

DAY 31-60

Increase Energy & Metabolism

- Wear all 3 patches for 12 hours on and 12 hours off.
- Repeat daily with new patches and stay hydrated.



X39

Metabolism boosting, fat burning



Back of Neck



Below Belly Button



Behind Right Ear



X49

Builds lean muscle, reduces fat



Back of Neck



Below Belly Button



SP6

Reduces Sugar in the blood and food cravings



Left Above Ankle



Below Left Knee



Behind Left Ankle



Day 31-60 Tracker

Keep track daily to stay consistent and motivated

DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 46	DAY 47	DAY 48	DAY 49	DAY 50
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 51	DAY 52	DAY 53	DAY 54	DAY 55
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐
DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
X39 ☐	X39 ☐	X39 ☐	X39 ☐	X39 ☐
X49 ☐	X49 ☐	X49 ☐	X49 ☐	X49 ☐
SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐	SP6 ☐
Other ☐	Other ☐	Other ☐	Other ☐	Other ☐



Success is built in the moments no one sees—
when you choose to stay on track.