

75 Hard Template

Patient's Name: _____

Date of Birth: _____

Gender: _____

Referring Physician's Name: _____

Additional Notes:

75 Hard Challenge

Rules:

Consistently do the five daily tasks and follow the one over-arching rule for the entire 75 days. If you skip a day or miss a task, you must start over on day one.

Tasks:

Task 1: Pick a diet to follow without alcohol and cheat meals. Choosing a diet to help you reach your goals is ideal so that you may stick to it.

Task 2: Drink a gallon of water every day.

Task 3: Complete two daily 45-minute workouts of your choice. One of them must be done outside.

Task 4: Read ten pages of a non-fiction book daily. Ideally, the book is a self-development book for personal growth.

Task 5: Take a progress photo every day to remember the daily progress of your journey.

Day	Date	Stuck to the Diet	Drank 1 Gallon of Water	Did 2 45-minute Workouts	Read 10 Pages Per Day	Take a progress Photo
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Day	Date	Stuck to the Diet	Drank 1 Gallon of Water	Did 2 45-minute Workouts	Read 10 Pages Per Day	Take a progress Photo
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Day	Date	Stuck to the Diet	Drank 1 Gallon of Water	Did 2 45-minute Workouts	Read 10 Pages Per Day	Take a progress Photo
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Day	Date	Stuck to the Diet	Drank 1 Gallon of Water	Did 2 45-minute Workouts	Read 10 Pages Per Day	Take a progress Photo
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