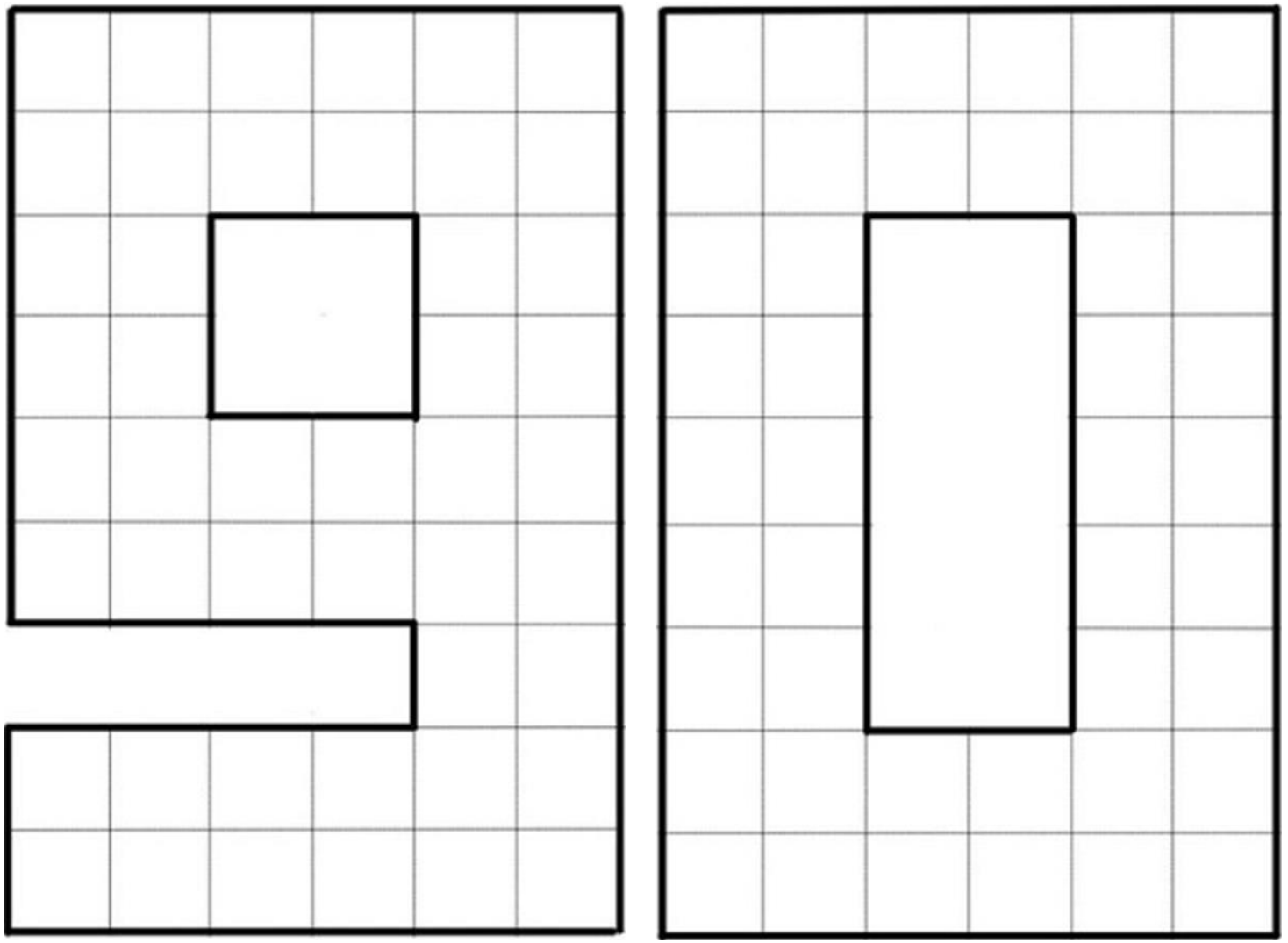
Visual gimmick to help you track any 90-day challenge.

Simply mark each cell (90 in total) as you complete each day.

Challenges like this are always best completed with others on the same path.