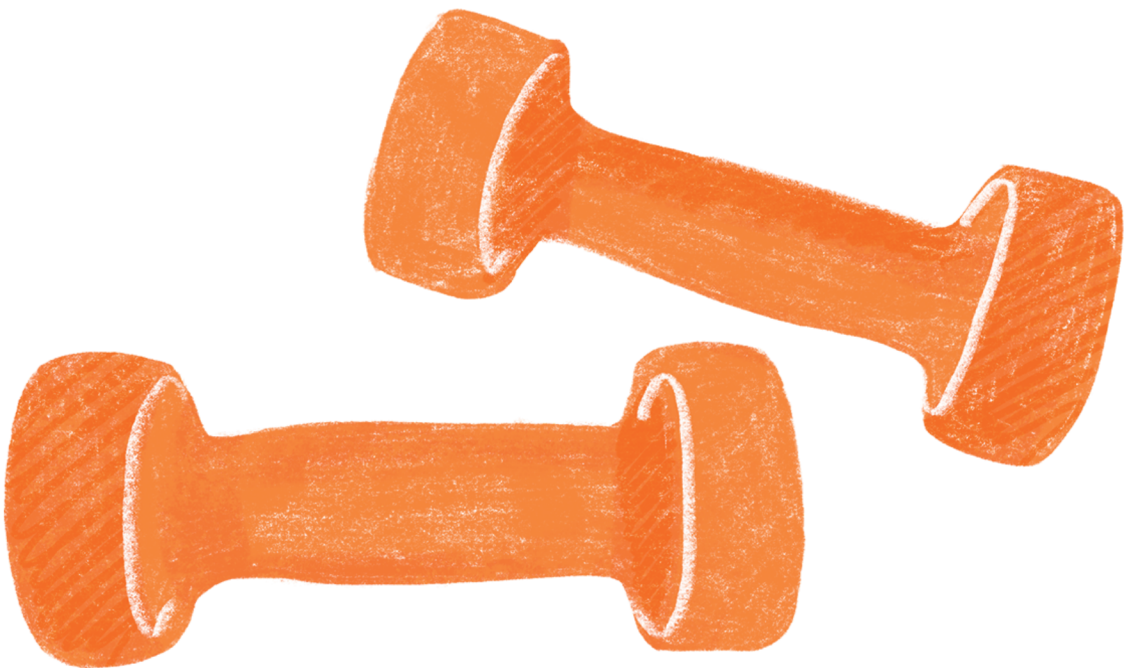




75

MEDIUM CHALLENGE



www.latoyarachelle.com

The background is a repeating pattern of various fitness-related icons in orange and light orange. These include dumbbells, kettlebells, sneakers, a heart with a pulse line, a jump rope, a bicycle, and a heart. The icons are scattered across the entire page.

75

MEDIUM CHALLENGE

This planner belongs to:

www.latoyarachelle.com

75 MEDIUM CHALLENGE

Exercise once a day for at least 45 minutes (preferably outdoors)

Stick to a healthy diet

Drink half your body weight in ounces of water a day

Meditate, pray, or read your bible for at least 5 minutes a day

Read 5 pages or more of any book daily

Optional - Take a weekly progress photo

WHAT IS THE 75 MEDIUM CHALLENGE?

The 75 Medium 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 your choice of diet a minimum of 90% of the time.
- **One Workout A Day:** Exercise for 45 minutes every day.
- **Drink half your body weight in ounces of water a day** (aim for a half a gallon of water a day as a minimum threshold)
- **Read 5 pages or more of any book daily**
- **Meditate, pray, or read your bible for at least 5 minutes a day**
- **Optional** - Take a weekly progress picture

If you miss any of the above tasks on any given day, simply do your best the very next day and going forward.

WHAT IS THE 75 MEDIUM CHALLENGE?

The 75 Medium 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 mental and physical fitness 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 cMEDIUM 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 MEDIUM 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 MEDIUM 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 a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 2)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 3)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

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 a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 5)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 6)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

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 a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 8)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

DAILY HABIT (WEEK 9)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

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 a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							
DAILY HABIT (WEEK 11)	M	T	W	T	F	S	S
 Follow a meal plan							
 Cheat Meals & Alcohol in Moderation							
 1x45 Minute workout							
 Drink a Half Gallon of Water							
 Read 5 pages of any book							
 5 minutes of meditation or mindfulness practice							

Notes:



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!

WATER TRACKER

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	      	46			

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: _____

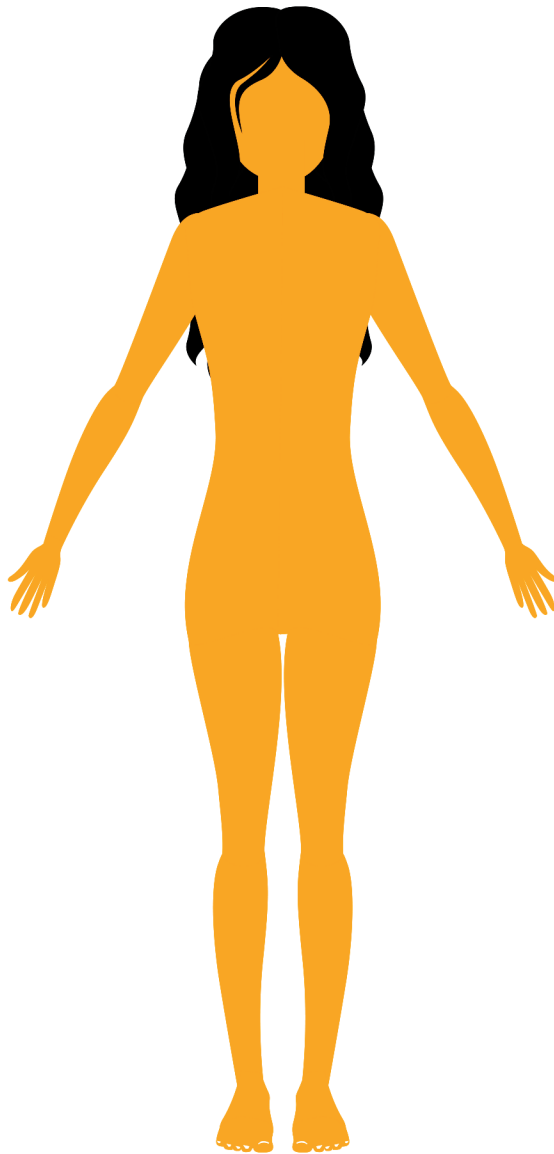
CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____



WEIGHT: _____

ARMS: _____

CHEST: _____

WAIST: _____

HIPS: _____

THIGHS: _____

CALVES: _____

BODY MEASUREMENTS

DAY 1: _____

DAY 75: _____

WEIGHT: _____

ARMS: _____

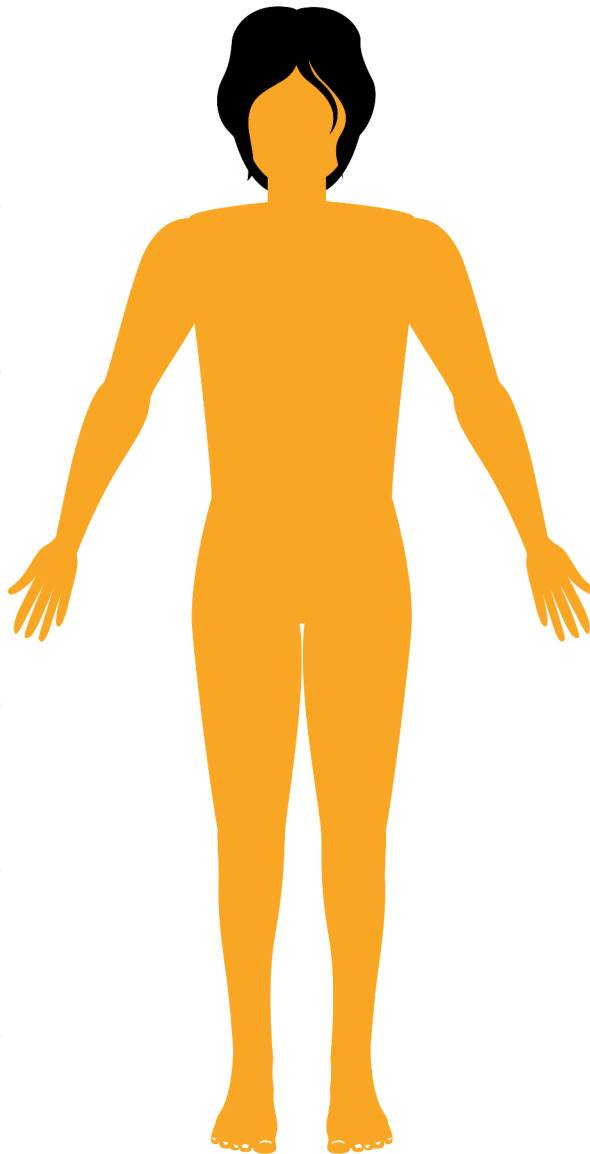
CHEST: _____

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:						

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.