

BURN THE FAT 50-DAY COUNTDOWN CALENDAR (1.0)

Week 1	Day -50 _/_/_	Day -49 _/_/_	Day -48 _/_/_	Day -47 _/_/_	Day -46 _/_/_	Day -45 _/_/_	Day -44 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 2	Day -43 _/_/_	Day -42 _/_/_	Day -41 _/_/_	Day -40 _/_/_	Day -39 _/_/_	Day -38 _/_/_	Day -37 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 3	Day -36 _/_/_	Day -35 _/_/_	Day -34 _/_/_	Day -33 _/_/_	Day -32 _/_/_	Day -31 _/_/_	Day -30 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 4	Day -29 _/_/_	Day -28 _/_/_	Day -27 _/_/_	Day -26 _/_/_	Day -25 _/_/_	Day -24 _/_/_	Day -23 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 5	Day -22 _/_/_	Day -21 _/_/_	Day -20 _/_/_	Day -19 _/_/_	Day -18 _/_/_	Day -17 _/_/_	Day -16 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 6	Day -15 _/_/_	Day -14 _/_/_	Day -13 _/_/_	Day -12 _/_/_	Day -11 _/_/_	Day -10 _/_/_	Day -9 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 7	Day -8 _/_/_	Day -7 _/_/_	Day -6 _/_/_	Day -5 _/_/_	Day -4 _/_/_	Day -3 _/_/_	Day -2 _/_/_
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
Week 8	Day -1 _/_/_						
	Streak_____	ZERO HOUR					