75 Hard Checklist

Name _____ **Start date** _____ **Finish date** _____

Before Day 1

- [ ] Write your diet rules in one clear sentence
- [ ] Check with a doctor if you have any health concerns
- [ ] Buy or mark a one gallon (3.8 L) water jug
- [ ] Choose a nonfiction self-development book
- [ ] Pick your outdoor workout and a bad-weather plan
- [ ] Choose a fixed time slot for each workout
- [ ] Set a photo spot with the same light every day
- [ ] Tell one person you are starting
- [ ] Write your start date and Day 75 date above

Every day: the five tasks

- [ ] Workout 1: 45 minutes
- [ ] Workout 2: 45 minutes, done outdoors
- [ ] Diet followed, no alcohol, no cheat meals
- [ ] One gallon of water finished
- [ ] 10 pages of nonfiction read (not audio)
- [ ] Progress photo taken
- [ ]

Daily close-out

- [ ] Water finished by 8 pm
- [ ] Both workouts logged with type and minutes
- [ ] Photo saved to a private album
- [ ] Tomorrow's workout times chosen
- [ ] Book, shoes and jug set out
- [ ] Tomorrow's weather checked
- [ ] One line noted on how today felt

Weekly check-in

- [ ] Week 1 complete (Day 7)
- [ ] Week 2 complete (Day 14)
- [ ] Week 3 complete (Day 21)
- [ ] Week 4 complete (Day 28)
- [ ] Week 5 complete (Day 35)
- [ ] Week 6 complete (Day 42)
- [ ] Week 7 complete (Day 49)
- [ ] Week 8 complete (Day 56)
- [ ] Week 9 complete (Day 63)
- [ ] Week 10 complete (Day 70)
- [ ] Day 75 complete

Photos and measurements

- [ ] Day 1 photo and measurements
- [ ] Day 25 measurements
- [ ] Day 50 measurements
- [ ] Day 75 photo and measurements

Restart record

- [ ] Log each restart: date, day number, missed task
- [ ]
- [ ]
- [ ]

After Day 75

- [ ] Plan a rest day and a normal training week
- [ ] Choose which habits you will keep
- [ ] Compare Day 1 and Day 75 photos side by side
- [ ] Write down one thing you learned

Miss a task? Log the restart, write your new start date, and begin again at Day 1.