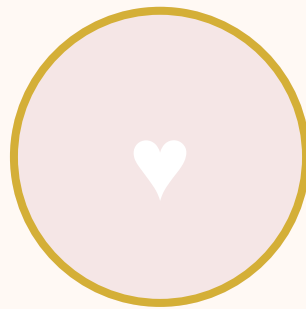


LIFE WITH JENNI LEE PRESENTS

90-Day Metabolism Reset

10 Rep Reset Challenge

A simple movement challenge for women 50+ to build strength, boost energy, and improve wellness — no gym required.



Your Journey to Confidence, Consistency, and Aging Strong

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You've got this, beautiful!

This is your time to shine. Let's do this together.

Welcome, Beautiful!

Dear Friend,

First, let me say how proud I am of you for being here. Taking this step for yourself is powerful, and I want you to know that you're in the right place.

Here's the truth:

Fitness after 50 does *not* have to mean intense workouts, expensive gym memberships, or hours you don't have. You don't need to feel uncomfortable exercising in public or push your body to extremes.

This **10 Rep Reset Challenge** was designed specifically for busy women like you — women who work long hours, manage households, care for families, and deserve a simple routine they can actually maintain.

Our Goals Together:

- Create **consistency** through small, manageable hourly actions
- Improve **strength** so daily tasks feel easier
- Support your **metabolism** naturally as you age
- Improve overall **wellness, energy, and confidence**

Remember: this is about progress, not perfection. It's about showing up for yourself in small ways, every single hour. You deserve to feel strong, energized, and confident at every age.

Important Reminder: Always consult a healthcare professional before beginning a new exercise program, especially if you have any existing health conditions or concerns. Your safety and health come first.

*With love and strength,
Jenni Lee*

The 90-Day Challenge Rules

10 Rep Reset

"Your body doesn't need punishment. It needs movement, consistency, and love."

Every hour for 8–10 hours each day, complete 10 repetitions of one strength movement.

How It Works:

Hourly Habit Stacking

Set a gentle reminder each hour. When it goes off, complete 10 reps of your chosen movement. That's it!

100 Reps Daily

10 reps x 8-10 hours = 80-100 reps daily. You build strength without a single gym session!

Your Movement Menu:

Choose one movement per hour. Mix it up throughout the day or stick with your favorite!

Squats

Stand up and sit down from a chair, or free-standing

Chair Squats

Perfect beginner option with built-in support

Wall Push-ups

Stand arm's length from wall, push away gently

Deadlifts

Use household items like water jugs or cans

Lunges

Step forward or back, hold chair for balance

Step-ups

Use bottom stair or sturdy step stool

Burpees

Modified or full - optional advanced movement

Resistance Band

Rows, curls, or presses with light band

Daily Accountability Tracker

Days 1-6

Day 1

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 2

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 3

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 4

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 5

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 6

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 7-12

Day 7

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 8

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 9

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 10

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 11

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 12

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 13-18

Day 13

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 14

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 15

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 16

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 17

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 18

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 19-24

Day 19

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 20

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 21

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 22

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 23

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 24

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 25-30

Day 25

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 26

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 27

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 28

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 29

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 30

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 31-36

Day 31

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 32

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 33

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 34

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 35

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 36

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 37-42

Day 37

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 38

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 39

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 40

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 41

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 42

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 43-48

Day 43

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 44

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 45

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 46

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 47

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 48

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 49-54

Day 49

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 50

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 51

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 52

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 53

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 54

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 55-60

Day 55

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 56

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 57

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 58

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 59

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 60

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 61-66

Day 61

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 62

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 63

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 64

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 65

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 66

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 67-72

Day 67

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 68

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 69

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 70

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 71

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 72

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 73-78

Day 73

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 74

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 75

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 76

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 77

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 78

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 79-84

Day 79

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 80

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 81

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 82

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 83

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 84

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Daily Accountability Tracker

Days 85-90

Day 85

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 86

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 87

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 88

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 89

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Day 90

Date: _____

Sets (10 reps each): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ Water ☐ Protein ☐ Supplements ☐ Outdoor/Move ☐ Rest Mood (1-10): _____

Month 1 Progress Tracker

Measurements

Weight:

Waist:

Energy (1-10):

Mood (1-10):

Health Metrics

Resting HR:

Blood Pressure:

Blood Glucose:

Month 2 Progress Tracker

Measurements

Weight:

Waist:

Energy (1-10):

Mood (1-10):

Health Metrics

Resting HR:

Blood Pressure:

Blood Glucose:

Month 3 Progress Tracker

Measurements

Weight:

Waist:

Energy (1-10):

Mood (1-10):

Health Metrics

Resting HR:

Blood Pressure:

Blood Glucose:

Weekly Wins Tracker

Week 1 of 12

This week I completed:

/ 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 2 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 3 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 4 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 5 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 6 of 12

This week I completed:

 / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 7 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 8 of 12

This week I completed:

 / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 9 of 12

This week I completed:

/ 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 10 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 11 of 12

This week I completed:

/ 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Weekly Wins Tracker

Week 12 of 12

This week I completed:

_____ / 70 hourly movement sets

My biggest win:

Something I want to improve:

My motivation:

Exercise Swap Guide

1. Squat

Beginner: Chair Squat

Intermediate: Regular Squat

Advanced: Weighted Squat

2. Push-up

Beginner: Wall Push-up

Intermediate: Counter Push-up

Advanced: Floor Push-up

Join the Community Challenge

We're stronger together!

Tag **@LifeWithJenniLee**

Use **#90DayMetabolismReset**