

# Your 90-Day Supply Tracker

Start Date \_\_\_\_\_ End Date \_\_\_\_\_



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

## Join the #90DayIRL Challenge



### Who Can Participate

Open exclusively to MONAT VIPs.



### How to Participate

Use the IR™ Supplement daily alongside your regular MONAT haircare routine for 90 days.



### What to Track

- Daily consistency using the 90-Day Tracker
- Progress photos throughout your journey



### How to Share Your Progress

Upload your 3-month before & after results for the chance to be featured on MONAT social channels.

### Upload Your Results



Complete your 90 days and upload your before & after results for the chance to be featured across MONAT social channels.

Share your journey using **#90DayIRLChallenge** and tag **@monat.auofficial** and **@monat.nzofficial**.