

75 SOFT CHALLENGE TRACKER

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● DIET ● MOVE ● WATER ● READ ● PHOTO

1	2	3	4	5	6	7	8	9	10
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
11	12	13	14	15	16	17	18	19	20
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
21	22	23	24	25	26	27	28	29	30
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
31	32	33	34	35	36	37	38	39	40
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
41	42	43	44	45	46	47	48	49	50
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
51	52	53	54	55	56	57	58	59	60
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
61	62	63	64	65	66	67	68	69	70
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P	D M W R P
71	72	73	74	75					
D M W R P	D M W R P	D M W R P	D M W R P	D M W R P					

THE 5 RULES

- **Diet** No ultra-processed foods, one social drink max/week
- **Move** 45 minutes a day, active recovery counts
- **Water** 3 liters a day (adjust for your size and activity)
- **Read** 10 pages, fiction or non-fiction
- **Photo** Take it daily, no need to post it anywhere