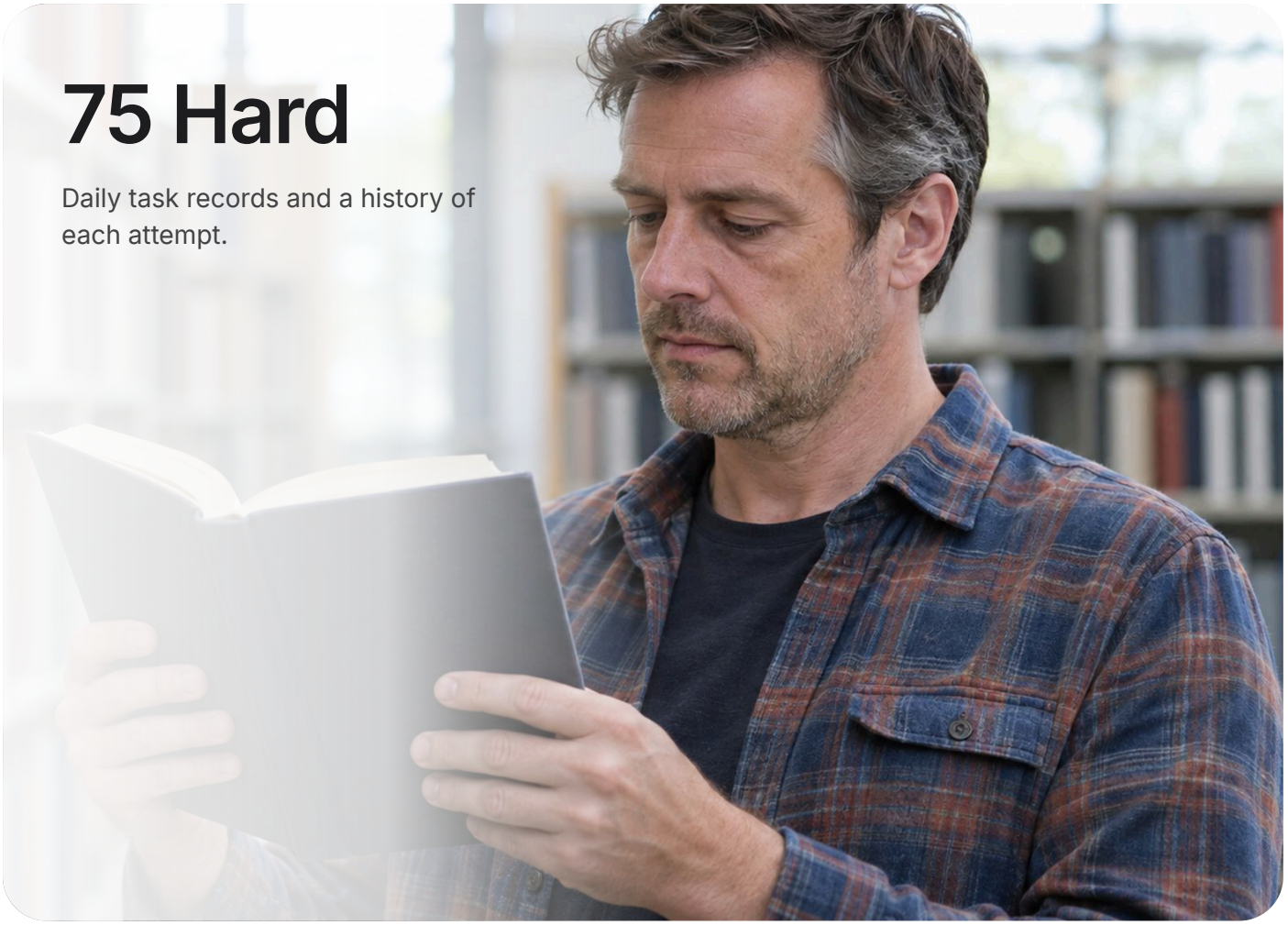
75 Hard

Daily task records and a history of each attempt.



WHY IT HELPS

Keep the date, challenge day and each task visible. Preserve earlier attempts so a restart does not remove the details that explain what happened.

HOW TO USE IT

Prepare	Write the plan and how you will label tasks.
Record	Check each task separately each day.
Review	Keep the attempt history and next step.

INSIDE

2	Example: Ben's daily record	3	My starting plan
4	Daily task log: opening	5	Daily task log: middle
6	Daily task log: closing	7	Attempt history and review

Keep the calendar date beside the challenge day, especially when beginning another attempt.

Example: Ben's daily record

Attempt and date

Attempt 2, challenge day 4, May 12.

Recorded tasks

Food plan yes. Workout 1 yes. Workout 2 yes. Outdoor workout yes. Water yes. Reading yes. Photo yes.

Details behind the marks

First workout recorded in the morning, second later in the day. Outdoor session named in my activity notes. Book and pages recorded on my plan.

Earlier attempt

Attempt 1 began May 1 and ended May 6. Reading task was incomplete. New day 1 began May 9.

What I kept

Both attempts remain in my history. I record the challenge day beside the date and keep the book ready for reading.

My starting plan

Attempt number, starting date and reason

Food plan and task definitions I am following

Workout arrangements, outdoor session and water record

Book, reading record and photo record

Daily task log: opening

Opening twenty five days: mark tasks separately

Day / date	Food	Work 1	Work 2	Outside	Water	Reading	Photo

Daily task log: middle

Middle twenty five days: mark tasks separately

Day / date	Food	Work 1	Work 2	Outside	Water	Reading	Photo

Daily task log: closing

Closing twenty five days: mark tasks separately

Day / date	Food	Work 1	Work 2	Outside	Water	Reading	Photo

Attempt history and review

Keep each attempt

Attempt / dates	Last challenge day	What happened / next start

What I learned and what I want to discuss

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.