

THE FREE FIELD GUIDE

# Glow Pact *75* Rules & Playbook

Everything you need to choose your challenge,  
survive the hard days, and finish all 75 — built for  
real life and real cycles.

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GLOWPACT.FIT · 75-DAY CHALLENGE

# The 6 Glow Pact Modes

Every mode runs for 75 days with one daily check-in. Three are intensity tiers — pick the effort you can repeat — and three are themed resets pointed at skin, growth, or sugar. Only 75 Day Hard restarts on a missed day; every other mode lets you pause and resume.

## 75 Soft

★ GENTLE

The gentle reset women actually finish.

- One 45-min workout · 1 rest day/week
- Drink 3 L water
- Read 10 pages — any book counts
- Eat mindfully 6 days · 1 flex day
- Daily progress photo

**Missed day:** no restart — resume tomorrow.

## 75 Medium

★★ BALANCED

The middle path — challenging without breaking you.

- Two 30-min workouts (one can be a walk)
- Drink 3.5 L water
- Read 10 pages nonfiction / self-help
- Your diet + 1 planned treat/week
- Daily photo + 2-sentence reflection

**Missed day:** no restart. The highest-completing mode.

## 75 Day Hard

★★★ STRICT

The classic challenge, adapted for women's bodies.

- Two 45-min workouts — one outdoors
- Drink 1 gallon water (~3.8 L)
- Strict diet — no cheats, no alcohol
- Read 10 pages nonfiction (no audiobooks)
- Daily progress photo

**Missed day:** restart at Day 1. Cycle-aware mods built in.

## Glow Within

★ GLOW

75 days of inner-glow rituals: skin, sleep, soul.

- 10-min morning skincare routine
- 20-min walk in sunlight
- 8 hours of sleep · wind-down alarm
- One-line gratitude journal entry
- Weekly glow-progress photo

**Missed day:** no restart — the gentlest entry point.

## Better Me

★★ GROWTH

Build the version of you that future-you thanks.

- 30 minutes of movement daily
- One 15-min learning task
- Drink 2.5 L water
- 5 min meditation or breathwork
- Reflect: one win, one lesson

**Missed day:** no restart — growth, not body recomposition.

## Sugar Free

★★ RESET

75 days, no added sugar — beat the food noise.

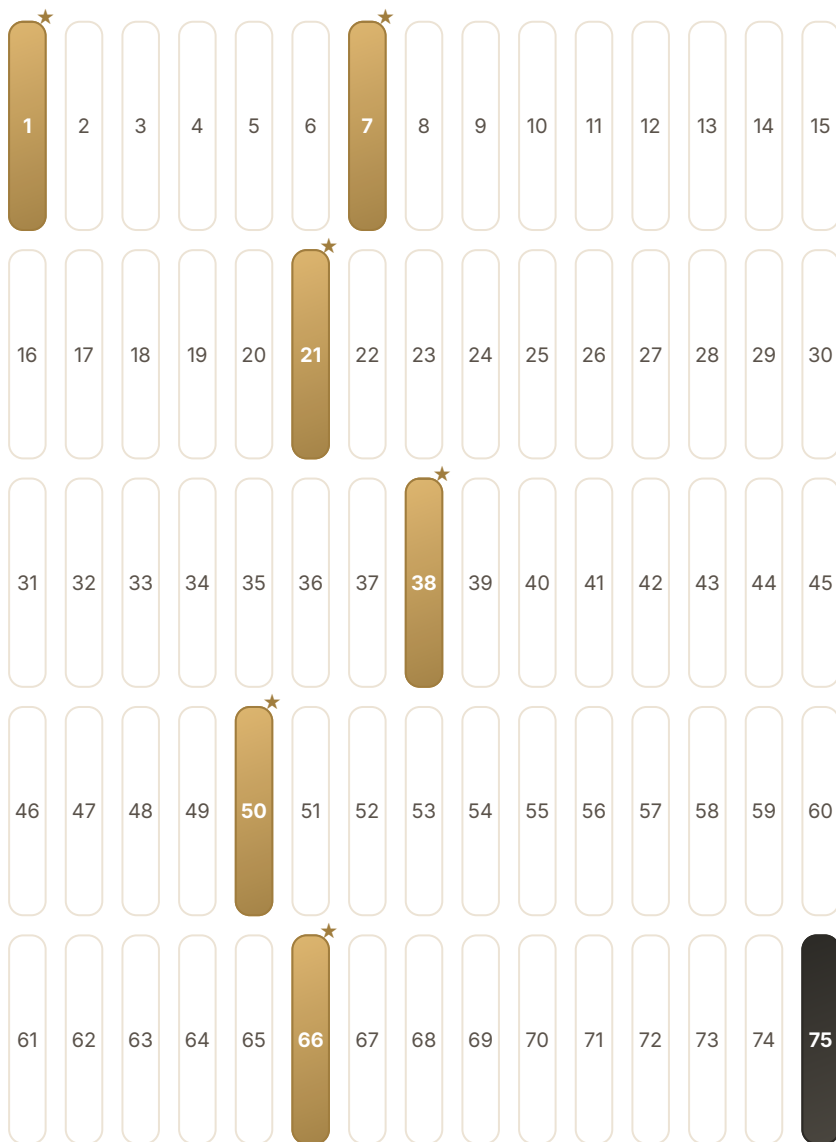
- No added sugar for 75 days
- 30 minutes of movement daily
- Drink 3 L water
- Read 10 pages — any book
- Daily check-in photo

**Missed day:** no restart — reset at the next meal.

**Good to know:** only 75 Day Hard restarts on a missed day — every other mode lets you pause and resume, and you can switch modes mid-challenge while keeping your day count. Sugar Free's habits are drawn from the official mode-comparison table; confirm its full rule list before publishing.

# Your 75-Day Tracker

Fill one square each day you complete your check-in. The gold squares are milestones — moments most people never reach with a 30-day plan. The science your check-ins lean on: UCL research puts the average new habit at ~66 days to feel automatic, so Day 75 clears that line with room to spare.



## Day 1

### The decision

Starting is the rep that counts most. Check in today.

## Day 7

### First week sealed

The hardest week is behind you. Notice what already feels easier.

## Day 21

### Past the wall

The classic quit zone. If you're here, you've outlasted most.

## Day 38

### Halfway

Downhill from here — more behind you than ahead.

## Day 50

### Two-thirds

This is identity now, not willpower.

## Day 66

### Automatic

The research line: the habit should now feel like default.

## Day 75

### You finished

Take the after photo. Choose your next pact.

**How to read the grid:** each numbered square is a day. ★ marks a milestone; the dark square is your finish line. Print this page, or rebuild the same grid as your live tracker in the app.

# Cycle-Aware Modifications

Your energy isn't a flat line across 75 days, so your targets don't have to be either. Flexing a target to match your menstrual phase is using the system, not failing it — your streak continues. Day counts below assume a ~28-day cycle; adjust to your own.

## ● Menstrual Cycle days 1–5

ENERGY: LOW

### DIAL DOWN

Drop to your gentle step target. Swap intense workouts for walking, yoga or mobility. Prioritise sleep and warmth.

### KEEP ANCHORED

Still hit water and clean eating, and still check in. Iron-rich foods help. Rest counts as showing up.

## ● Follicular Cycle days ~6–13

ENERGY: RISING

### PUSH HERE

Estrogen is climbing — best window for strength, new PRs and harder sessions. Add the stretch goal back in.

### BUILD MOMENTUM

Great time to start a stricter tier or layer on a growth habit. You'll feel capable; use it.

## ● Ovulation Cycle days ~14–16

ENERGY: PEAK

### PEAK OUTPUT

Top energy and confidence. Go for your hardest workout, a long walk, or a social/friend challenge day.

### MIND RECOVERY

Hydrate well and warm up — injury risk is slightly higher when you feel invincible.

## ● Luteal Cycle days ~17–28

ENERGY: TAPERING

### EXPECT CRAVINGS

Sugar pull peaks late luteal — plan clean swaps in advance. Magnesium-rich foods and steady protein help.

### EASE THE DIAL

Lower step and workout targets in the final days. More sleep, gentler movement. Pre-decide so a hard day doesn't become a quit day.

**If you don't cycle** (post-menopause, on continuous contraception, or otherwise): use the same principle with your own energy patterns — flex targets on low days, push on high ones, and never let one adjusted day end the run.

## Self-Talk for the Quit Days

Most people don't quit a 75-day challenge at random — they quit at predictable pressure points. Here are the five highest-risk days and exactly what to tell yourself when you hit each one.

### Day 3

The shock wears off and novelty fades.

#### SAY THIS

*"I'm not tired of the goal — I'm just tired today. Those are different."*

**Do this:** shrink the day. Hit the easiest habit first to keep the square filled, then reassess.

### Day 10

Motivation dips and life gets in the way.

#### SAY THIS

*"Motivation got me started. A system gets me to 75. I have the system."*

**Do this:** fix the friction, not yourself — bottle by the kettle, clothes laid out, workout earlier.

### Day 21

"It should feel automatic by now" — and it doesn't.

#### SAY THIS

*"Twenty-one days is a myth. Real habits take ~66. I'm exactly on schedule."*

**Do this:** look back at every filled square. You've already done the hard part more times than you've skipped it.

### Day 38

The halfway slump — far from both the start and the end.

#### SAY THIS

*"I would not undo 37 days to feel slightly more comfortable tonight."*

**Do this:** celebrate the midpoint out loud. Tell one person you're halfway. Accountability re-lights the fire.

### Day 60

So close that the brain whispers "good enough."

#### SAY THIS

*"Finishers finish. I didn't come 60 days to collect an 'almost.'"*

**Do this:** count down, not up. Only 15 squares left — you've done 60 of them already.

### Any day

The universal reset line.

#### THE ONE RULE

*"A missed habit is a data point, not a verdict. I don't quit on a bad day — I check in on it."*

**Do this:** on the soft and balanced tiers, one missed day never ends the run. Fill the next square.

## Ready to make it official?

Glow Pact turns this playbook into a living tracker — pick your mode, customise your habits, and check in every day with milestones, streaks, and friends.

[Download Glow Pact · glowpact.fit](https://glowpact.fit)