

Wat is de 75 Hard Challenge?

- Een mentale weerbaarheidstest en transformatieprogramma, opgericht door Andy Frisella.
- Duurt 75 ononderbroken dagen.
- Het is een "no-compromise" programma: één gemiste regel betekent helemaal opnieuw beginnen.

Structuur van de Challenge

- **Dagelijkse consistentie:** Alle 5 de regels moeten elke dag worden gevolgd.
- **Geen rustdagen:** De regels gelden 7 dagen per week, inclusief weekenden en feestdagen.
- **Binaire uitkomst:** Elke dag is ofwel een "PASS" (geslaagd) of een "FAIL" (mislukt).



75 Hard Challenge Regels

- **Volg een dieet** (geen alcohol, geen cheat meals).
- **Drink één gallon water** (ca. 3.8 liter) per dag.
- **Voltooi twee workouts van 45 minuten**, waarvan er één strikt buiten moet zijn.
- **Lees 10 pagina's non-fictie of zelfhulp** (geen audioboeken).
- **Neem een dagelijkse voortgangsfoto** (progress picture).

Voeding en Hydratie tijdens de 75 Hard Challenge

- **Kies een dieet:** Je moet één dieet kiezen en je daar strikt aan houden (bijv. keto, paleo, calorie-telling).
- **Geen "vals spelen":** Streng verbod op alcohol en alle cheat meals/snacks.
- **Waterdoel:** De \$1\$ gallon water (\$\sim 3.8\$ L) moet elke dag volledig gehaald worden.

Hoe blijf je 75 dagen gemotiveerd?

- **Focus op de dag:** Neem de uitdaging dag voor dag, niet 75 dagen tegelijk.
- **Visualiseer succes:** Gebruik een tracker (zoals je template) om je dagelijkse overwinningen te zien.
- **Progressie foto's:** Gebruik de dagelijkse foto's om de kleine veranderingen in je discipline en lichaam te zien.
- **Onthoud de "Waarom":** Blijf focussen op de mentale transformatie die je zoekt.

Download jouw tracker hier!

Day 1–25

Day	45min Workout (Indoor/ Outdoor)	45min Workout (Outdoors)	Drink 3L of Water	Follow Diet	Read 10 pages (Non-fiction book)	Take progress picture	Status
1							Pass / Fail
2							Pass / Fail
3							Pass / Fail
4							Pass / Fail
5							Pass / Fail
6							Pass / Fail
7							Pass / Fail
8							Pass / Fail
9							Pass / Fail
10							Pass / Fail
11							Pass / Fail
12							Pass / Fail
13							Pass / Fail
14							Pass / Fail
15							Pass / Fail
16							Pass / Fail
17							Pass / Fail
18							Pass / Fail
19							Pass / Fail
20							Pass / Fail
21							Pass / Fail
22							Pass / Fail
23							Pass / Fail
24							Pass / Fail
25							Pass / Fail

Day 26 – 50

Day	45min Workout (Indoor/ Outdoor)	45min Workout (Outdoors)	Drink 3L of Water	Follow Diet	Read 10 pages (Non-fiction book)	Take progress picture	Status
26							Pass / Fail
27							Pass / Fail
28							Pass / Fail
29							Pass / Fail
30							Pass / Fail
31							Pass / Fail
32							Pass / Fail
33							Pass / Fail
34							Pass / Fail
35							Pass / Fail
36							Pass / Fail
37							Pass / Fail
38							Pass / Fail
39							Pass / Fail
40							Pass / Fail
41							Pass / Fail
42							Pass / Fail
43							Pass / Fail
44							Pass / Fail
45							Pass / Fail
46							Pass / Fail
47							Pass / Fail
48							Pass / Fail
49							Pass / Fail
50							Pass / Fail

Day 51–75

Day	45min Workout (Indoor/ Outdoor)	45min Workout (Outdoors)	Drink 3L of Water	Follow Diet	Read 10 pages (Non-fiction book)	Take progress picture	Status
51							Pass / Fail
52							Pass / Fail
53							Pass / Fail
54							Pass / Fail
55							Pass / Fail
56							Pass / Fail
57							Pass / Fail
58							Pass / Fail
59							Pass / Fail
60							Pass / Fail
61							Pass / Fail
62							Pass / Fail
63							Pass / Fail
64							Pass / Fail
65							Pass / Fail
66							Pass / Fail
67							Pass / Fail
68							Pass / Fail
69							Pass / Fail
70							Pass / Fail
71							Pass / Fail
72							Pass / Fail
73							Pass / Fail
74							Pass / Fail
75							Pass / Fail

75- Hard Challenge Daily

(Mood) Tracker

How it works →



Day 1

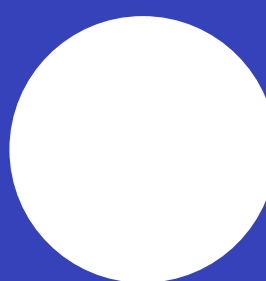
draw your mood



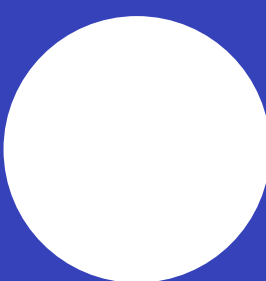
Day 1

cross it off

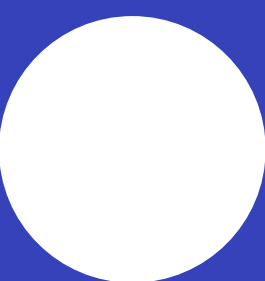
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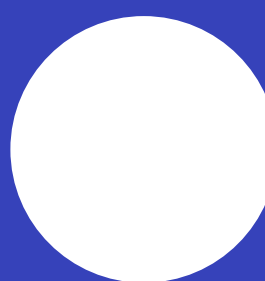
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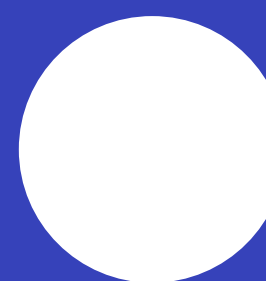
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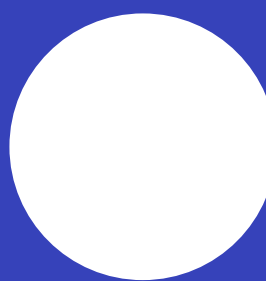
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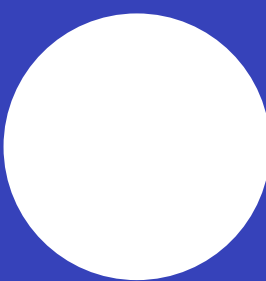
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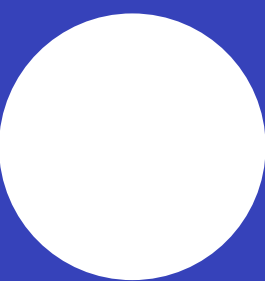
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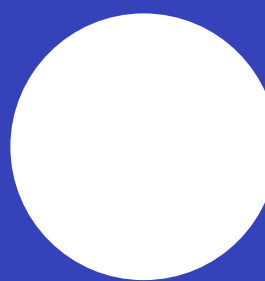
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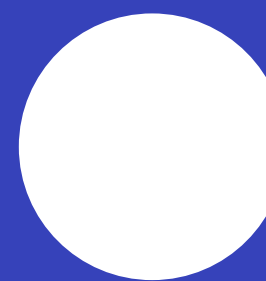
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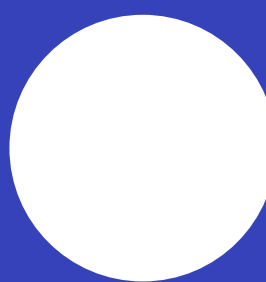
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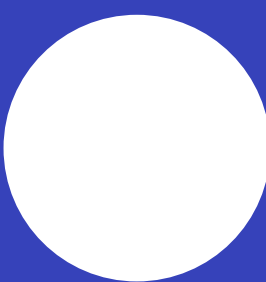
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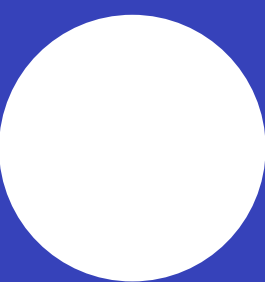
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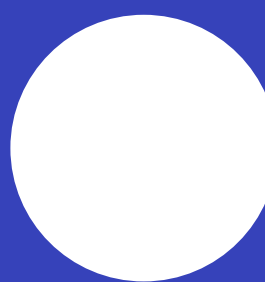
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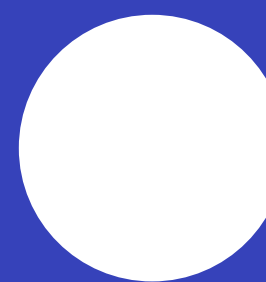
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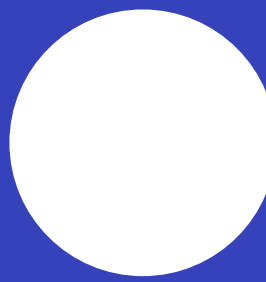
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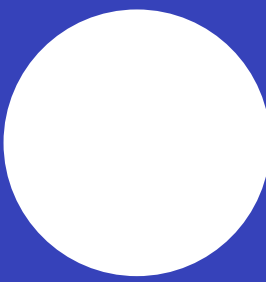
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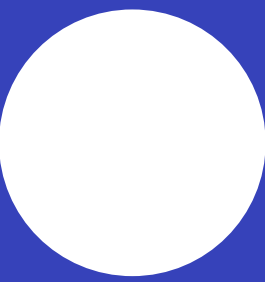
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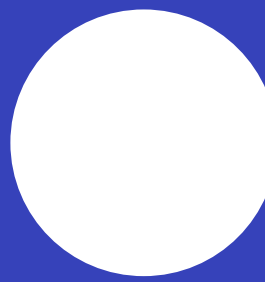
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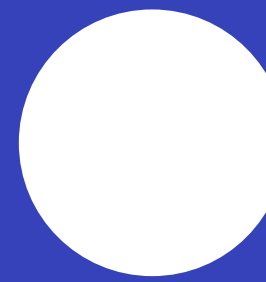
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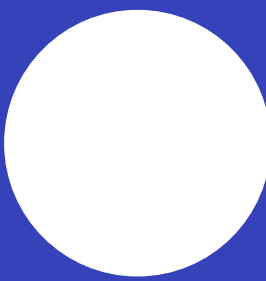
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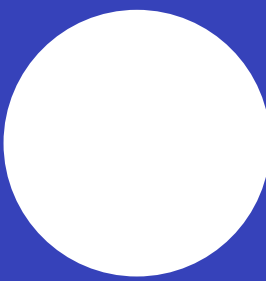
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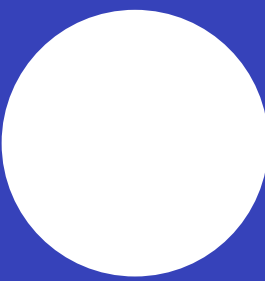
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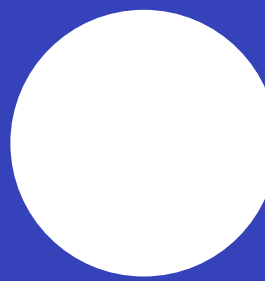
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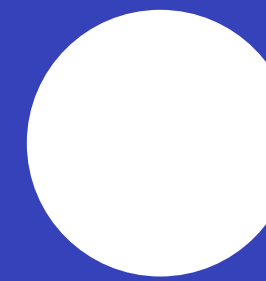
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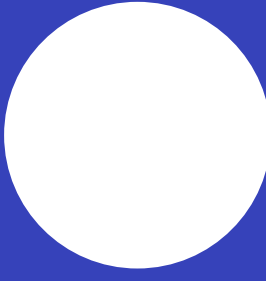
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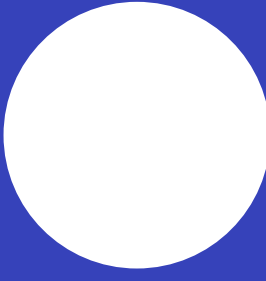
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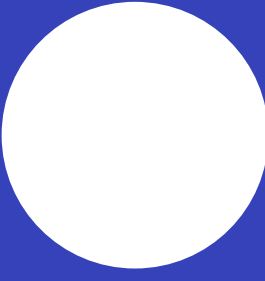
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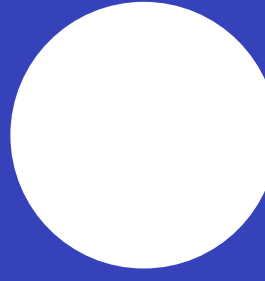
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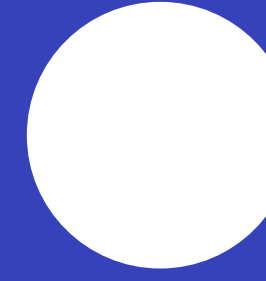
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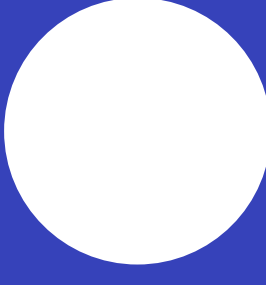
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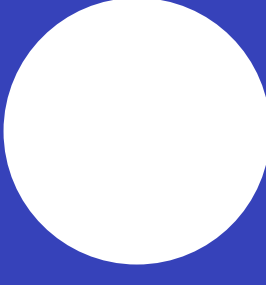
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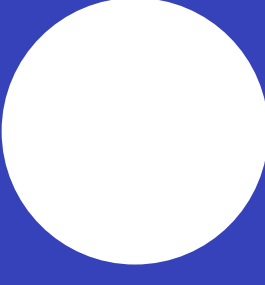
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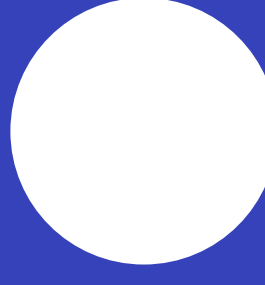
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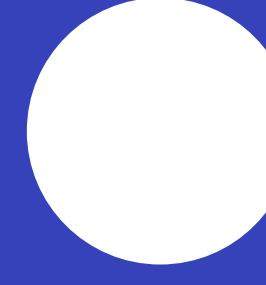
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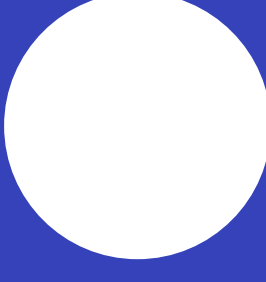
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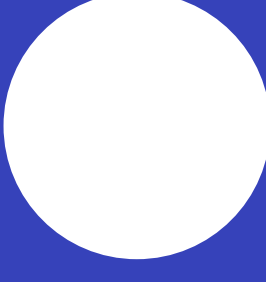
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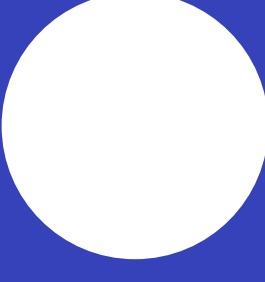
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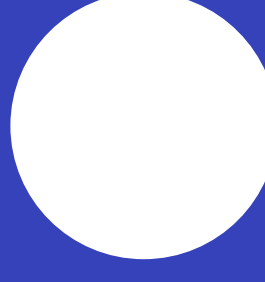
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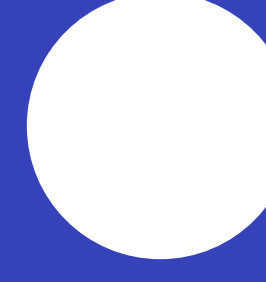
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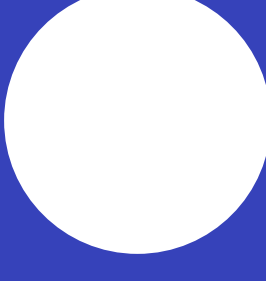
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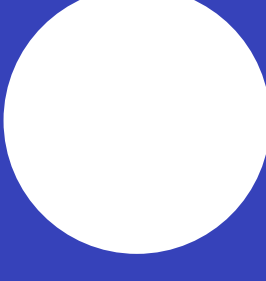
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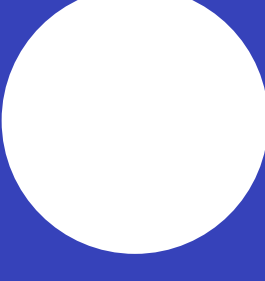
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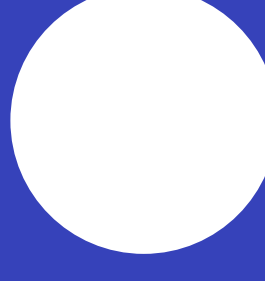
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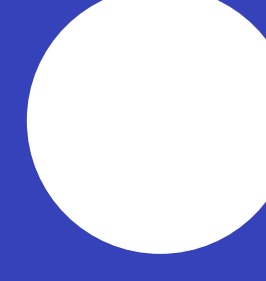
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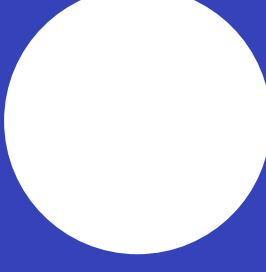
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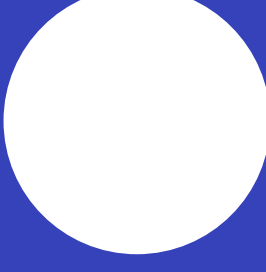
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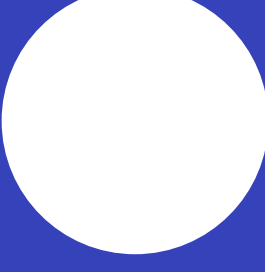
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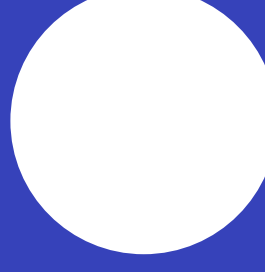
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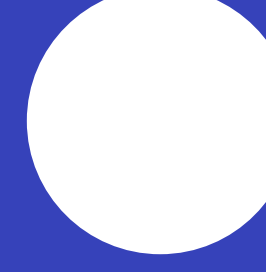
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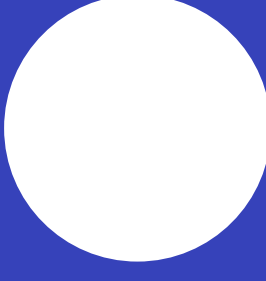
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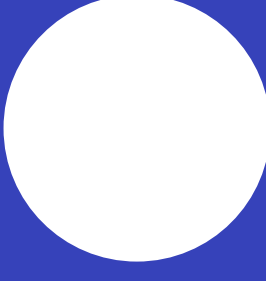
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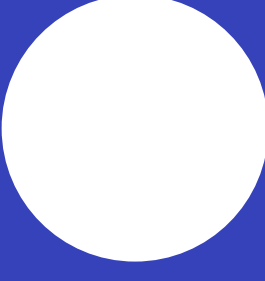
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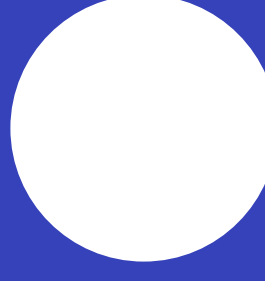
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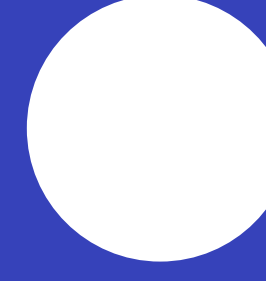
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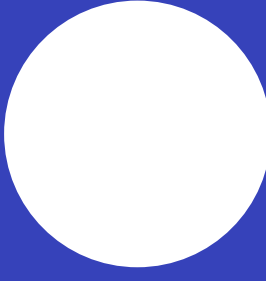
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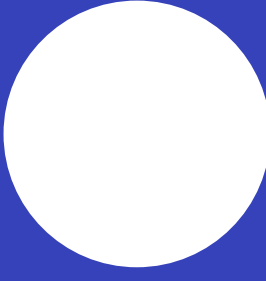
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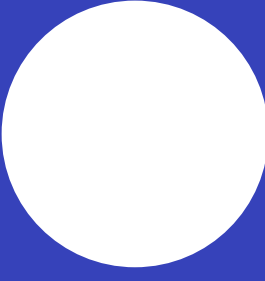
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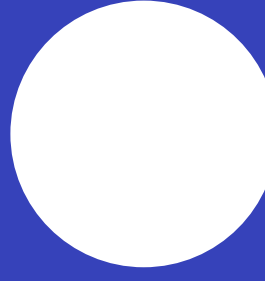
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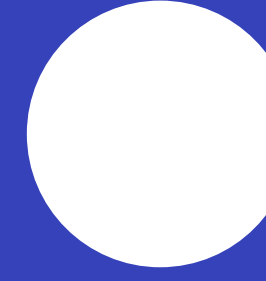
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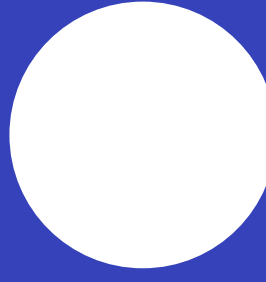
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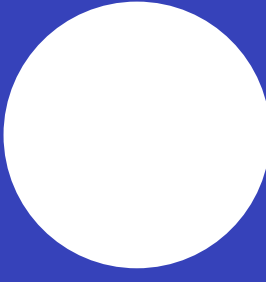
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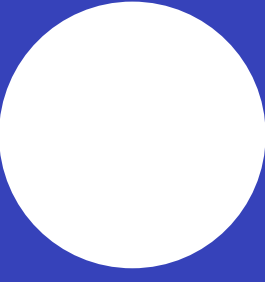
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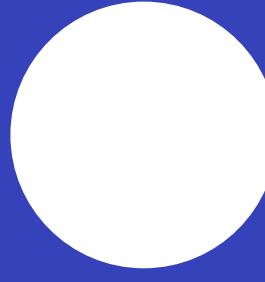
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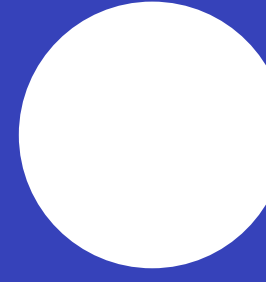
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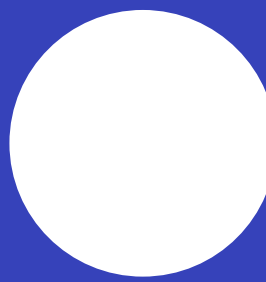
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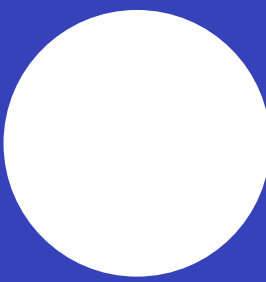
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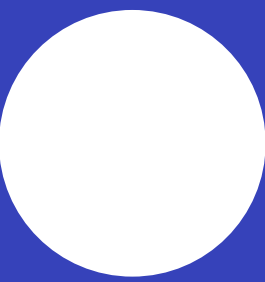
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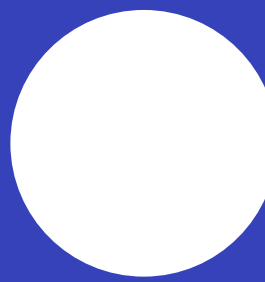
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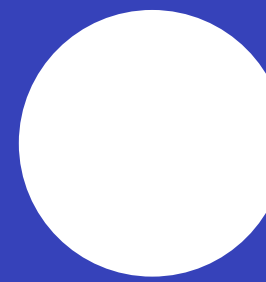
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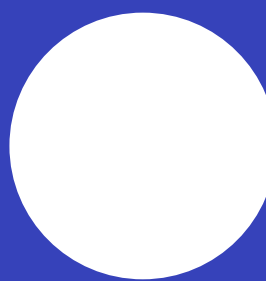
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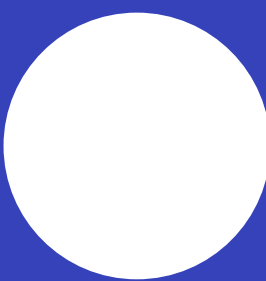
Day 69



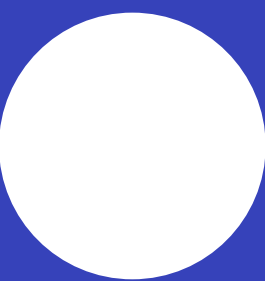
Day 70



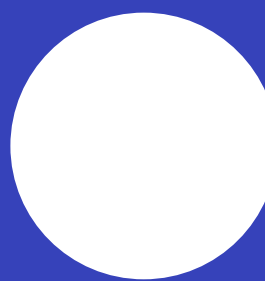
Day 71



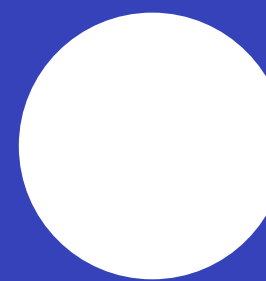
Day 72



Day 73



Day 74



Day 75