

75 MEDIUM

START DATE DAY 1

END DATE DAY 75

FIVE TASKS EVERY DAY, AND TWO PHOTOS

- 1 TRAIN** One 45 minute workout.
- 2 WATER** Half your body weight in pounds, as ounces. My target: _____ oz.
- 3 DIET** Follow a diet of your choice 90 percent of the time. No alcohol in most versions.
- 4 READ** Read or listen for 10 minutes. Audio counts.
- 5 MIND** Meditate or pray for 5 minutes.
- PHOTO** Take a photo on day 1 ☐ and on day 75 ☐

IF YOU MISS A DAY

No restart.

Leave the box empty and keep counting.
Never miss twice.

	DAY	1 TRAIN	2 WATER	3 DIET	4 READ	5 MIND
WEEK 1	● 1	☐	☐	☐	☐	☐
	2	☐	☐	☐	☐	☐
	3	☐	☐	☐	☐	☐
	4	☐	☐	☐	☐	☐
	5	☐	☐	☐	☐	☐
	6	☐	☐	☐	☐	☐
___/7	7	☐	☐	☐	☐	☐
WEEK 2	8	☐	☐	☐	☐	☐
	9	☐	☐	☐	☐	☐
	10	☐	☐	☐	☐	☐
	11	☐	☐	☐	☐	☐
	12	☐	☐	☐	☐	☐
	13	☐	☐	☐	☐	☐
___/7	14	☐	☐	☐	☐	☐
WEEK 3	15	☐	☐	☐	☐	☐
	16	☐	☐	☐	☐	☐
	17	☐	☐	☐	☐	☐
	18	☐	☐	☐	☐	☐
	19	☐	☐	☐	☐	☐
	20	☐	☐	☐	☐	☐
___/7	21	☐	☐	☐	☐	☐
WEEK 4	22	☐	☐	☐	☐	☐
	23	☐	☐	☐	☐	☐
	24	☐	☐	☐	☐	☐
	25	☐	☐	☐	☐	☐
	26	☐	☐	☐	☐	☐
	27	☐	☐	☐	☐	☐
___/7	28	☐	☐	☐	☐	☐

	DAY	1 TRAIN	2 WATER	3 DIET	4 READ	5 MIND
WEEK 5	29	☐	☐	☐	☐	☐
	30	☐	☐	☐	☐	☐
	31	☐	☐	☐	☐	☐
	32	☐	☐	☐	☐	☐
	33	☐	☐	☐	☐	☐
	34	☐	☐	☐	☐	☐
___/7	35	☐	☐	☐	☐	☐
WEEK 6	36	☐	☐	☐	☐	☐
	37	☐	☐	☐	☐	☐
	38	☐	☐	☐	☐	☐
	39	☐	☐	☐	☐	☐
	40	☐	☐	☐	☐	☐
	41	☐	☐	☐	☐	☐
___/7	42	☐	☐	☐	☐	☐
WEEK 7	43	☐	☐	☐	☐	☐
	44	☐	☐	☐	☐	☐
	45	☐	☐	☐	☐	☐
	46	☐	☐	☐	☐	☐
	47	☐	☐	☐	☐	☐
	48	☐	☐	☐	☐	☐
___/7	49	☐	☐	☐	☐	☐
WEEK 8	50	☐	☐	☐	☐	☐
	51	☐	☐	☐	☐	☐
	52	☐	☐	☐	☐	☐
	53	☐	☐	☐	☐	☐
	54	☐	☐	☐	☐	☐
	55	☐	☐	☐	☐	☐
___/7	56	☐	☐	☐	☐	☐

	DAY	1 TRAIN	2 WATER	3 DIET	4 READ	5 MIND
WEEK 9	57	☐	☐	☐	☐	☐
	58	☐	☐	☐	☐	☐
	59	☐	☐	☐	☐	☐
	60	☐	☐	☐	☐	☐
	61	☐	☐	☐	☐	☐
	62	☐	☐	☐	☐	☐
___/7	63	☐	☐	☐	☐	☐
WEEK 10	64	☐	☐	☐	☐	☐
	65	☐	☐	☐	☐	☐
	66	☐	☐	☐	☐	☐
	67	☐	☐	☐	☐	☐
	68	☐	☐	☐	☐	☐
	69	☐	☐	☐	☐	☐
___/7	70	☐	☐	☐	☐	☐
WEEK 11	71	☐	☐	☐	☐	☐
	72	☐	☐	☐	☐	☐
	73	☐	☐	☐	☐	☐
	74	☐	☐	☐	☐	☐
___/5	● 75	☐	☐	☐	☐	☐

FINAL COUNT

Days kept, out of 75.

TRAIN _____ / 75**WATER** _____ / 75**DIET** _____ / 75**READ** _____ / 75**MIND** _____ / 75**FULL DAYS** _____ / 75

A full day is every box ticked. 68 full days is 90 percent.

Tick a box on the day you do the task. At the end of each week, write your full days on the line beside its last day. Day 75 is your start date plus 74 days.