

# 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	<b>Finished</b>						

# 30 Soft Challenge



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						

Start Date:

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						

End Date:

# 75 Soft Challenge Rules

- *Eat healthy, fulfilling food that makes your body feel good.*

- *Drink a gallon of water a day.*

- *1 - 45 Min workout a day.*

- *30-60 Mins of walking/yoga/slow moving activity.*

- *30 Mins Daily mindfulness/gratitude/journaling.*

- *Take a progress picture everyday.*

- *Your rule here*

- *Your rule here*

- *Your rule here*

- *Your rule here*


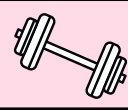




- *Your rule here*


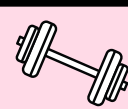










# 75 Soft Challenge

<b>WEEK 10</b>	<i>DAILY HABITS</i>		<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Thu</i>	<i>Fri</i>	<i>Sa</i>	<i>Su</i>
		<b>Clean Eating</b>							
		<b>1x 45 Min Workout</b>							
		<b>1 Cheat Meal / Limited Alcohol</b>							
		<b>One Gallon Of Water</b>							
		<b>Read 10 Pages</b>							
		<b>Take Progress Picture</b>							

<b>WEEK 11</b>	<i>DAILY HABITS</i>		<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Thu</i>	<i>Fri</i>	<i>Sa</i>	<i>Su</i>
		<b>Clean Eating</b>							
		<b>1x 45 Min Workout</b>							
		<b>1 Cheat Meal / Limited Alcohol</b>							
		<b>One Gallon Of Water</b>							
		<b>Read 10 Pages</b>							
		<b>Take Progress Picture</b>							

*NOTES*

---



---



---



---



---



---



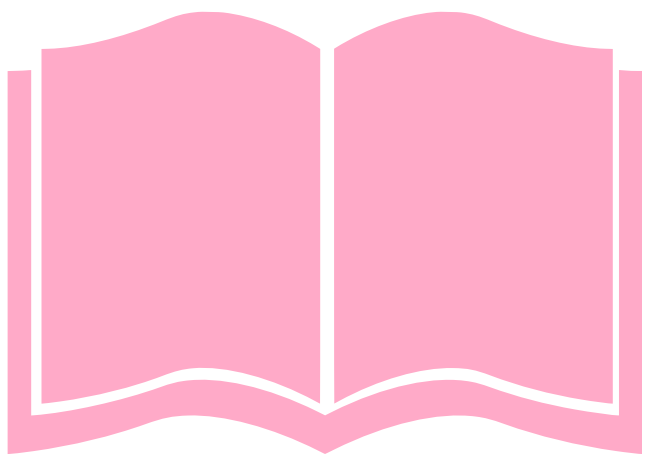
---



---

# Daily Overview

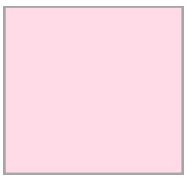
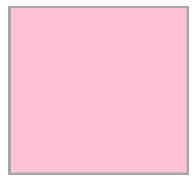

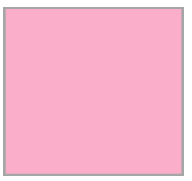
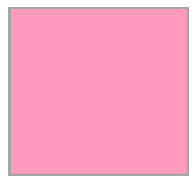

Workout



DATE :

START PAGE:

END PAGE:

		
CARDIO	WEIGHTS	YOGA
		
STRECH	REST DAY	OTHER



STEPS

WATER

							
1 LITRE	2 LITRES	3 LITRES	4 LITRES				

NOTES

---

---

---

---

---


---

---

---

---

---

-  FOLLOW A MEAL PLAN
-  45 MIN WORKOUT
-  DRINK 3 LITERS OF WATER
-  READ 10 PAGES
-  TAKE PROGRESS PIC
-  ONE CHEAT MEAL / REDUCE ALCOHOL

S M T W T F S

BREAKFAST	6	
	7	
	8	
	9	
	10	
LUNCH	11	
	12	
	13	
	14	
	15	
DINNER	16	
	17	
	18	
	19	
	20	
	21	
	22	

DAILY GOALS

- 1.
- 2.
- 3.

REFLECTIONS

---

---

---

---

---

---



# Daily Planner

DATE :

## TODAY'S SCHEDULE

6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22

## TOP PRIORITIES

1  
2  
3

## TO DO LIST

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

## FOR TOMORROW

## NOTES



# Weekly Meal Plan

Start Date:

End Date:

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
TUESDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
WEDNESDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
THURSDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
FRIDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
SATURDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
SUNDAY	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>







# Daily Fitness Planner

**DATE:**

**WHAT AM I GREATFUL FOR**

**VIT / SUPPLEMENTS / MEDS**

**TODAY'S GOALS**

**TODAY'S AFFIRMATION**

**MY WORKOUT PLAN**

**EXERCISE**

**SETS**

**REPS**

**TODAY I CONSUMED THIS MUCH WATER.**

**I ACCOMPLISHED MY DAILY GOAL...**

**Yes!**

***Remember there is always tomorrow!***