



# 100 DAYS UNTIL SUMMER

## GOAL CHART

		100	99	98	97	96	95	94	93
		92	91	90	89	88	87	86	85
84	83	82	81	80	79	78	77		
76	75	74	73	72	71	70	69		
68	67	66	65	64	63	62	61	60	59
58	57	56	55			54	53	52	51
50	49	48	47			46	45	44	43
42	41	40	39	38	37	36	35	34	33
		32	31	30	29	28	27	26	25
		24	23	22	21	20	19	18	17
16	15	14	13	12	11	10	9		
8	7	6	5	4	3	2	1		

Take part in the 28 Day Weight Loss Challenge! September is the Metabolism Boosting Challenge, October the Meals from around the World Challenge and November the Summer Body Challenge.