



THE SOCHIN 75

75 days of strong habits, built one day at a time.



Your Goal

Start Day May 25th

Complete these simple daily tasks for 75 days. Choose activities that challenge you, help your home, or build your body and mind.

DAILY RULES

1 Do 1 outside activity (30 minutes)

Examples: walk, run, yard work, gardening, outdoor martial arts practice, Play with a pet.

2 Do 1 inside activity (30 minutes)

Examples: clean your room, stretch, strength work, help around the house.

3 Read for 15 minutes

Pick a real book. Fiction, non-fiction, or a school book all count.

4 Drink 2 water bottles

Carry a bottle. Drink water through the day.

5 Eat 1 fruit and 1 vegetable

Any fruit. Any vegetable. Make it part of your daily habit.

6 Mark your day complete

Check off the day only after all rules are done.

SOCHIN MINDSET

Be honest. Be steady. Do the work even when it is not easy.

Start date: _____ Finish date: _____ Instructor initials: _____