



2018 SUMMER SHAKEDOWN!

MY GOAL:

# FITNESS

## 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:
<b>LIVE</b>	Order monthly BulaFIT supply (minimum \$100 order, <b>once a month</b> )	50 pts.							yes or no or not yet
	Stay Keto Strong all day (using KetoFUEL and/or keto-friendly meals)	1 pt.							_____
	Stay Bula Hydrated all day (3 Bula bobbles of water or 60 oz. of water)	1 pt.							_____
	Complete a Warrior workout (30+ minutes)	1 pt.							_____
	Complete an optional second Warrior workout (30+ minutes)	1 pt.							_____
	Get a good night's sleep (7+ hours each night)	1 pt.							_____
<b>CONNECT</b>	Communicate daily with your team	1 pt.							
	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
<b>CHECK-IN</b>	Log into www.bulafitwarrior.com and complete your weekly check-in	n/a							yes or no