75 Soft - 75-day tracker

Start date: _____ **My fluid target:** _____ **Optional habit:** _____

Choose targets that fit your circumstances. Tick completed habits; write R for recovery and - for a miss.

DAY	DATE	FOOD	MOVE	FLUIDS	READ	OPTIONAL	NOTES / ADJUSTMENT
01		☐	☐	☐	☐	☐	
02		☐	☐	☐	☐	☐	
03		☐	☐	☐	☐	☐	
04		☐	☐	☐	☐	☐	
05		☐	☐	☐	☐	☐	
06		☐	☐	☐	☐	☐	
07		☐	☐	☐	☐	☐	
08		☐	☐	☐	☐	☐	
09		☐	☐	☐	☐	☐	
10		☐	☐	☐	☐	☐	
11		☐	☐	☐	☐	☐	
12		☐	☐	☐	☐	☐	
13		☐	☐	☐	☐	☐	
14		☐	☐	☐	☐	☐	
15		☐	☐	☐	☐	☐	
16		☐	☐	☐	☐	☐	
17		☐	☐	☐	☐	☐	
18		☐	☐	☐	☐	☐	
19		☐	☐	☐	☐	☐	
20		☐	☐	☐	☐	☐	
21		☐	☐	☐	☐	☐	
22		☐	☐	☐	☐	☐	
23		☐	☐	☐	☐	☐	
24		☐	☐	☐	☐	☐	
25		☐	☐	☐	☐	☐	

Common prompts: eat well, move, hydrate, read. Sleep is an optional add-on, not a core 75 Soft rule.

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Start date: _____ **My fluid target:** _____ **Optional habit:** _____

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DAY	DATE	FOOD	MOVE	FLUIDS	READ	OPTIONAL	NOTES / ADJUSTMENT
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		☐	☐	☐	☐	☐	

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75 Soft - 75-day tracker

Start date: _____ **My fluid target:** _____ **Optional habit:** _____

Choose targets that fit your circumstances. Tick completed habits; write R for recovery and - for a miss.

DAY	DATE	FOOD	MOVE	FLUIDS	READ	OPTIONAL	NOTES / ADJUSTMENT
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		☐	☐	☐	☐	☐	

Common prompts: eat well, move, hydrate, read. Sleep is an optional add-on, not a core 75 Soft rule.