YOUR 90-DAY PLAN

Your 90-day tracker

Four things to notice. Answer them on Day 14, then again on Day 90, so you decide with a written record instead of a guess.

Start date (Day 1) _____

Day 14 date _____

Day 90 date _____

NOTICE	ASK YOURSELF	DAY 14	DAY 90
Stiffness on waking	How long after getting up before you move easily?		
Stairs	One flight: how does it feel, and do you reach for the rail?		
Sleep	How many times did you wake last night?		
Energy	At 3 p.m., do you have energy to spare, enough, or not enough?		

Notes: anything unusual between Day 14 and Day 90 (illness, travel, a new exercise plan, missed days)

1 Keep this somewhere you'll find it again: the fridge, a drawer, the back of the box.

2 On Day 90, answer the same four questions and put them next to your Day 14 notes.

3 These are observations, not a test. Your answers may change, or they may not.

Your 90-day money-back guarantee runs 90 days from your purchase date. This tracker is for your own notes and is not a substitute for advice from your doctor or pharmacist. If anything feels wrong, stop and talk to them.