

# 75 Soft Challenge

STAGE 1

Autoimmune Edition

DAY	WALK	BREATHING	GUA SHA	BLUE LIGHTS	MATCHA
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					

# 75 Soft Challenge

STAGE 2

Autoimmune Edition

DAY	PILATES	MEDITATION	SWEAT IT OUT	READ 10 PAGES	BALANCED MEAL
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					

# 75 Soft Challenge

STAGE 3

Autoimmune Edition

DAY	YOGA	SUNLIGHT	DRY BRUSH	MAGNESIUM	BONE BROTH
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					

# 75 Soft *Challenge*

Autoimmune Edition

DAY 1 JOURNAL

Why are you participating in the 75 Day Challenge?

Outline your intentions for the next 75 days.

Describe where you hope to be at the end of the challenge.  
How does your future self feel?

How can you set yourself up for success over the next 75 days?

What will you do or who will you lean on when you want to quit?

01—EH

GREAT—05

MOOD

0102030405

ENERGY

0102030405

ANXIETY

0102030405

SLEEP

0102030405

SYMPTOM FREQUENCY

0102030405

SYMPTOM INTENSITY

0102030405

# 75 Soft Challenge

Autoimmune Edition

DAY \_\_\_\_ JOURNAL

How are you feeling today?

What are you grateful for?

What is your intention for today?

How was your daily routine today?  
Reflect on what is and isn't supporting your health.

What changes are you noticing in your mental, emotional,  
or physical health so far — big or small?

01—EH                      GREAT—05

MOOD

01   02   03   04   05

ENERGY

01   02   03   04   05

ANXIETY

01   02   03   04   05

SLEEP

01   02   03   04   05

SYMPTOM FREQUENCY

01   02   03   04   05

SYMPTOM INTENSITY

01   02   03   04   05

# 75 Soft Challenge

## Autoimmune Edition

You did it! How do you feel?

What changes did you notice in your mental, emotional, or physical health throughout the challenge?

How have your symptoms evolved over the past 75 days?

What differences have those in your life noticed about you?

What elements of your daily routine will you take with you?  
What will you leave behind?

Knowing what you know now, what would you tell yourself on Day 1?

## DAY 75 JOURNAL

01—EH

GREAT—05

### MOOD



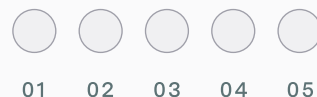
### ENERGY



### ANXIETY



### SLEEP



### SYMPTOM FREQUENCY



### SYMPTOM INTENSITY

