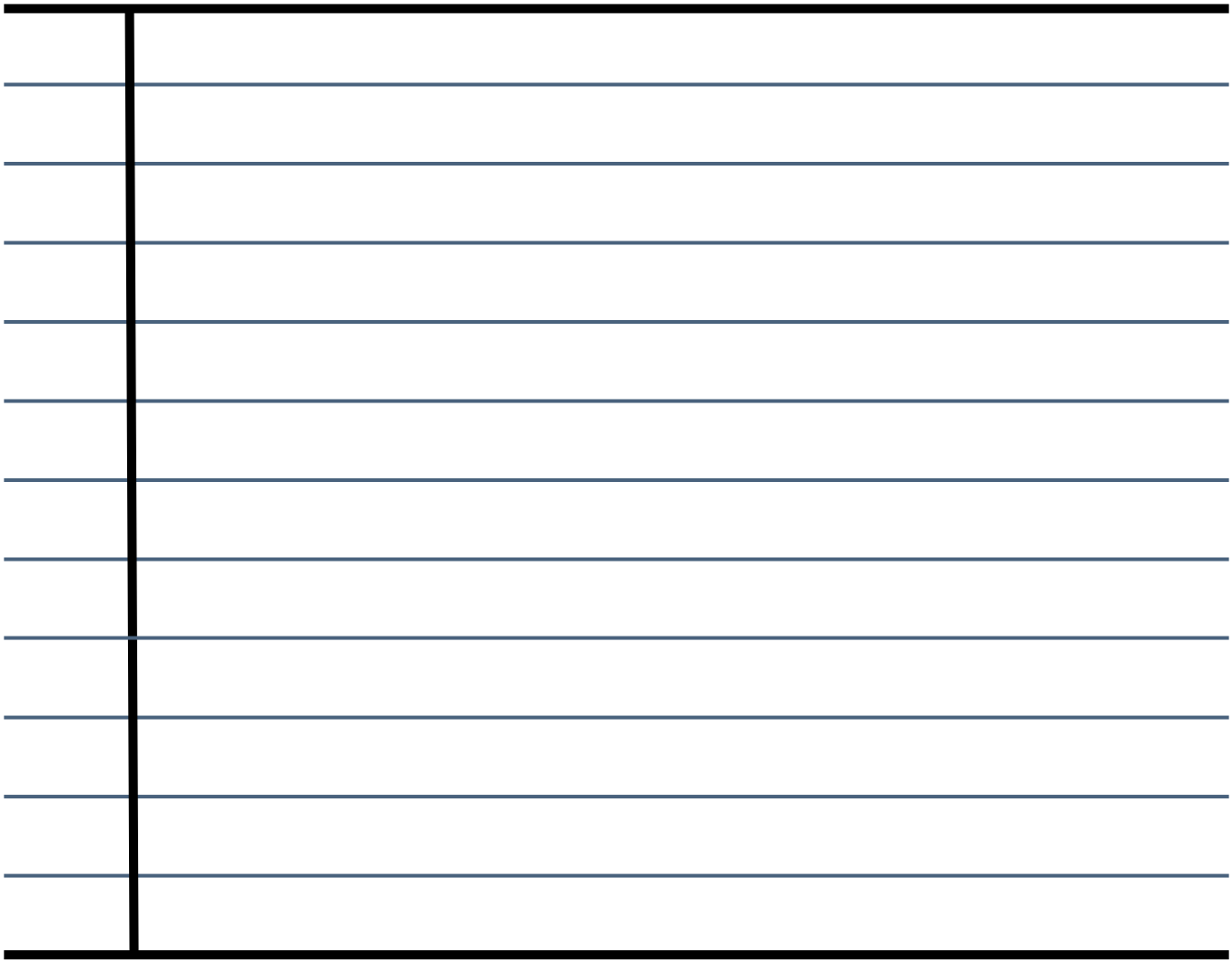

75 hard
CHALLENGE
With Tawni & Austin

INSTRUCTIONS

How To Use This PDF

This resource is here to help you on your 75 Hard journey, whether you can print it out or not! Start by thinking about the areas in your life: mental, emotional, spiritual, and physical - where you want to build more discipline or where you might have been slipping. Jot down 6 to 10 manageable goals or mindsets for the challenge-or feel free to use the ones we've provided. If you have a printer, you can print this PDF, pin up the countdown circles, and cross off each day as you go. But if printing isn't an option, no worries-just keep a note on your phone to track your progress. We'll also be tracking things like daily workouts, prayer time, and even our weight or muscle goals if that's part of your focus. Just know that no matter how you choose to follow along, we're in this together, and you've got a flexible way to make it work for you!



GOALS & NOTES

- ONE 24 HOUR FAST PER WEEK
- 1 HOUR WORKOUT 6 DAYS A WEEK
- 10,000 MINIMUM STEPS PER DAY
- LIMIT SUGAR INTAKE
- 30 MINS OF SUN EVERY DAY
- 30 MINS INTENTIONAL PRAYER/BIBLE
- NO SCREEN TIME 1 HOUR BEFORE BED

MINDSET & SCRIPTURES

- NO COMPLAINING (PHILIPPIANS 2:14)
- NO HALF DOING ANYTHING (COL 3:23)

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start date: _____ name: _____

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

The Intention

Our Heart Behind This

The heart behind this 75 Hard Challenge with Tawni and Austin is pretty simple: we want to invite you on a journey of strengthening your body, mind, and spirit alongside us. Whether you're starting right from day one or jumping in when there are only 25 days left, the goal is the same: to create a space where we all challenge ourselves to show up consistently, find a little more discipline, and hopefully come out the other side feeling a bit stronger and more connected. So no matter when you join us, be confident that you're part of something meaningful. Let's do this together!

You got this! lean on God's strength!

Austin & Tawni