

MONAT®

Your 90-Day Supply Tracker



Start Date _____ End Date _____

Month 1 Foundation	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
Month 2 Momentum	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
Month 3 Consistency	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**.