90 DAY RESET PROTOCOL TRACKER

Check-in Chat 2nd and 4th Mondays at 7pm MT
at this Zoom link

Month 1

FOUNDATIONAL WELLNESS			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
	VMG+	**1x**																															
	PB RESTORE	**1x**																															
	EO Mega+ 3 capsules all at once or spread out in the day	**1x**																															
	Mito2Max	**AM**																															
		PM																															
	Zendocrine Complex	**AM**																															
		PM																															
	Drink half your body weight in ounces of water																																
	30 minutes of movement																																
	Eat Well																																

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Month 2

FOUNDATIONAL WELLNESS			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
	VMG+	**1x**																															
	PB RESTORE	**1x**																															
	EO Mega+ 3 capsules all at once or spread out in the day	**1x**																															
	Zendocrine Softgels	**AM**																															
		PM																															
	Zendocrine Complex	**AM**																															
		PM																															
	GX Assist	**AM**																															
		PM																															
	Humic and Fulvic Capsule OR Fiber with Cilantro	**AM**																															
		PM																															
	Drink half your body weight in ounces of water																																
	30 minutes of movement																																
	Eat Well																																

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Month 3

FOUNDATIONAL WELLNESS			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
	VMG+	**1x**																															
	PB RESTORE	**1x**																															
	EO Mega+ 3 capsules all at once or spread out in the day	**1x**																															
	DDR Prime	**AM**																															
		PM																															
	MetaPWR Advantage	**1x**																															
	Tangerine Oil 2 drops to your water or MetaPWR Advantage in the morning	**1x**																															
	Drink half your body weight in ounces of water																																
	30 minutes of movement																																
	Eat Well																																