

90-DAY CHALLENGE: Muscle POPPIN', Weight DROPPIN'!

#MUSCLEPOPPIN WEIGHTDROPPIN	<u>September</u>											
IT'S GO TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6						
	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13					
	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20					
	DAY 21	DAY 22	One week until Measure-Day!		DAY 25	DAY 26	DAY 27					
	DAY 28	DAY 29	DAY 30	<u>October</u>								
	DAY 31	DAY 32	DAY 33	DAY 34								
	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41					
	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48					
	DAY 49	DAY 50	DAY 51	DAY 52	One week until Measure-Day!		DAY 55					
	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	<u>November</u>				
	DAY 63	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69					
	DAY 70	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76					
	DAY 77	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	One week until Measure-Day!				
	DAY 84	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	Measure-Day!				