

75 Soft Challenge: Rules + Tracker

Free printable. Page 1: the common 75 Soft rules. Page 2: a 75-day tracker. 75 Soft is a community-made variation, so versions differ slightly.

The 4 daily tasks, for 75 days

- 1

Eat well. Choose a sensible way of eating. Alcohol only on social occasions.
- 2

One 45-minute workout. One day a week can be active recovery (stretching, an easy walk, mobility).
- 3

Water. Three liters (about 101 oz).
- 4

Read. Ten pages of any book. Fiction counts.

Missed a day? Keep going. The common version has no restart rule. Leave the box blank and carry on tomorrow.

75 Soft vs 75 Hard at a glance

	75 Soft (common version)	75 Hard
Workouts	One × 45 min, one recovery day a week	Two × 45 min, one outdoors
Diet	Eat well, alcohol socially	Strict diet, no cheat meals, no alcohol
Water	3 liters	1 gallon
Reading	10 pages, any book	10 pages, non-fiction
Photo	Not required	Daily
Miss a day	Keep going	Restart at day 1

Before day 1

- Define "eat well" in one sentence, such as "home-cooked dinner five nights a week".
- Pick your active-recovery day now so it is not a daily debate.
- Fill a 1-liter bottle three times rather than counting glasses.
- Check with a doctor if you have a health condition. This sheet is not medical advice.

☐ Ate well (alcohol only on social occasions)

☐ 45-minute workout (one active-recovery day a week)

☐ Drank 3 liters of water

☐ Read 10 pages of any book

Day	Date	Ate well	45-min workout*	3 L water	Read 10 pages
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		☐	☐	☐	☐

Day	Date	Ate well	45-min workout*	3 L water	Read 10 pages
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		☐	☐	☐	☐

Day	Date	Ate well	45-min workout*	3 L water	Read 10 pages
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		☐	☐	☐	☐

*One active-recovery day a week counts. No restart: a missed day stays blank.

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