

# THE BURN THE FAT 14 WEEK COUNTDOWN CALENDAR

<b>Week 1</b>	<b>Day -98</b> / /	<b>Day -97</b> / /	<b>Day -96</b> / /	<b>Day -95</b> / /	<b>Day -94</b> / /	<b>Day -93</b> / /	<b>Day -92</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 2</b>	<b>Day -91</b> / /	<b>Day -90</b> / /	<b>Day -89</b> / /	<b>Day -88</b> / /	<b>Day -87</b> / /	<b>Day -86</b> / /	<b>Day -85</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 3</b>	<b>Day -84</b> / /	<b>Day -83</b> / /	<b>Day -82</b> / /	<b>Day -81</b> / /	<b>Day -80</b> / /	<b>Day -79</b> / /	<b>Day 78</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 4</b>	<b>Day -77</b> / /	<b>Day -76</b> / /	<b>Day -75</b> / /	<b>Day -74</b> / /	<b>Day -73</b> / /	<b>Day -72</b> / /	<b>Day -71</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 5</b>	<b>Day -70</b> / /	<b>Day -69</b> / /	<b>Day -68</b> / /	<b>Day -67</b> / /	<b>Day -66</b> / /	<b>Day -65</b> / /	<b>Day -64</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 6</b>	<b>Day -63</b> / /	<b>Day -62</b> / /	<b>Day -61</b> / /	<b>Day -60</b> / /	<b>Day -59</b> / /	<b>Day -58</b> / /	<b>Day -57</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____
<b>Week 7</b>	<b>Day -56</b> / /	<b>Day -55</b> / /	<b>Day -54</b> / /	<b>Day -53</b> / /	<b>Day -52</b> / /	<b>Day -51</b> / /	<b>Day -50</b> / /
	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____	Streak_____

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