



2018 SUMMER SHAKEDOWN!

MY GOAL:

FAT LOSS

Weekly Point Tracker

WEEK OF _____

		MONDAY Check tasks as completed:	TUESDAY Check tasks as completed:	WEDNESDAY Check tasks as completed:	THURSDAY Check tasks as completed:	FRIDAY Check tasks as completed:	SATURDAY Check tasks as completed:	SUNDAY Check tasks as completed:	Total tasks to report this week:
LIVE	Order monthly BulaFIT supply (minimum \$100 order, once a month)	50 pts.→→→→→→	yes or no or not yet
	Stay Keto Strong all day (using KetoFUEL and/or keto-friendly meals)	1 pt.	X	X	X	X	X	X	_____
	Stay Bula Hydrated all day (3 Bula bobbles of water or 60 oz. of water)	1 pt.	X	X	X	X	X	X	_____
	Complete a Warrior workout (10+ minutes)	1 pt.	X	X	X	X	X	X	_____
	Get a good night's sleep (7+ hours each night)	1 pt.	X	X	X	X	X	X	_____
CONNECT	Communicate daily with your team	1 pt.	X	X	X	X	X	X	_____
	Participate in your team's weekly call or meeting	5 pts.→→→→→→	yes or no
	Post on the BulaFIT Facebook page during the week	5 pts.→→→→→→	yes or no
	Post about BulaFIT on your <i>personal</i> social media this week	5 pts.→→→→→→	yes or no
	Attend the Friday BulaFIT Live	5 pts.	n/a	n/a	n/a	n/a	n/a	n/a	yes or no
CHECK-IN	Log into www.bulafitwarrior.com and complete your weekly check-in	n/a→→→→→→	yes or no

Each of your tasks convert to points as you log in and report them. At the end of the Challenge, you'll also earn 10 points for each pound lost and 10 points for each percentage point of weight lost!