

DAILY



90 DAY CHALLENGE

OCT

| | 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 |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Wake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Workout | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gratitude | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

NOV

| | 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 |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Wake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Workout | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gratitude | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

DEC

| | 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 |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Wake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Workout | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gratitude | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Suzette Gebhardt

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Huangqi Zhang



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