75 Hard Challenge: Rules + Tracker

Free printable. Page 1: the five daily rules in plain English. Page 2: a 75-day tracker. Unofficial summary; the official program is free at 75hard.com.

The 5 daily rules, for 75 days in a row

1. **Diet.** Pick a diet that fits your goals and follow it. No cheat meals and no alcohol.
2. **Two workouts.** Each at least 45 minutes. One of them must be outdoors.
3. **Water.** One gallon (128 oz, about 3.8 L) of plain water.
4. **Read.** Ten pages of a non-fiction or self-development book. Audiobooks do not count.
5. **Progress photo.** One every day. It can stay private.

> **Miss any task, on any day, and you start again at day 1.** No substitutions, no partial credit.

What counts? (publisher FAQ, summarised Oct 30, 2026)

Question	Answer
Audiobooks or podcasts?	No. Read an actual book.
Garage or covered patio = outdoors?	No.
One 90-minute session for both workouts?	No. The workouts need a break between them; the FAQ suggests 3 to 4 hours.
A 45-minute walk?	Yes, if you walk with intention.
Coffee, tea, diet soda?	Allowed, but they do not count toward the gallon. Creamer and sugar count as food.
Flavored water?	No. Plain water.

Before day 1

- The official program tells you to consult a physician before starting.
- Write your diet down in one sentence so you can check it each night.
- Plan both workouts the night before. Split the gallon into four bottles with deadlines.
- Choose your first book and a fixed spot and time for the photo.

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75 Hard Tracker

Start: _____ Day 75: _____ Attempt #: _____

☐ Followed my diet: no cheat meals, no alcohol ☐ Workout 1: 45 minutes ☐ Workout 2: 45 minutes, outdoors ☐ Drank 1 gallon (128 oz / 3.8 L) of water
☐ Read 10 pages of a non-fiction book ☐ Took a progress photo

Day	Date	Diet	Workout 1	Workout 2 (outdoors)	Gallon of water	Read 10 pages	Progress photo
1		☐	☐	☐	☐	☐	☐
2		☐	☐	☐	☐	☐	☐
3		☐	☐	☐	☐	☐	☐
4		☐	☐	☐	☐	☐	☐
5		☐	☐	☐	☐	☐	☐
6		☐	☐	☐	☐	☐	☐
7		☐	☐	☐	☐	☐	☐
8		☐	☐	☐	☐	☐	☐
9		☐	☐	☐	☐	☐	☐
10		☐	☐	☐	☐	☐	☐
11		☐	☐	☐	☐	☐	☐
12		☐	☐	☐	☐	☐	☐
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72		☐	☐	☐	☐	☐	☐
73		☐	☐	☐	☐	☐	☐
74		☐	☐	☐	☐	☐	☐
75		☐	☐	☐	☐	☐	☐

Miss any box = restart at day 1.

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