



75 Soft Challenge

Week One

45 Minutes of Exercise

Follow a Healthy Diet

Drink 1 Gallon of Water

If drinking, limit to social occasions

Read 10 Pages

Take a Progress Pic

1234567

Week Two

45 Minutes of Exercise

Follow a Healthy Diet

Drink 1 Gallon of Water

If drinking, limit to social occasions

Read 10 Pages

Take a Progress Pic

891011121314

Week Three

45 Minutes of Exercise

Follow a Healthy Diet

Drink 1 Gallon of Water

If drinking, limit to social occasions

Read 10 Pages

Take a Progress Pic

15161718192021

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75 SOFT CHALLENGE CHECKLIST

Boost motivation, & stay on track!