

DAY 61-90

Balance & Release

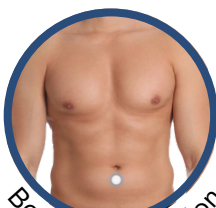
- Wear X39, X49 & SP6 for 12 hours on and 12 hours off.
- Add Energy Enhancer (optional).
- Repeat daily with new patches and stay hydrated.



Metabolism boosting, fat burning



Back of Neck



Below Belly Button



Behind Right Ear



Build lean muscle, Reduces Fat



Back of Neck



Below Belly Button



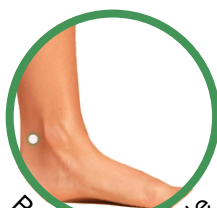
Reduces Sugar in the blood
and food cravings



Left Above Ankle



Below Left Knee



Behind Left Ankle



Turns fat into energy



Collar Bone



Sides of Belly Button



Outside or Inside Wrists

Wear White Patch on Right and Tan Patch on Left



Day 61-90 Tracker

Keep track daily to stay consistent and motivated

DAY 61	DAY 62	DAY 63	DAY 64	DAY 65
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 76	DAY 77	DAY 78	DAY 79	DAY 80
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 81	DAY 82	DAY 83	DAY 84	DAY 85
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 86	DAY 87	DAY 88	DAY 89	DAY 90
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐



Consistency doesn't require perfection—
it just asks you to keep showing up.