

75

DAY

HARD

CHALLENGE

JOURNAL

THE NEW 75 DAY HARD CHALLENGE RULES

For 75 days straight, complete all of the following tasks.

1. List 20 things you are thankful for
2. List 20 things you appreciate about yourself
3. Practice stillness or meditate for 15 minutes
4. Exercise 2 days, stretch 1 day, then repeat
5. Eat healthy by limiting sugar, and refined carbs
6. Skip alcohol
7. Read 10 pages of non-fiction
8. Learn something new for 15 minutes
9. Do something you're passionate about for 15 minutes
10. Record every task you complete in this journal

BEFORE WE START...

Write down WHY you're committing to this 75 day challenge.

75 days can be a *long* time, but the time and effort you'll commit will be worthwhile. When you start second guessing your intentions, come back to this page to remember *why* you're in this. If you find new reasons along the way, write the new reasons here.

If you need help defining your motivation, pickup the 75 Strong book at ABrotherAbroad.com/75-Strong-Book

Now, let's get started...

HOW TO USE THIS 75 DAY CHALLENGE JOURNAL

USE THIS JOURNAL TO RECORD YOUR PROGRESS

For everyday of this challenge there is a box to check for every one of our ten tasks.

RECORD YOUR NOTES DAILY

Every week of tasks has a section to write your notes – use it. Write down your realizations, ideas, wins, and feelings as you go through the challenge. As you grow, gain a clearer head, and develop some great habits during the challenge, you'll also experience great ideas and feelings you'll want to go back to later. Record those thoughts here, in your notes section

READ THE 75 DAY HARD BOOK TO STAY MOTIVATED

To learn more about why to learn more about why the 10 tasks chosen can be foundational to a productive, contentment filled life, read the book that inspired the new 75 day hard challenge – **75 DAY HARD**.

Available on Amazon

Or visit ABrotherAbroad.com/75-Strong-Book

75 DAY HARD CHALLENGE

Days 1 to 7

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 8 to 14

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 15 to 21

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 22 to 28

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 29 to 35

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 36 to 42

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 43 to 49

	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 50 to 56

	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 57 to 63

	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

Days 64 to 70

	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
BE THANKFUL List 20 things you appreciate							
APPRECIATE YOURSELF List 20 things you like about yourself							
BE STILL Spend 15 minutes meditating or sitting quietly							
MOVE AND MOBILIZE Exercise or stretch							
EAT HEALTHILY No sugar, fast for 16 hours							
NO ALCOHOL							
READ 10 PAGES OF NONFICTION							
SPEND 15 MINUTES LEARNING SOMETHING							
SPEND 15 MINUTES ON A PASSION OF YOURS							
RECORD THE PROCESS Put checks in the boxes!							

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

75 DAY HARD CHALLENGE

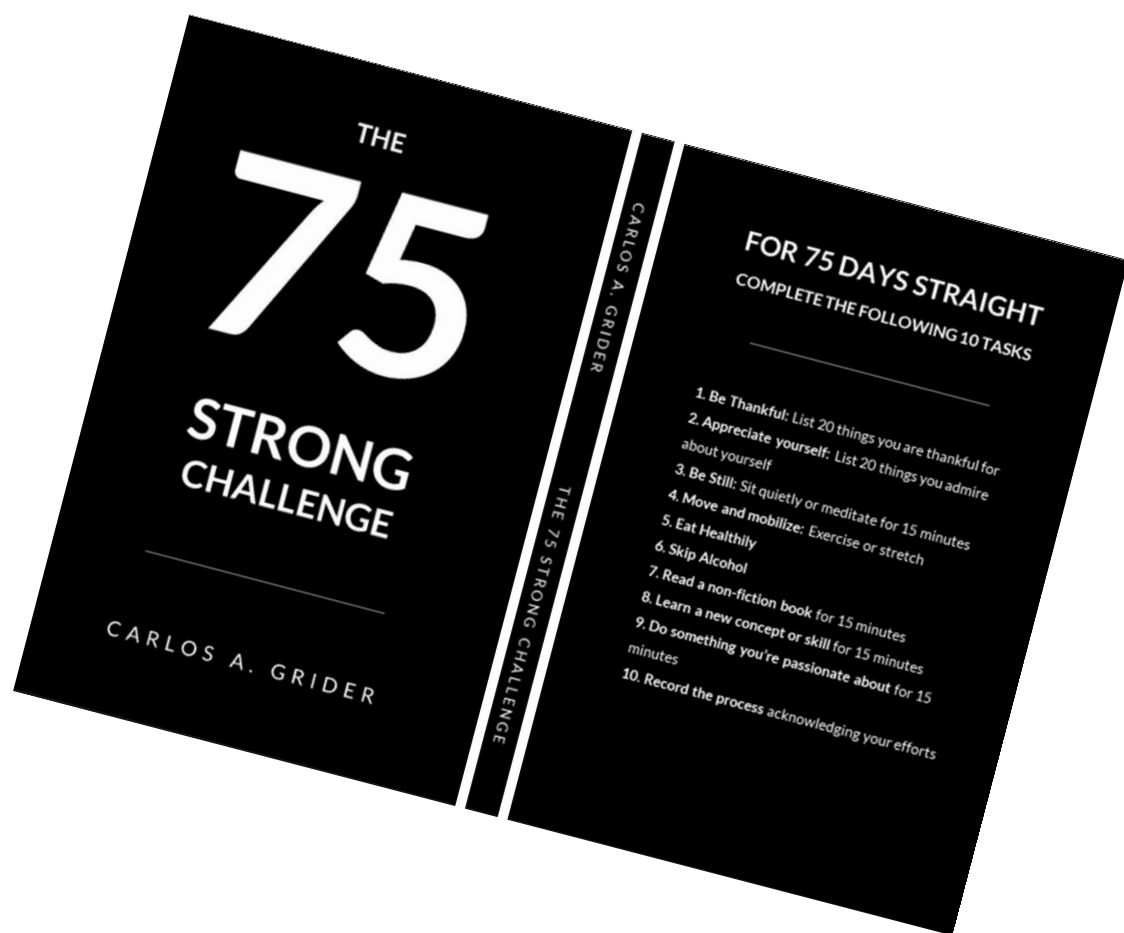
Days 71 to 75

	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75
BE THANKFUL List 20 things you appreciate					
APPRECIATE YOURSELF List 20 things you like about yourself					
BE STILL Spend 15 minutes meditating or sitting quietly					
MOVE AND MOBILIZE Exercise or stretch					
EAT HEALTHILY No sugar, fast for 16 hours					
NO ALCOHOL					
READ 10 PAGES OF NONFICTION					
SPEND 15 MINUTES LEARNING SOMETHING					
SPEND 15 MINUTES ON A PASSION OF YOURS					
RECORD THE PROCESS Put checks in the boxes!					

DAILY NOTES

Record anything of significance here as you go.
Your wins, thoughts, things you want to shift next week, etc.

PURCHASE YOUR COPY OF THE NEW 75 DAY HARD CHALLENGE BOOK ON AMAZON



[ABROTHERABROAD.COM/75-STRONG-BOOK](https://abrotherabroad.com/75-strong-book)