75 Hard challenge checklist

Tick each task as you do it, every day for 75 days. Start date: _____

- **Diet.** Follow a diet that fits your goals, with no alcohol and no cheat meals. Which diet is up to you (keto, paleo, vegetarian and so on).
- **2 workouts.** Do two workouts of at least 45 minutes, at least 3 hours apart, and do one of them outdoors. The type of workout is up to you.
- **Water.** Drink one gallon of water (a US gallon is about 3.8 litres). It must be plain: no flavouring, additives or carbonation.
- **Read 10 pages.** Read at least 10 pages of a non-fiction book that can help you improve an area of your life, such as business or personal development. Audiobooks do not count.
- **Progress photo.** Take a progress photo every day.

Miss any task on any day and you start over at day 1.

Day	Date	Diet	2 workouts	Water	Read 10 pages	Progress photo
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		☐	☐	☐	☐	☐

Day	Date	Diet	2 workouts	Water	Read 10 pages	Progress photo
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		☐	☐	☐	☐	☐

https://reeftogether.com/tools/75-hard-challenge-tracker/ · Unofficial checklist by Reef. 75 HARD is a program by Andy Frisella and a trademark of 44Seven Media. Reef is not affiliated with it. Rules: andyfrisella.com, read on 2 November 2026.