75 DAYS · JAN 1 – MAR 16, 2027

75 Hard Tracker

Five rules, every day, for 75 days. Fill this page in before Day 1.

	THE 5 DAILY RULES	MY PLAN
1	**Follow a diet** No cheat meals, no alcohol	
2	**Two 45-min workouts** One of them outdoors	
3	**Drink a gallon of water** About 3.8 litres	
4	**Read 10 pages** Non-fiction, on paper or e-reader	
5	**Take a progress photo** Every day, same light	

MY WHY

ATTEMPT #

Key dates

Day 1	Day 38	Day 50	Day 75
Fri Jan 1	Sun Feb 7	Fri Feb 19	Tue Mar 16
	Halfway	Two thirds	Finish line

Day 40 *Tue Feb 9: Pancake Day* · **Day 45** *Sun Feb 14: Valentine's Day* · **Day 66** *Sun Mar 7: Mother's Day (UK)* · **Day 67** *Mon Mar 8: Women's Day*

Tape your photos here

DAY 1

DAY 38

DAY 75

If you miss a rule

In the official format you start again from Day 1. Write your new attempt number and keep going: a second attempt is still progress, not failure.

Before you start

Two workouts a day and a gallon of water isn't right for everyone. Sip water through the day, don't chug it. Check with a doctor if you have a health condition, are pregnant or have a history of disordered eating.

Not affiliated with Andy Frisella or the official 75 Hard program.

DAYS 1–25

75 Hard: Days 1–25

Tick each rule as you do it, not all at once at bedtime.

DAY	DATE	DIET	WORKOUT 1	WORKOUT 2 · OUTSIDE	WATER	READ 10	PHOTO	ALL 5	ONE WORD
1	Fri Jan 1	☐	☐	☐	☐	☐	☐	☐	
2	Sat Jan 2	☐	☐	☐	☐	☐	☐	☐	
3	Sun Jan 3	☐	☐	☐	☐	☐	☐	☐	
4	Mon Jan 4	☐	☐	☐	☐	☐	☐	☐	
5	Tue Jan 5	☐	☐	☐	☐	☐	☐	☐	
6	Wed Jan 6	☐	☐	☐	☐	☐	☐	☐	
7	Thu Jan 7	☐	☐	☐	☐	☐	☐	☐	
8	Fri Jan 8	☐	☐	☐	☐	☐	☐	☐	
9	Sat Jan 9	☐	☐	☐	☐	☐	☐	☐	
10	Sun Jan 10	☐	☐	☐	☐	☐	☐	☐	
11	Mon Jan 11	☐	☐	☐	☐	☐	☐	☐	
12	Tue Jan 12	☐	☐	☐	☐	☐	☐	☐	
13	Wed Jan 13	☐	☐	☐	☐	☐	☐	☐	
14	Thu Jan 14	☐	☐	☐	☐	☐	☐	☐	
15	Fri Jan 15	☐	☐	☐	☐	☐	☐	☐	
16	Sat Jan 16	☐	☐	☐	☐	☐	☐	☐	
17	Sun Jan 17	☐	☐	☐	☐	☐	☐	☐	
18	Mon Jan 18	☐	☐	☐	☐	☐	☐	☐	
19	Tue Jan 19	☐	☐	☐	☐	☐	☐	☐	
20	Wed Jan 20	☐	☐	☐	☐	☐	☐	☐	
21	Thu Jan 21	☐	☐	☐	☐	☐	☐	☐	
22	Fri Jan 22	☐	☐	☐	☐	☐	☐	☐	
23	Sat Jan 23	☐	☐	☐	☐	☐	☐	☐	
24	Sun Jan 24	☐	☐	☐	☐	☐	☐	☐	
25	Mon Jan 25	☐	☐	☐	☐	☐	☐	☐	ONE THIRD

Proof beats motivation. The photo is your proof.

DAYS 26–50

75 Hard: Days 26–50

Tick each rule as you do it, not all at once at bedtime.

DAY	DATE	DIET	WORKOUT 1	WORKOUT 2 · OUTSIDE	WATER	READ 10	PHOTO	ALL 5	ONE WORD
26	Tue Jan 26	☐	☐	☐	☐	☐	☐	☐	
27	Wed Jan 27	☐	☐	☐	☐	☐	☐	☐	
28	Thu Jan 28	☐	☐	☐	☐	☐	☐	☐	
29	Fri Jan 29	☐	☐	☐	☐	☐	☐	☐	
30	Sat Jan 30	☐	☐	☐	☐	☐	☐	☐	
31	Sun Jan 31	☐	☐	☐	☐	☐	☐	☐	
32	Mon Feb 1	☐	☐	☐	☐	☐	☐	☐	
33	Tue Feb 2	☐	☐	☐	☐	☐	☐	☐	
34	Wed Feb 3	☐	☐	☐	☐	☐	☐	☐	
35	Thu Feb 4	☐	☐	☐	☐	☐	☐	☐	
36	Fri Feb 5	☐	☐	☐	☐	☐	☐	☐	
37	Sat Feb 6	☐	☐	☐	☐	☐	☐	☐	
38	Sun Feb 7	☐	☐	☐	☐	☐	☐	☐	HALFWAY
39	Mon Feb 8	☐	☐	☐	☐	☐	☐	☐	
40	Tue Feb 9	☐	☐	☐	☐	☐	☐	☐	PANCAKE DAY
41	Wed Feb 10	☐	☐	☐	☐	☐	☐	☐	
42	Thu Feb 11	☐	☐	☐	☐	☐	☐	☐	
43	Fri Feb 12	☐	☐	☐	☐	☐	☐	☐	
44	Sat Feb 13	☐	☐	☐	☐	☐	☐	☐	
45	Sun Feb 14	☐	☐	☐	☐	☐	☐	☐	VALENTINE'S DAY
46	Mon Feb 15	☐	☐	☐	☐	☐	☐	☐	
47	Tue Feb 16	☐	☐	☐	☐	☐	☐	☐	
48	Wed Feb 17	☐	☐	☐	☐	☐	☐	☐	
49	Thu Feb 18	☐	☐	☐	☐	☐	☐	☐	
50	Fri Feb 19	☐	☐	☐	☐	☐	☐	☐	TWO THIRDS

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Track it with proof on Harder · harder.pro

DAYS 51–75

75 Hard: Days 51–75

Tick each rule as you do it, not all at once at bedtime.

DAY	DATE	DIET	WORKOUT 1	WORKOUT 2 · OUTSIDE	WATER	READ 10	PHOTO	ALL 5	ONE WORD
51	Sat Feb 20	☐	☐	☐	☐	☐	☐	☐	
52	Sun Feb 21	☐	☐	☐	☐	☐	☐	☐	
53	Mon Feb 22	☐	☐	☐	☐	☐	☐	☐	
54	Tue Feb 23	☐	☐	☐	☐	☐	☐	☐	
55	Wed Feb 24	☐	☐	☐	☐	☐	☐	☐	
56	Thu Feb 25	☐	☐	☐	☐	☐	☐	☐	
57	Fri Feb 26	☐	☐	☐	☐	☐	☐	☐	
58	Sat Feb 27	☐	☐	☐	☐	☐	☐	☐	
59	Sun Feb 28	☐	☐	☐	☐	☐	☐	☐	
60	Mon Mar 1	☐	☐	☐	☐	☐	☐	☐	
61	Tue Mar 2	☐	☐	☐	☐	☐	☐	☐	
62	Wed Mar 3	☐	☐	☐	☐	☐	☐	☐	
63	Thu Mar 4	☐	☐	☐	☐	☐	☐	☐	
64	Fri Mar 5	☐	☐	☐	☐	☐	☐	☐	
65	Sat Mar 6	☐	☐	☐	☐	☐	☐	☐	
66	Sun Mar 7	☐	☐	☐	☐	☐	☐	☐	MOTHER'S DAY (UK)
67	Mon Mar 8	☐	☐	☐	☐	☐	☐	☐	WOMEN'S DAY
68	Tue Mar 9	☐	☐	☐	☐	☐	☐	☐	
69	Wed Mar 10	☐	☐	☐	☐	☐	☐	☐	
70	Thu Mar 11	☐	☐	☐	☐	☐	☐	☐	
71	Fri Mar 12	☐	☐	☐	☐	☐	☐	☐	
72	Sat Mar 13	☐	☐	☐	☐	☐	☐	☐	
73	Sun Mar 14	☐	☐	☐	☐	☐	☐	☐	
74	Mon Mar 15	☐	☐	☐	☐	☐	☐	☐	
75	Tue Mar 16	☐	☐	☐	☐	☐	☐	☐	FINISH LINE

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