

# 75 SOFT CHECKLIST

WEEK #

HABITS LIST	M	T	W	T	F	S	S
<b>Perform one 45-minute workout daily</b>							
<b>Eat well and only drink alcohol socially, if any</b>							
<b>Drink a half-gallon of water daily.</b>							
<b>Read 5 pages of any book, though self-improvement is preferred</b>							
<b>Day # (out of 75)</b>							
<b>NOTES</b>							