

Reset 90 days

Posted by LEARNING - 23 Jan 2015 06:36

---

Is there a way to completely reset my 90 day chart. I messed up bad and want a fresh start. I have not put in a lot of falls. Thanks

=====

=====

Re: Reset 90 days

Posted by shomer bro - 23 Jan 2015 07:19

---

Is it necessary? Why not just do the simple reset and focus on moving forward? Take it one day at a time, and KOMT!

=====

=====

Re: Reset 90 days

Posted by yidtryingharder - 23 Jan 2015 07:57

---

even if you fell you still don't lose progress

just dust off and focus on the moment ahead

=====

=====

Re: Reset 90 days

Posted by LEARNING - 23 Jan 2015 08:40

---

How can I do the simple reset?

=====

=====

Re: Reset 90 days

Posted by yidtryingharder - 23 Jan 2015 20:19

---

---

on the 90 day page there is a choice im still clean or I fell chose fell and add in the new start date ?????

=====

=====