

75

Soft Challenge



www.latoyarachelle.com



75

Soft Challenge

This planner belongs to:

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75 Soft Challenge

Eat well and only drink alcohol during social occasions

Drink 3 liters of water per day

Read 10 pages of any book each day

Exercise for 45 minutes every day

What is the 75 Soft Challenge?

The 75 Soft Challenge is a modified version of the popular 75 Hard Challenge created by Andy Frisella. It focuses on improving physical and mental health through daily habits, over a period of 75 days, with a more flexible approach compared to its counterpart.

Rules:

- **Stick to a Healthy Eating Plan:** Follow a diet plan of your choice for the entire 75 days. Opt for healthy eating habits that fit into social occasions without feeling deprived (Eat well, with moderation in mind). Reserve alcohol consumption for social gatherings.
- **One Workout A Day:** Train for 45 minutes every day, with one day a week for active recovery.
- **Drink 3 Liters of Water a Day**
- **Read 10 Pages of Any Book Daily**

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

What is the 75 Soft Challenge?

The 75 Soft 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 Soft 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 Soft Challenge

START DATE:

END DATE:

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	FINISH					



75 Soft Challenge













START DATE:






1								
		75						



Daily Tracker






DAILY HABIT (WEEK 1)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							






DAILY HABIT (WEEK 2)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							






DAILY HABIT (WEEK 3)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							

Notes:

Daily Tracker






DAILY HABIT (WEEK 4)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							






DAILY HABIT (WEEK 5)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							






DAILY HABIT (WEEK 6)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							

Notes:

Daily Tracker






DAILY HABIT (WEEK 7)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							






DAILY HABIT (WEEK 8)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							

DAILY HABIT (WEEK 9)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							

Notes:

Daily Tracker

DAILY HABIT (WEEK 10)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any book							

DAILY HABIT (WEEK 11)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink 3L of Water							
 Read 10 pages of any 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
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FRUITS	VEGETABLES	DAIRY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Reading Log

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
<input type="checkbox"/>	1				☆☆☆☆☆
<input type="checkbox"/>	2				☆☆☆☆☆
<input type="checkbox"/>	3				☆☆☆☆☆
<input type="checkbox"/>	4				☆☆☆☆☆
<input type="checkbox"/>	5				☆☆☆☆☆
<input type="checkbox"/>	6				☆☆☆☆☆
<input type="checkbox"/>	7				☆☆☆☆☆
<input type="checkbox"/>	8				☆☆☆☆☆
<input type="checkbox"/>	9				☆☆☆☆☆
<input type="checkbox"/>	10				☆☆☆☆☆
<input type="checkbox"/>	11				☆☆☆☆☆
<input type="checkbox"/>	12				☆☆☆☆☆
<input type="checkbox"/>	13				☆☆☆☆☆
<input type="checkbox"/>	14				☆☆☆☆☆
<input type="checkbox"/>	15				☆☆☆☆☆
<input type="checkbox"/>	16				☆☆☆☆☆

Daily Reading Log

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
<input type="checkbox"/>	17				☆☆☆☆☆
<input type="checkbox"/>	18				☆☆☆☆☆
<input type="checkbox"/>	19				☆☆☆☆☆
<input type="checkbox"/>	20				☆☆☆☆☆
<input type="checkbox"/>	21				☆☆☆☆☆
<input type="checkbox"/>	22				☆☆☆☆☆
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<input type="checkbox"/>	27				☆☆☆☆☆
<input type="checkbox"/>	28				☆☆☆☆☆
<input type="checkbox"/>	29				☆☆☆☆☆
<input type="checkbox"/>	30				☆☆☆☆☆
<input type="checkbox"/>	31				☆☆☆☆☆
<input type="checkbox"/>	32				☆☆☆☆☆

Daily Reading Log

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
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<input type="checkbox"/>	34				☆☆☆☆☆
<input type="checkbox"/>	35				☆☆☆☆☆
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<input type="checkbox"/>	37				☆☆☆☆☆
<input type="checkbox"/>	38				☆☆☆☆☆
<input type="checkbox"/>	39				☆☆☆☆☆
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<input type="checkbox"/>	41				☆☆☆☆☆
<input type="checkbox"/>	42				☆☆☆☆☆
<input type="checkbox"/>	43				☆☆☆☆☆
<input type="checkbox"/>	44				☆☆☆☆☆
<input type="checkbox"/>	45				☆☆☆☆☆
<input type="checkbox"/>	46				☆☆☆☆☆
<input type="checkbox"/>	47				☆☆☆☆☆
<input type="checkbox"/>	48				☆☆☆☆☆

Daily Reading Log

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
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<input type="checkbox"/>	51				☆☆☆☆☆
<input type="checkbox"/>	52				☆☆☆☆☆
<input type="checkbox"/>	53				☆☆☆☆☆
<input type="checkbox"/>	54				☆☆☆☆☆
<input type="checkbox"/>	55				☆☆☆☆☆
<input type="checkbox"/>	56				☆☆☆☆☆
<input type="checkbox"/>	57				☆☆☆☆☆
<input type="checkbox"/>	58				☆☆☆☆☆
<input type="checkbox"/>	59				☆☆☆☆☆
<input type="checkbox"/>	60				☆☆☆☆☆
<input type="checkbox"/>	61				☆☆☆☆☆
<input type="checkbox"/>	62				☆☆☆☆☆
<input type="checkbox"/>	63				☆☆☆☆☆
<input type="checkbox"/>	64				☆☆☆☆☆











































































































































































































































































































































































































































Daily Reading Log

✓	DAY	BOOK TITLE	TIME	PAGES	RATING
<input type="checkbox"/>	65				☆☆☆☆☆
<input type="checkbox"/>	66				☆☆☆☆☆
<input type="checkbox"/>	67				☆☆☆☆☆
<input type="checkbox"/>	68				☆☆☆☆☆
<input type="checkbox"/>	69				☆☆☆☆☆
<input type="checkbox"/>	70				☆☆☆☆☆
<input type="checkbox"/>	71				☆☆☆☆☆
<input type="checkbox"/>	72				☆☆☆☆☆
<input type="checkbox"/>	73				☆☆☆☆☆
<input type="checkbox"/>	74				☆☆☆☆☆
<input type="checkbox"/>	75				☆☆☆☆☆

Congratulations!

Water Tracker

*3 LITERS OF WATER A DAY = APPROX 4 STANDARD SIZE WATER BOTTLES (24OZ)

1	      	26	      	51	      
2	      	27	      	52	      
3	      	28	      	53	      
4	      	29	      	54	      
5	      	30	      	55	      
6	      	31	      	56	      
7	      	32	      	57	      
8	      	33	      	58	      
9	      	34	      	59	      
10	      	35	      	60	      
11	      	36	      	61	      
12	      	37	      	62	      
13	      	38	      	63	      
14	      	39	      	64	      
15	      	40	      	65	      
16	      	41	      	66	      
17	      	42	      	67	      
18	      	43	      	68	      
19	      	44	      	69	      
20	      	45	      	70	      
21	     				

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: _____

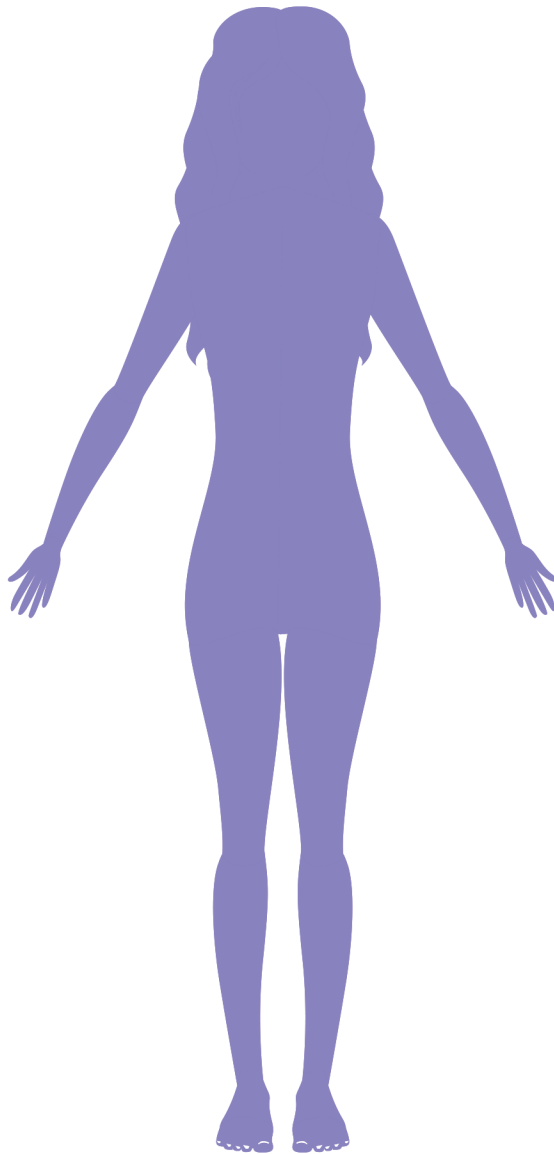
CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____



WEIGHT: _____

ARMS: _____

CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____

Body Measurements

DAY 1: _____

DAY 75: _____

WEIGHT: _____

ARMS: _____

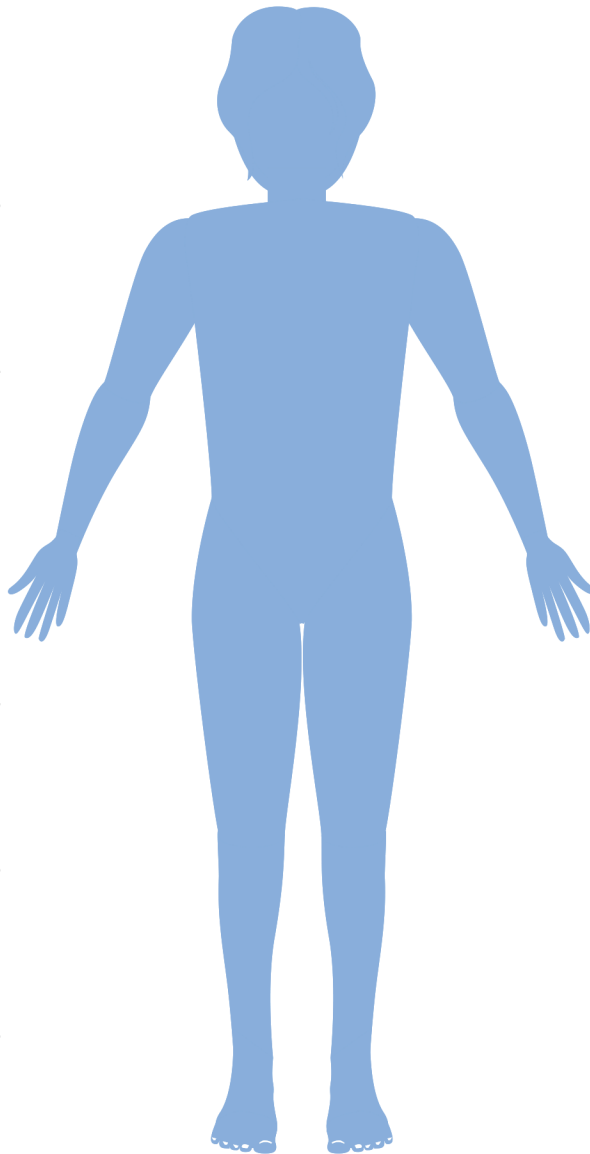
CHEST: _____

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:						

[illegible]