

75 Hard Challenge



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75 Hard Challenge

This planner belongs to:

www.latoyarachelle.com

What is the 75 Hard Challenge?

The 75 Hard Challenge is a self-improvement and mental toughness program created by entrepreneur and author Andy Frisella. The challenge is designed to help participants develop discipline, mental resilience, and improve their physical and mental well-being over a period of 75 days.

Rules:

- **Two Daily Workouts:** Each workout must last at least 45 minutes. One of these workouts must be outdoors, regardless of weather conditions.
- **Stick to a Diet:** Follow a strict diet plan of your choice for the entire 75 days. No alcohol or cheat meals.
- **Drink a Gallon of Water**
- **Read 10 Pages of a Non-Fiction Book:** Reading personal development or self-help literature is encouraged.
- **Take a Progress Picture Every Day**

If you miss any of the above tasks on any given day, you must start over from Day 1.

What is the 75 Hard Challenge?

The 75 Hard Challenge is not just about physical fitness; it's also about mental toughness and personal growth. It requires participants to develop discipline, consistency, and resilience by sticking to a demanding routine for an extended period of time.



Before starting the challenge, it's advisable to consult with a healthcare professional, especially if you have any pre-existing medical conditions.

75 Hard Challenge

Start Date:

End Date:

Why am I doing this?

What goal am I trying to reach?

What is the most challenging part?

How can I overcome the most challenging part?

My Final Reward for completing the challenge:

75 Hard Challenge

Start Date:

End Date:

1	2	3	4	5	6	7
8	9	1 0	1 1	1 2	1 3	1 4
1 5	1 6	1 7	1 8	1 9	2 0	2 1
2 2	2 3	2 4	2 5	2 6	2 7	2 8
2 9	3 0	3 1	3 2	3 3	3 4	3 5
3 6	3 7	3 8	3 9	4 0	4 1	4 2
4 3	4 4	4 5	4 6	4 7	4 8	4 9
5 0	5 1	5 2	5 3	5 4	5 5	5 6
5 7	5 8	5 9	6 0	6 1	6 2	6 3
6 4	6 5	6 6	6 7	6 8	6 9	7 0
	7 1	7 2	7 3	7 4	7 5	

75 Hard Challenge



START DATE:

1								
		75						



DAILY TRACKER

WEEK 1	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

WEEK 2	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

DAILY TRACKER

WEEK 3	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

WEEK 4	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

DAILY TRACKER

WEEK 5	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

WEEK 6	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

DAILY TRACKER

WEEK 7	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

WEEK 8	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

DAILY TRACKER

WEEK 9	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

WEEK 10	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

DAILY TRACKER

WEEK 11	DAILY TRACKER	M	T	W	T	F	S	S
	 Follow a Diet							
	 No Alcohol or Cheat Meals							
	 Outdoor 45 Minute Workout							
	 Drink 1 Gallon of Water							
	 45 Minute Workout							
	 Take a Progress Picture							
	 Read 10 Pages from a Book							

NOTES:

CONGRATULATIONS!

DAILY DIET LOG

DATE:

BREAKFAST	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

LUNCH	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

DINNER	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

SNACKS	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

TOTAL FOR THE DAY:

--	--	--	--	--

DAILY MEAL PLANNER

DATE: _____

BREAKFAST	SNACKS
LUNCH	SNACKS
DINNER	SNACKS
NOTES	

GROCERIES LIST

MONTH:

WEEK:

FROZEN	MEATS/FISH	PASTA
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

FRUITS	VEGETABLES	DAIRY
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

DAILY READING LOG

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
☐	1				☆☆☆☆☆
☐	2				☆☆☆☆☆
☐	3				☆☆☆☆☆
☐	4				☆☆☆☆☆
☐	5				☆☆☆☆☆
☐	6				☆☆☆☆☆
☐	7				☆☆☆☆☆
☐	8				☆☆☆☆☆
☐	9				☆☆☆☆☆
☐	10				☆☆☆☆☆
☐	11				☆☆☆☆☆
☐	12				☆☆☆☆☆
☐	13				☆☆☆☆☆
☐	14				☆☆☆☆☆
☐	15				☆☆☆☆☆
☐	16				☆☆☆☆☆

DAILY READING LOG

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
☐	17				☆☆☆☆☆
☐	18				☆☆☆☆☆
☐	19				☆☆☆☆☆
☐	20				☆☆☆☆☆
☐	21				☆☆☆☆☆
☐	22				☆☆☆☆☆
☐	23				☆☆☆☆☆
☐	24				☆☆☆☆☆
☐	25				☆☆☆☆☆
☐	26				☆☆☆☆☆
☐	27				☆☆☆☆☆
☐	28				☆☆☆☆☆
☐	29				☆☆☆☆☆
☐	30				☆☆☆☆☆
☐	31				☆☆☆☆☆
☐	32				☆☆☆☆☆

DAILY READING LOG

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
☐	33				☆☆☆☆☆
☐	34				☆☆☆☆☆
☐	35				☆☆☆☆☆
☐	36				☆☆☆☆☆
☐	37				☆☆☆☆☆
☐	38				☆☆☆☆☆
☐	39				☆☆☆☆☆
☐	40				☆☆☆☆☆
☐	41				☆☆☆☆☆
☐	42				☆☆☆☆☆
☐	43				☆☆☆☆☆
☐	44				☆☆☆☆☆
☐	45				☆☆☆☆☆
☐	46				☆☆☆☆☆
☐	47				☆☆☆☆☆
☐	48				☆☆☆☆☆

DAILY READING LOG

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
☐	49				☆☆☆☆☆
☐	50				☆☆☆☆☆
☐	51				☆☆☆☆☆
☐	52				☆☆☆☆☆
☐	53				☆☆☆☆☆
☐	54				☆☆☆☆☆
☐	55				☆☆☆☆☆
☐	56				☆☆☆☆☆
☐	57				☆☆☆☆☆
☐	58				☆☆☆☆☆
☐	59				☆☆☆☆☆
☐	60				☆☆☆☆☆
☐	61				☆☆☆☆☆
☐	62				☆☆☆☆☆
☐	63				☆☆☆☆☆
☐	64				☆☆☆☆☆

DAILY READING LOG

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
☐	65				☆☆☆☆☆
☐	66				☆☆☆☆☆
☐	67				☆☆☆☆☆
☐	68				☆☆☆☆☆
☐	69				☆☆☆☆☆
☐	70				☆☆☆☆☆
☐	71				☆☆☆☆☆
☐	72				☆☆☆☆☆
☐	73				☆☆☆☆☆
☐	74				☆☆☆☆☆
☐	75				☆☆☆☆☆

CONGRATULATIONS!

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	1	               
☐	2	               
☐	3	               
☐	4	               
☐	5	               
☐	6	               
☐	7	               
☐	8	               
☐	9	               
☐	10	               
☐	11	               
☐	13	               
☐	14	               
☐	15	               

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	15	               
☐	16	               
☐	17	               
☐	18	               
☐	19	               
☐	20	               
☐	21	               
☐	22	               
☐	23	               
☐	24	               
☐	25	               
☐	26	               
☐	27	               
☐	28	               

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	29	               
☐	30	               
☐	31	               
☐	32	               
☐	33	               
☐	34	               
☐	35	               
☐	36	               
☐	37	               
☐	38	               
☐	39	               
☐	40	               
☐	41	               
☐	42	               

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	43	               
☐	44	               
☐	45	               
☐	46	               
☐	47	               
☐	48	               
☐	49	               
☐	50	               
☐	51	               
☐	52	               
☐	53	               
☐	54	               
☐	55	               
☐	56	               

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	57	               
☐	58	               
☐	59	               
☐	60	               
☐	61	               
☐	62	               
☐	63	               
☐	64	               
☐	65	               
☐	66	               
☐	67	               
☐	68	               
☐	69	               
☐	70	               

DAILY WATER LOG

1 GALLON OF WATER

16 GLASSES (8oz each)

✓	DAY	GLASSES OF WATER
☐	71	
☐	72	
☐	73	
☐	74	
☐	75	

NOTES:

CONGRATULATIONS!

BEFORE & AFTER

BEFORE

AFTER

Before - How do you feel about yourself?

After - How do you feel about yourself?

BODY MEASUREMENTS

DAY 1: _____

DAY 75: _____

WEIGHT: _____

ARMS: _____

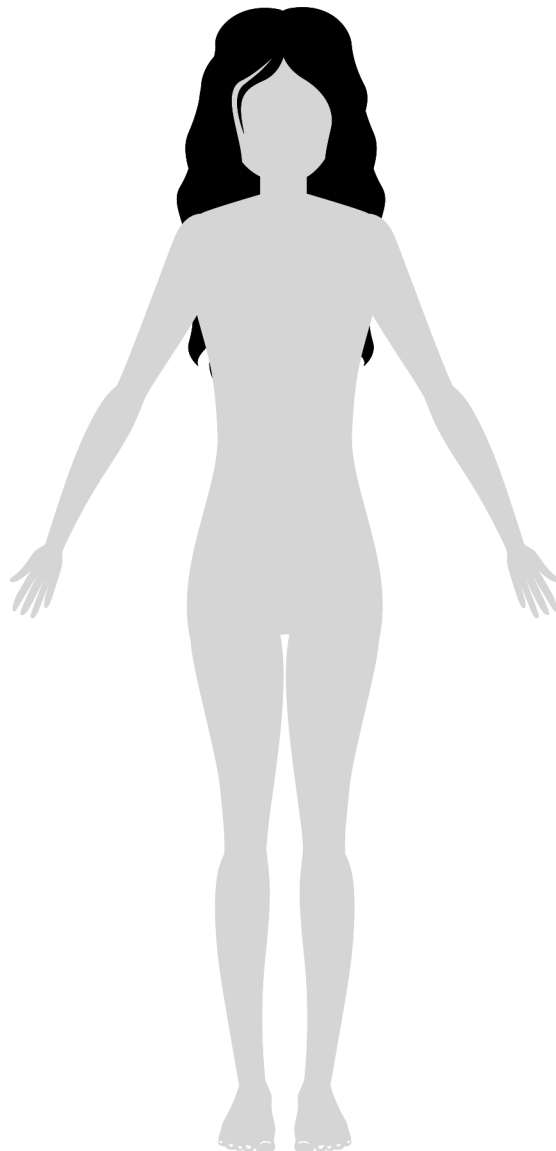
CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____



WEIGHT: _____

ARMS: _____

CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____

BODY MEASUREMENTS

DAY 1: _____

DAY 75: _____

WEIGHT: _____

ARMS: _____

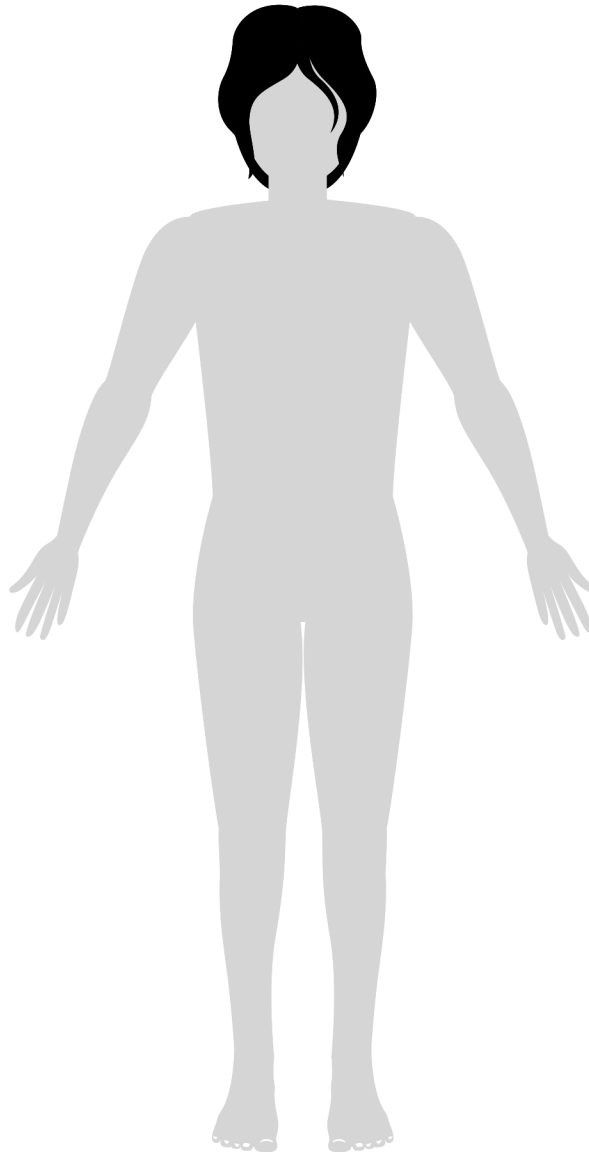
CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____



WEIGHT: _____

ARMS: _____

CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____

BODY MEASUREMENTS

WEEK	1	2	3	4	5	6
WEIGHT:						
ARMS:						
CHEST:						
WAIST:						
HIPS:						
THIGHS:						
CALVES:						

WEEK	7	8	9	10	11	F I N I S H
WEIGHT:						
ARMS:						
CHEST:						
WAIST:						
HIPS:						
THIGHS:						
CALVES:						

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