

75 Soft *challenge*

The friendlier version of 75 Hard. Four daily rules, one rest day a week, and no starting over if you slip.

THE 4 RULES

1. **Move for 45 minutes a day.** One day a week is active recovery: walking, stretching or yoga.
2. **Eat well.** Balanced meals. Alcohol only on social occasions.
3. **Drink 3 litres of water.**
4. **Read 10 pages** of any book.

TIPS TO ACTUALLY FINISH

- ☐ Lay out workout clothes the night before
- ☐ Fill a 1 L bottle 3 times a day
- ☐ Keep your book on your pillow
- ☐ Plan your recovery day each Sunday
- ☐ Prep protein for the week
- ☐ Take a progress photo on day 1 (just for you)

WHAT COUNTS AS MOVING

- Gym, pilates, a class or a home workout
- Brisk walk, hot girl walk, incline walk
- Cycling, dancing, swimming, sport
- Recovery day: easy walk, stretch, yoga

75 SOFT VS 75 HARD

- Hard: two 45-min workouts, one outside
- Hard: a gallon of water and a strict diet
- Hard: miss anything, restart at day 1
- Soft: one workout, 3 L, and no restarts

MY WHY

START DATE

Check with a doctor before starting if you're new to exercise or have a medical condition. Rules as commonly described, e.g. by Cleveland Clinic.

TICK EACH RULE, EVERY DAY

75 Soft *tracker*

DAY	MOVE 45	EAT WELL	3 L WATER	READ 10
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DAY	MOVE 45	EAT WELL	3 L WATER	READ 10
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DAY	MOVE 45	EAT WELL	3 L WATER	READ 10
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Do 75 Soft in Habbic

The 75 Soft challenge is built in, with a water tracker, page counter, workout plan and a reminder each day.

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