



Weekly Point Tracker

WEEK OF: _____

MY GOAL THIS WEEK: _____

			MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
ORDER	Order monthly BulaFIT supply <small>(minimum \$100 product order, once a month)</small>	100 pts	----->							yes or no or not yet
	Take Pink Fijian Ginger & Turmeric	1 pt.	X	X	X	X	X	X	X	
FORTIFY	Take 2 other GT Wellness products <small>(Protein Booster, Fiber Booster, Mineral Garden, Qele Deep Detox, Multi Essentials, Bone & Muscle, Joint Formula, Digest Formula, Lax Formula)</small>	1 pt.	X	X	X	X	X	X	X	
	Use KetoFUEL or Keto Kofi	1 pt.	X	X	X	X	X	X	X	
FUEL	Eat keto all day <small>(keto-friendly meals and/or snacks)</small>	1 pt.	X	X	X	X	X	X	X	
	Stay Bula-hydrated all day <small>(3 Bula bobbles of water or 60 oz. of water)</small>	1 pt.	X	X	X	X	X	X	X	
HYDRATE	Drink 1 Bula hydration product <small>(KetoFIZZ, Sport & Go, Daily Detox, Pink Fijian Ginger and Turmeric Tea)</small>	1 pt.	X	X	X	X	X	X	X	
	Complete a workout <small>(one workout for maximum of 6 days a week; Fat Loss: 15+ minutes, Fitness: 45+ minutes)</small>	2 pts. or 4 pts.	X	X	X	X	X	X	X	
MOVE	Complete a Warrior Workout <small>(BulaFIT Workout DVD, BulaFIT bobble® Workout, BulaFIT Community Workout)</small>	1 pt.	X	X	X	X	X	X	X	
	Post on the BulaFIT Facebook group once or more this week	5 pts.	----->							
CONNECT	Post about BulaFIT on personal social media once or more this week	5 pts.	----->							
	Watch Friday BulaFIT LIVE!	5 pts.	-	-	-	-	X	-	-	
RECOVER	Get a good night's sleep <small>(7+ hours a night, for maximum of 6 nights)</small>	3 pts.	X	X	X	X	X	X	X	
TEAM	Communicate daily with your team	2 pts.	X	X	X	X	X	X	X	
	Attend your weekly team call	10 pts.	----->							

Remember to visit www.bulafitwarrior.com and complete your weekly check-in!

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

