75 Hard Before & After Log

Record the same measurements on days 1, 25, 50 and 75. Same time of day, same scale, same tape, same light for photos. Your numbers are yours; nobody else's results predict them.

Measure	Day 1	Day 25	Day 50	Day 75
Date				
Weight (optional)				
Waist (at navel)				
Hips				
Chest				
Resting heart rate				
Push-ups in one set				
1-mile walk/run time				
Sleep (avg hours)				
Energy (1 to 10)				
Mood (1 to 10)				
Photos taken: front / side / back				

Habits I want to keep after day 75

Books finished

How to take comparable progress photos

- Same spot, same light, same distance and camera height every time.
- Front, side and back. Relaxed posture, arms at your sides.
- Morning, before eating, if you also log weight.
- Keep them private if you like. Sharing is never required.

lifeafter75.com · Free plain-English summary by a member of The Operator Standard team. Not an official Andy Frisella, 75 Hard or Operator Standard website or product. Andy Frisella did not write or review this sheet. Not medical advice.