

the 75 soft challenge

75 DAYS · FOUR DAILY TICKS · NO RESTARTING, EVER



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1 Eat well
food you'd defend out loud · drinks only on social occasions

2 Train 45 minutes
anything on purpose · one active-recovery day a week

3 Drink 3 litres of water
big bottle · make it a personality

4 Read 10 pages
of any book · romantasy counts · feeds don't

colour a circle every four-tick day missed one? tomorrow's circle is still yours — that's the whole point



☐ a day ☒ week won ☐ day 75 — you did the thing

Don't do it alone 💜

One witness roughly doubles your odds. Someone who sees your ticks & notices when you go quiet.

my witness is _____

started on ____ / ____ · day 75 lands on ____ / ____

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