

75 Hard Checklist

Checklist · 15 items · 3 sections

75 Hard is a mental toughness program created by Andy Frisella. Every day for 75 consecutive days, you must complete all 5 tasks: no substitutions, no excuses, no missed days. If you miss even one task, you start over from Day 1.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/75-hard-checklist>

DAILY TASKS (ALL 5 REQUIRED EVERY DAY)

- Complete first 45-minute workout (any physical activity: gym, run, walk, yoga)

HIGH

Both workouts must be at least 45 minutes each. One must be outdoors regardless of weather.

- Complete second 45-minute workout: must be outdoors

HIGH

- Follow a diet or eating plan: no alcohol, no cheat meals for all 75 days

HIGH

Choose any diet: keto, whole30, calorie deficit, etc. Stick to it 100%. No cheat meals at all.

- Drink 1 gallon (128 oz / ~3.8 liters) of water

HIGH

- Read 10 pages of a non-fiction, self-improvement book (audiobooks don't count)

HIGH

- Take a progress photo

HIGH

Even if you don't share publicly: the photo documents daily accountability

RULES TO FOLLOW

- No alcohol for entire 75 days: includes wine, beer, spirits

HIGH

- No cheat meals: follow your chosen diet 100%

HIGH

- No rest days: all 5 tasks must be completed every single day

HIGH

- If you miss any task, start over from Day 1

HIGH

SUCCESS TIPS

- Prepare workout clothes and gear the night before
- Fill and carry a gallon jug to track water intake throughout the day
- Choose your book before Day 1: have a list ready for all 75 days
- Meal prep in advance to make diet adherence easier
- Log completion of all 5 tasks each day: apps like 75 Hard or a journal