75 Soft Challenge

Four simple rules, every day, for 75 days.

75
DAYS

Eat well & only drink on social occasions	Train 45 minutes a day (one day is active recovery)	Drink 3 liters of water	Read 10 pages of any book

Start date _____ **End date** _____ **My reward** _____

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	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
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					