

90-DAY HOURLY RESET CHALLENGE

Weekly Tracker • Perform 1 set of 10 repetitions (Squats, Incline Push-Ups, or Jumping Jacks) plus a glass of water every single hour. Consistency over intensity!

 **Dynamic Options Per Hour:** 10 Squats, 10 Push-Ups, OR 10 Jumping Jacks + 1 Glass of Water (6-8 oz). Total Daily Target: 160 Reps & 100+ oz of Hydration.

DAY 1 MON

- ☐ 8 AM
- ☐ 9 AM
- ☐ 10 AM
- ☐ 11 AM
- ☐ 12 PM
- ☐ 1 PM
- ☐ 2 PM
- ☐ 3 PM
- ☐ 4 PM
- ☐ 5 PM
- ☐ 6 PM
- ☐ 7 PM
- ☐ 8 PM
- ☐ 9 PM
- ☐ 10 PM
- ☐ 11 PM

DAY 2 TUE

- ☐ 8 AM
- ☐ 9 AM
- ☐ 10 AM
- ☐ 11 AM
- ☐ 12 PM
- ☐ 1 PM
- ☐ 2 PM
- ☐ 3 PM
- ☐ 4 PM
- ☐ 5 PM
- ☐ 6 PM
- ☐ 7 PM
- ☐ 8 PM
- ☐ 9 PM
- ☐ 10 PM
- ☐ 11 PM

DAY 3 WED

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- ☐ 8 PM
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DAY 4 THU

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DAY 5 FRI

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DAY 6 SAT

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DAY 7 SUN

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- ☐ 9 PM
- ☐ 10 PM
- ☐ 11 PM

HOW TO TRACK

- ☐ **Square Box:** Check off after completing your 10 movement repetitions.
- ☐ **Circle Box:** Fill or check off after drinking your glass of water.

Week Totals Tracker:

Total Reps: _____ / 1,120
Total Water: _____ oz

Join the movement! Share your daily tracker updates on social media and tag [#90DayHourlyReset](#)