restart version before Day 1, that version's rule governs your challenge - but do not switch versions halfway through.

Gentle tip
A missed day in the record is not a failed challenge. An honest grid is more useful than a perfect-looking one.

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Challenge Grid

Days 1-25

Days 1-25 - one tick per rule, per day

Water: your ounces number (p. 2) · Read: 10 pages · Pause: 5 minutes · Photo days: filled dot.

Day	Workout	Eat well	Water	Read	Pause	Photo	Notes
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							

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Challenge Grid

Days 26-50

Days 26-50 - one tick per rule, per day

Water: your ounces number (p. 2) · Read: 10 pages · Pause: 5 minutes · Photo days: filled dot.

Day	Workout	Eat well	Water	Read	Pause	Photo	Notes
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						●	

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Challenge Grid

Days 51-75

Days 51-75 - one tick per rule, per day

Water: your ounces number (p. 2) · Read: 10 pages · Pause: 5 minutes · Photo days: filled dot.

Day	Workout	Eat well	Water	Read	Pause	Photo	Notes
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						●	

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Filled Example

Days 1-7 - how an honest week can look

This is an example, not a target. Note Day 4: the water box is blank, and the note says why. A missed day does not restart this challenge - that is honest tracking. Day 1 carries the filled photo dot.

Day	Workout	Eat well	Water	Read	Pause	Photo	Notes
1	✓	✓	✓	✓	✓	●	*Walk 45 min - photo day*
2	✓	✓	✓	✓	✓		*pp. 1-10*
3	✓	✓	✓	✓	✓		*Gym session*
4	✓	✓		✓	✓		*Busy day - water missed, kept going*
5	✓	✓	✓	✓	✓		*pp. 21-30*
6	*rest*	✓	✓	✓	✓		*Rest day - gentle walk*
7	✓	✓	✓	✓	✓		*Week done - check-in p. 8*

Your turn

Your grid is blank on purpose. Fill it in pen, one day at a time - that is the whole method.

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Weekly Check-In

A short pause at the end of each week

Week 1

Went well:

To adjust:

One change next week:

Week 2

Went well:

To adjust:

One change next week:

Week 3

Went well:

To adjust:

One change next week:

Week 4

Went well:

To adjust:

One change next week:

Week 5

Went well:

To adjust:

One change next week:

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Weekly Check-In

A short pause at the end of each week

Week 6

Went well:

To adjust:

One change next week:

Week 7

Went well:

To adjust:

One change next week:

Week 8

Went well:

To adjust:

One change next week:

Week 9

Went well:

To adjust:

One change next week:

Week 10

Went well:

To adjust:

One change next week:

Week 11

Went well:

To adjust:

One change next week:

Day 75 space

Went well:

To adjust:

One change next week:

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Reading Log

Book title + pages, Days 1-75

Currently reading: _____

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

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Day 38 Mid-Check

Halfway - pause and reflect

How are things going?

How is your energy, day to day?

Does the routine fit your week, or does it fight it?

Which rule feels easiest? Which feels hardest?

One rule to simplify for the second half:

What do you want to keep doing after Day 38?

No scoring
This page is a reflection, not a score. There is nothing to pass here - only things to notice.

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Day 75 Final Review

Look back, then look ahead

Your 75 days, in your own words

Which rules stuck most easily?

Which rules do you want to keep?

What was the hardest part of the 75 days?

What would you change if you did it again?

Next steps - when you are ready

When you are ready to compare, the Soft vs Medium comparison hub will help you choose your next level. It is not live yet, so no link is printed here - look for it on the free printables page when it appears.

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Water + Workout Notes

A companion to the grid, not a second grid

Use this page when you want more detail than a tick: how much water, and what kind of workout. Skip any day you do not need it.

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

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Notes

Lined, undated - use it however you like

Notes

Lined, undated - use it however you like

Keep Going, Gently

Small steps every day.

Enjoying your 75 Medium Challenge Tracker?

This free pack is one piece of the Tick & Bloom printable family. The full Wellness Bundle brings all of it together in matching Letter + A4 packs:

- Daily Planner Pack
- Budget Tracker Pack
- Habit Tracker v2
- Meal Planner + Grocery List
- Colour-In Mood Tracker
- Sleep Log with Pattern Tracker

Find every pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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