ATTEMPT _____ DAY 1 _____

Seventy-five days, *six rings a day.*

Tick a ring only when that task is done. If a day isn't complete, the rules say start again at day 1: write the new date at the top and keep the old page.

1 **Workout**
45 minutes in one go

2 **Workout outdoors**
45 minutes, outside, any weather

3 **Diet**
your plan, no cheat meals, no alcohol

4 **Water**
a gallon (3.8 L), plain

5 **Read**
10 pages of nonfiction, no audiobooks

6 **Photo**
a progress picture

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 ○○○○○○

DAY 1 _____

Ninety minutes, *planned the night before.*

The challenge rarely breaks on effort. It breaks on a late meeting, a rainy evening or a forgotten bottle. Decide where each task goes before day 1, and the days take care of themselves.

I WHEN AND WHERE

WORKOUT 1 AT _____ _____

OUTDOORS AT _____ _____

IF IT POURS _____

THE DIET _____

WATER: BOTTLE _____ REFILLS BY _____

READING AT _____ _____

PHOTO AT _____ _____

II RESTARTS KEEP THE COUNT

TRY	STARTED	REACHED	WHAT BROKE IT
1			
2			
3			
4			
5			

A restart costs days, not the challenge. Write down what broke it, and change that part of the plan.

III WHY I'M DOING THIS

IV READING LIST TEN PAGES A DAY IS ABOUT 750 IN ALL

V AFTER DAY 75 WHAT STAYS, WHAT GOES

KEEP _____

DROP _____

ATTEMPT _____ DAY 1 _____

Seventy-five days, *your own rules.*

For 75 Medium, 75 Soft or a version of your own. Write up to six rules in the boxes below, in the order you want to tick them, and leave a ring empty if a rule doesn't apply.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

1 _____ ○○○○○○	2 _____ ○○○○○○	3 _____ ○○○○○○	4 _____ ○○○○○○	5 _____ ○○○○○○
6 _____ ○○○○○○	7 _____ ○○○○○○	8 _____ ○○○○○○	9 _____ ○○○○○○	10 _____ ○○○○○○
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51 _____ ○○○○○○	52 _____ ○○○○○○	53 _____ ○○○○○○	54 _____ ○○○○○○	55 _____ ○○○○○○
56 _____ ○○○○○○	57 _____ ○○○○○○	58 _____ ○○○○○○	59 _____ ○○○○○○	60 _____ ○○○○○○
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ATTEMPT 2 DAY 1 Mon, Jan 4, 2027

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1 Jan 4	2 Jan 5	3 Jan 6	4 Jan 7	5 Jan 8
6 Jan 9	7 Jan 10	8 Jan 11	9 Jan 12	10 Jan 13
11 Jan 14	12 Jan 15	13 Jan 16	14 Jan 17	15 Jan 18
16 Jan 19	17 Jan 20	18 Jan 21	19 Jan 22	20 Jan 23
21 Jan 24	22 Jan 25	23 Jan 26	24 Jan 27	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

Plannedo