75 SOFT CHALLENGE

Week One

	1	2	3	4	5	6	7
45 min exercise (have 1 active recovery day)							
Drink 1 gallon of water							
Eat well							
If drinking, limit to social occasions							
Read 10 pages							
Take a progress pic							

Week Two

	8	9	10	11	12	13	14
45 min exercise (have 1 active recovery day)							
Drink 1 gallon of water							
Eat well							
If drinking, limit to social occasions							
Read 10 pages							
Take a progress pic							

Week Three

	15	16	17	18	19	20	21
45 min exercise (have 1 active recovery day)							
Drink 1 gallon of water							
Eat well							
If drinking, limit to social occasions							
Read 10 pages							
Take a progress pic							