

75 Hard Template

Patient's name: _____ Date of birth: _____
Gender: _____ Referring physician name: _____

Additional notes

75 Hard Challenge

The following tasks must be followed each day for 75 consecutive days, failure to complete a task means you must start over on day one.

Tasks

1. Eat a healthy diet that does not include cheat meals or alcohol.
2. Drink a gallon of water each day.
3. Complete two 45 minute workouts of your choice a day, one must be done outside.
4. Read 10 pages of a non-fiction book daily.
5. Take a progress photo every day.

Goals

1. _____
2. _____
3. _____

Physical transformations

	Start	End
Date		
Weight		
Body fat percentage		
Body measurements		
Photo		

Nutritional log

Diet: _____ Daily macro goal: _____ Daily calorie goal: _____

Day 1

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 2

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 3

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 4

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 5

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 6

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 7

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 8

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 9

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 10

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 11

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 12

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 13

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 14

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 15

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 16

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 17

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 18

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 19

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 20

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 21

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 22

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 23

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 24

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 25

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 26

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 27

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 28

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 29

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 30

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 31

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 32

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 33

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 34

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 35

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 36

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 37

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 38

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 39

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 40

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 41

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 42

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 43

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 44

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 45

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 46

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 47

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 48

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 49

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 50

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 51

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 52

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 53

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 54

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 55

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 56

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 57

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 58

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 59

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 60

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 61

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 62

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 63

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 64

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 65

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 66

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 67

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 68

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 69

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 70

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 71

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Day 72

Date: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Macros: _____

Calories: _____

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Book: _____

Indicate workouts below:

Day 73

Date: _____

Book: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Indicate workouts below:

Macros: _____

Calories: _____

Day 74

Date: _____

Book: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Indicate workouts below:

Macros: _____

Calories: _____

Day 75

Date: _____

Book: _____

- Stuck to diet
- One gallon of water
- Two 45-minute workouts
- Read 10 pages
- Progress photo

Indicate workouts below:

Macros: _____

Calories: _____

Books read

Book name	Takeaways	Learnings