75 DAY SOFT CHALLENGE

PLANNER

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GOLDEN RULES

- Drink 3L Water Everyday
- Read 10 Pages Daily
- Daily 45 Minute Workout
- Follow the following diet

Your Diet Rules:

You set the specific rules but the guidelines are to eat healthy food and drink alcohol only at social events and celebrations.

MOTIVATION

Why do you want to do the 75 Day Soft Challenge?

List your reasons below and read them when you need motivation or inspiration.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

COUNTDOWN

Start Date:_____ Mark each day off when you complete it.

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

End Date:_____

Congratulations!

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	Follow your chosen diet	Drink 3l of water	Read 10 pages	Exercise for 45 mins	Take a progress picture
1					
2					
3					
4					
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	Follow your chosen diet	Drink 3l of water	Read 10 pages	Exercise for 45 mins	Take a progress picture
1					
2					
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4					
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	Follow your chosen diet	Drink 3l of water	Read 10 pages	Exercise for 45 mins	Take a progress picture
26					
27					
28					
29					
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50					

	Follow your chosen diet	Drink 3l of water	Read 10 pages	Exercise for 45 mins	Take a progress picture
51					
52					
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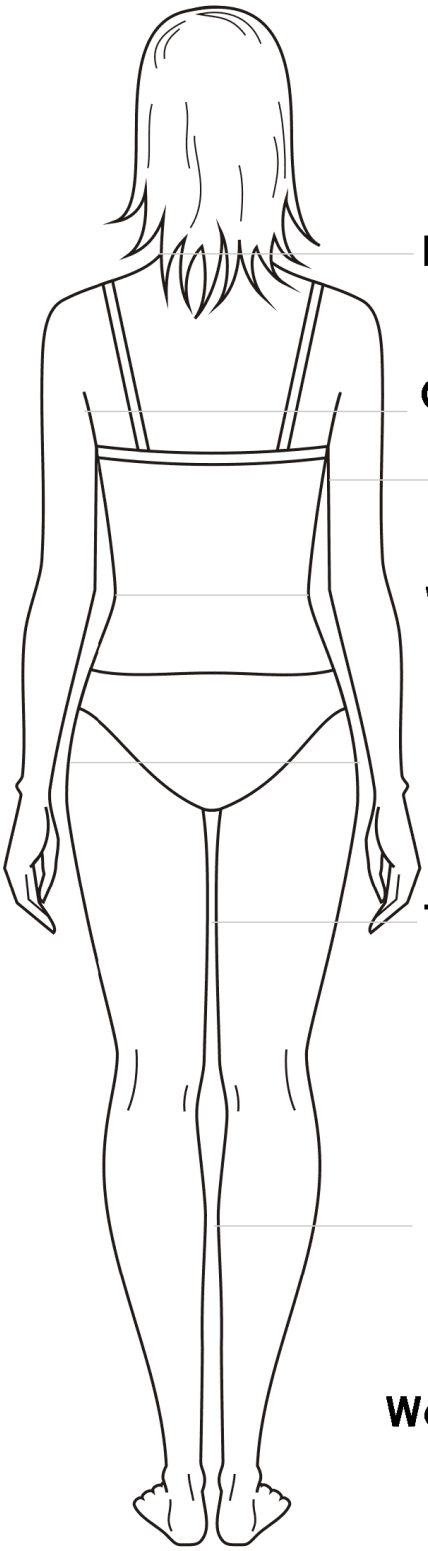
74					
75					

MEASUREMENTS

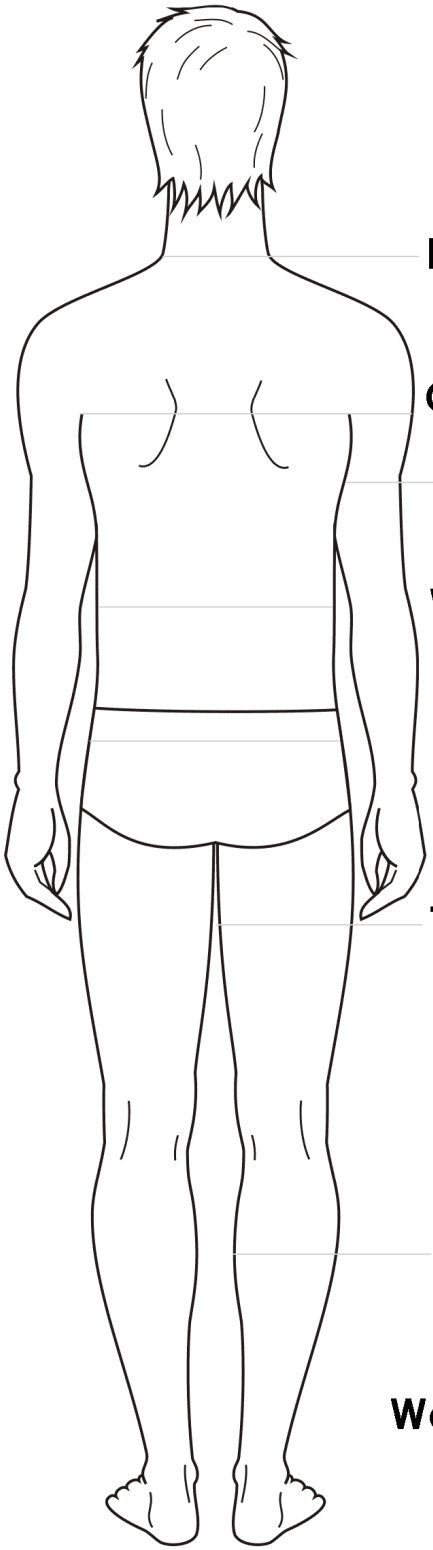
Week	Weight	Chest	Waist	Upper Arms		Thighs		Hips
				Left	Right	Left	Right	
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
End of the Program								

Body Measurement Tracker



	BEFORE	AFTER
	Date:	Date:
Neck		
Chest		
Arm	L / R	L / R
Waist		
Hips		
Thigh	L / R	L / R
Calf	L / R	L / R
Weight		

Body Measurement Tracker



	BEFORE	AFTER
	Date:	Date:
Neck		
Chest		
Arm	L / R	L / R
Waist		
Hips		
Thigh	L / R	L / R
Calf	L / R	L / R
Weight		

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WORKOUTS

This will help you see progress.

	DATE	WORKOUT	NOTES
1			
2			
3			
4			
5			
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12			
13			
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26			
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28			
29			
30			

	DATE	WORKOUT	NOTES
31			
32			
33			
34			
35			
36			
37			
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54			
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56			
57			
58			
59			
60			

	DATE	WORKOUT	NOTES
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			
71			
72			
73			
74			
75			

FOOD LOG

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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Date		S M T W T F S	Water	O O O O O O O O O O

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Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

101Planners.com

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

Date		S M T W T F S	Water	O O O O O O O O O O

TIME	FOOD	QTY	CALORIES	PROTEIN	CARBS	SUGAR	FAT

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