

75 Hard Daily Checklist

Six cards per sheet. Cut them apart or keep the page whole. Miss any task and the rules send you back to day 1.

Day ____ of 75

Date: _____

☐ 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

Notes: _____

Day ____ of 75

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