

30 day tracker

1	2	3		5
		7 1 week		10
	12		14 2 weeks	15
				20
21 3 weeks				25
				30 1 month

90 day tracker

1	2	3		5				9 10%	10
	12		14 2weeks				18 20%		20
21 3weeks				25		27 30%	28 4weeks		
				35 5weeks	36 40%				40
	42 6weeks							49 7weeks	50
			54 60%		56 8weeks				
		63 70%							70 10weeks
	72 80%			75		77 11weeks			80
81 90%			84 12weeks						

100 day tracker

1	2	3		5					10
	12		14 2weeks						20
21 3weeks				25			28 4weeks		
				35 5weeks					40
	42 6weeks							49 7weeks	50
					56 8weeks				
								70 10weeks	
				75		77 11weeks			80
			84 12weeks						
91 13weeks							98 14weeks		

365 day tracker