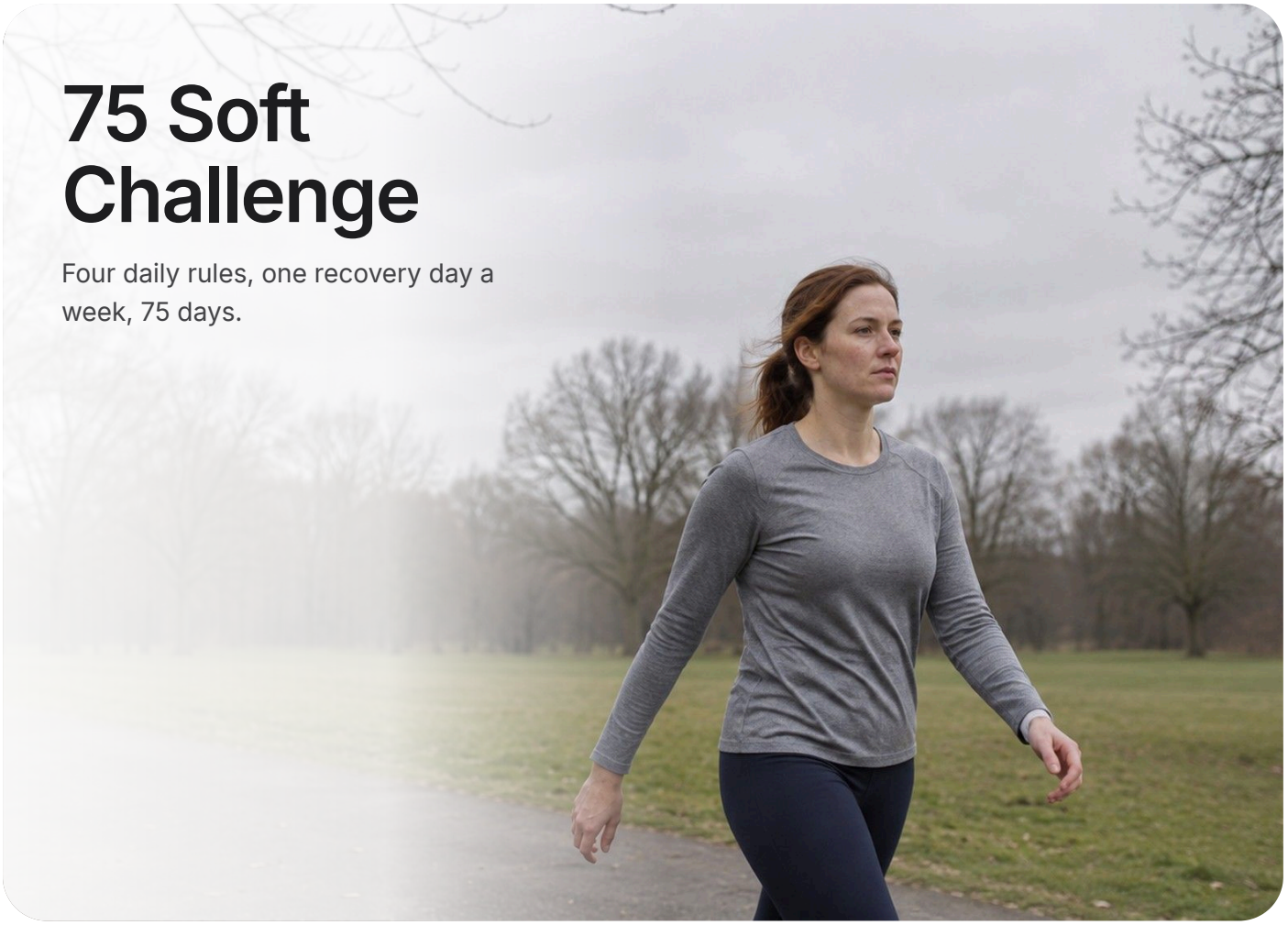
75 Soft Challenge

Four daily rules, one recovery day a week, 75 days.



WHY IT HELPS

75 Soft is the gentler version of 75 Hard. You keep four daily rules for 75 days with a weekly recovery day, and a missed rule does not send you back to day one.

HOW TO USE IT

Plan	Write your version of each rule.
Track	Tick each rule every day.
Check	Count the week every seventh day.
Review	Look back on day 75.

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A missed rule is not a restart. Leave the circle empty and carry on tomorrow.

Dana's sixth week

Dana, 38, started on March 2 to build steadier habits after a busy winter. This is her plan and one week of her tracker.

1 Dana's version of the four rules

Eat well

Home cooked dinners. Alcohol only at dinner with friends.

Move

Walk at lunch or yoga after work. Sunday is my recovery day.

Water

3 liters. Fill my 1 liter bottle three times.

Read

10 pages of a novel before bed.

2 Days 36 to 42

R marks the recovery day

Day	Date	Eat well	Move	Water	Read	Note
36	Apr 6	✓	✓	✓	✓	Walk at lunch
37	Apr 7	✓	✓	○	✓	Long shift, 2 liters
38	Apr 8	✓	✓	✓	✓	Yoga after work
39	Apr 9	✓	✓	○	✓	Forgot to refill
40	Apr 10	✓	✓	✓	✓	Dinner out, one glass of wine
41	Apr 11	✓	R	✓	✓	Recovery, easy stretch
42	Apr 12	○	✓	✓	✓	Takeout, off plan

3 Weekly check

Week	Rules kept	What helped or got in the way
Week six	25 of 28	Water slips on long shifts. Fill the bottle before I leave.

DANA'S NOTE

A missed rule is one empty circle, not a restart. Day 43 starts fresh.

My 75 Soft plan

Write your own version of each rule before day one, so every tick means the same thing for 75 days.

Start date _____

Day 75 date _____

Day 1 photo taken _____

1 The four daily rules

1 Eat well, alcohol only on social occasions

My version

_____

_____

2 Move 45 minutes, one recovery day a week

My version

_____

_____

3 Drink 3 liters of water

My version

_____

_____

4 Read 10 pages of any book

My version

_____

_____

2 My recovery day

circle one

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

On the recovery day, gentle movement such as walking or stretching takes the place of the workout.

Why I am doing this

_____

_____

_____

Tracker: the opening days

Tick a circle for each rule you keep. Write R in Move on your recovery day.

Day	Date	Eat well	Move	Water	Read	Note
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		○	○	○	○	

Tracker: the middle days

Keep going. Empty circles are part of the record, not a reason to stop.

Day	Date	Eat well	Move	Water	Read	Note
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		○	○	○	○	

Tracker: the closing days

The final stretch. Note anything that made a day easier.

Day	Date	Eat well	Move	Water	Read	Note
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		○	○	○	○	

Weekly check

At the end of each week, count the rules you kept. A full week is 28. The last week has 5 days, so it is out of 20.

Week	Days	Rules kept	What helped or got in the way
One	1 to 7		
Two	8 to 14		
Three	15 to 21		
Four	22 to 28		
Five	29 to 35		
Six	36 to 42		
Seven	43 to 49		
Eight	50 to 56		
Nine	57 to 63		
Ten	64 to 70		
Eleven	71 to 75		

The rule that slips most, and one change for next week

75 Soft review

On day 75, look back over the tracker and weekly checks.

Rules kept, out of 300

Full days with all four

Day 75 photo taken

What changed since day one

Habits I will keep after day 75

FOR MY NEXT APPOINTMENT

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

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