# 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. |

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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 |
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# Daily task log: middle

## Middle twenty five days: mark tasks separately

| Day / date | Food | Work 1 | Work 2 | Outside | Water | Reading | Photo |
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# Daily task log: closing

## Closing twenty five days: mark tasks separately

| Day / date | Food | Work 1 | Work 2 | Outside | Water | Reading | Photo |
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# Attempt history and review

## Keep each attempt

| Attempt / dates | Last challenge day | What happened / next start |
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## What I learned and what I want to discuss

FOR MY NEXT APPOINTMENT

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



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