

75 HARD CHALLENGE CHECKLIST

This 75-day challenge is designed to build mental toughness, discipline, and resilience.

Each day, you must complete ALL of the following tasks without exception. If you miss even one task, you must start over from Day 1.

Daily Tasks:

1. Follow a structured diet - No cheat meals or alcohol.
2. Complete two 45-minute workouts - One must be outdoors.
3. Drink 1 gallon (about 3.8 liters) of water.
4. Read 10 pages of a non-fiction/self-help book.
5. Take a progress photo every day.

75-Day Checklist:

Day 1: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 2: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 3: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 4: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 5: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 6: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 7: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 8: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 9: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 10: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 11: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 12: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 13: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 14: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 15: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 16: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo
Day 17: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 18: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 19: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 20: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 21: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 22: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 23: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 24: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 25: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 26: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 27: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 28: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 29: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 30: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 31: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 32: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 33: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 34: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 35: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 36: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 37: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 38: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 39: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 40: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 41: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 42: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 43: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 44: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 45: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 46: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 47: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 48: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 49: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 50: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 51: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 52: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 53: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 54: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 55: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 56: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 57: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 58: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 59: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 60: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 61: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 62: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 63: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 64: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 65: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 66: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 67: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 68: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 69: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 70: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 71: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 72: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 73: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 74: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo

Day 75: ☐ Diet ☐ Workout 1 ☐ Workout 2 ☐ Water ☐ Reading ☐ Photo