75 DAYS · START ANY DAY

75 Hard Tracker

HARDER

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 # · START DATE

Key dates

Day 1
Start date

Day 25
One third

Day 38
Halfway

Day 75
Finish line

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

HARDER

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		☐	☐	☐	☐	☐	☐	☐	
2		☐	☐	☐	☐	☐	☐	☐	
3		☐	☐	☐	☐	☐	☐	☐	
4		☐	☐	☐	☐	☐	☐	☐	
5		☐	☐	☐	☐	☐	☐	☐	
6		☐	☐	☐	☐	☐	☐	☐	
7		☐	☐	☐	☐	☐	☐	☐	
8		☐	☐	☐	☐	☐	☐	☐	
9		☐	☐	☐	☐	☐	☐	☐	
10		☐	☐	☐	☐	☐	☐	☐	
11		☐	☐	☐	☐	☐	☐	☐	
12		☐	☐	☐	☐	☐	☐	☐	
13		☐	☐	☐	☐	☐	☐	☐	
14		☐	☐	☐	☐	☐	☐	☐	
15		☐	☐	☐	☐	☐	☐	☐	
16		☐	☐	☐	☐	☐	☐	☐	
17		☐	☐	☐	☐	☐	☐	☐	
18		☐	☐	☐	☐	☐	☐	☐	
19		☐	☐	☐	☐	☐	☐	☐	
20		☐	☐	☐	☐	☐	☐	☐	
21		☐	☐	☐	☐	☐	☐	☐	
22		☐	☐	☐	☐	☐	☐	☐	
23		☐	☐	☐	☐	☐	☐	☐	
24		☐	☐	☐	☐	☐	☐	☐	
25		☐	☐	☐	☐	☐	☐	☐	ONE THIRD

Proof beats motivation. The photo is your proof.

DAYS 26–50

75 Hard: Days 26–50

HARDER

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		☐	☐	☐	☐	☐	☐	☐	
27		☐	☐	☐	☐	☐	☐	☐	
28		☐	☐	☐	☐	☐	☐	☐	
29		☐	☐	☐	☐	☐	☐	☐	
30		☐	☐	☐	☐	☐	☐	☐	
31		☐	☐	☐	☐	☐	☐	☐	
32		☐	☐	☐	☐	☐	☐	☐	
33		☐	☐	☐	☐	☐	☐	☐	
34		☐	☐	☐	☐	☐	☐	☐	
35		☐	☐	☐	☐	☐	☐	☐	
36		☐	☐	☐	☐	☐	☐	☐	
37		☐	☐	☐	☐	☐	☐	☐	
38		☐	☐	☐	☐	☐	☐	☐	HALFWAY
39		☐	☐	☐	☐	☐	☐	☐	
40		☐	☐	☐	☐	☐	☐	☐	
41		☐	☐	☐	☐	☐	☐	☐	
42		☐	☐	☐	☐	☐	☐	☐	
43		☐	☐	☐	☐	☐	☐	☐	
44		☐	☐	☐	☐	☐	☐	☐	
45		☐	☐	☐	☐	☐	☐	☐	
46		☐	☐	☐	☐	☐	☐	☐	
47		☐	☐	☐	☐	☐	☐	☐	
48		☐	☐	☐	☐	☐	☐	☐	
49		☐	☐	☐	☐	☐	☐	☐	
50		☐	☐	☐	☐	☐	☐	☐	TWO THIRDS

Proof beats motivation. The photo is your proof.

DAYS 51–75

75 Hard: Days 51–75

HARDER

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		☐	☐	☐	☐	☐	☐	☐	
52		☐	☐	☐	☐	☐	☐	☐	
53		☐	☐	☐	☐	☐	☐	☐	
54		☐	☐	☐	☐	☐	☐	☐	
55		☐	☐	☐	☐	☐	☐	☐	
56		☐	☐	☐	☐	☐	☐	☐	
57		☐	☐	☐	☐	☐	☐	☐	
58		☐	☐	☐	☐	☐	☐	☐	
59		☐	☐	☐	☐	☐	☐	☐	
60		☐	☐	☐	☐	☐	☐	☐	
61		☐	☐	☐	☐	☐	☐	☐	
62		☐	☐	☐	☐	☐	☐	☐	
63		☐	☐	☐	☐	☐	☐	☐	
64		☐	☐	☐	☐	☐	☐	☐	
65		☐	☐	☐	☐	☐	☐	☐	
66		☐	☐	☐	☐	☐	☐	☐	
67		☐	☐	☐	☐	☐	☐	☐	
68		☐	☐	☐	☐	☐	☐	☐	
69		☐	☐	☐	☐	☐	☐	☐	
70		☐	☐	☐	☐	☐	☐	☐	
71		☐	☐	☐	☐	☐	☐	☐	
72		☐	☐	☐	☐	☐	☐	☐	
73		☐	☐	☐	☐	☐	☐	☐	
74		☐	☐	☐	☐	☐	☐	☐	
75		☐	☐	☐	☐	☐	☐	☐	FINISH LINE

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