75 Soft Challenge Tracker

A gentle 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.

My Day 1 date: _____

My reason for starting: _____

What's inside

Rules, resolved (p. 2) · How to use this pack (p. 3)
Dated grids: Days 1-25, 26-50, 51-75 (pp. 4-6)
Filled example, Days 1-7 (p. 7) · Weekly check-ins (pp. 8-9)
Reading log (p. 10) · Day 38 mid-check (p. 11)
Day 75 final review (p. 12) · Water + workout notes (p. 13)
Notes pages (pp. 14-15) · Keep going, gently (p. 16)

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

The common version - plus the variants

The four daily rules

1. Workout daily.
2. Eat well - follow a diet you have chosen.
3. Drink water - 3 litres in the popular version.
4. Read - 10 pages in the popular version.

Tick one box per rule, per day, in the grids on pages 4-6. A day counts in your own record when you have marked it honestly - this pack does not judge your days for you.

Versions vary - pick yours before Day 1

Versions differ, so pick yours before Day 1 and stick with it. The HabitBox version uses a 45-minute workout with one rest day each week, alcohol kept to social occasions, and 10 pages of reading. Other versions vary on workout length, rest days, and the alcohol rule. If your version has a rest day, mark it in the grid as a rest day rather than a miss. If your version differs on another rule, note the change in the Notes column so your record stays honest.

Not one of the four rules: a progress photo. It appears in some versions only. If your version includes it, use the Notes column to record it - this pack does not add it as a fifth daily rule.

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.
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

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 with the next day as the guide describes. This pack does not add its own restart rule: the guide's wording governs. If you are unsure, check the guide before you decide anything about a missed day.

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: 3 litres in the popular version · Read: 10 pages in the popular version · Rest days (your version only): mark 'rest'.

Day	Workout	Eat well	Water	Read	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					

Challenge Grid

Days 26-50

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

Water: 3 litres in the popular version · Read: 10 pages in the popular version · Rest days (your version only): mark 'rest'.

Day	Workout	Eat well	Water	Read	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: 3 litres in the popular version · Read: 10 pages in the popular version · Rest days (your version only): mark 'rest'.

Day	Workout	Eat well	Water	Read	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					

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. That is honest tracking.

Day	Workout	Eat well	Water	Read	Notes
1	✓	✓	✓	✓	*Walk, 30 min*
2	✓	✓	✓	✓	*pp. 1-10*
3	✓	✓	✓	✓	*Stretch + walk*
4	✓	✓		✓	*Busy day - water missed*
5	✓	✓	✓	✓	*pp. 21-30*
6	✓	✓	✓	✓	*Rest day - walk only*
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 for more, the next steps are the 75 Medium challenge and the Soft vs Medium comparison hub. Those pages are not live yet, so no link is printed here - look for them on the free printables page when they appear.

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 Soft 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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