



Weekly Point Tracker

WEEK OF _____

Get BulaFIT!

	SUNDAY Check tasks as completed:	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:	Total tasks to report this week:
Stay Keto Strong all day (using KetoFUEL and/or keto-friendly meals)								_____
Stay Bula Hydrated all day (3 Bula bobbles of water or 60 oz. of water)								_____
OR Complete a FAT LOSS Warrior workout (10+ minutes) Complete a FITNESS Warrior workout (30+ minutes)								_____

Get a good night's sleep (7+ hours each night)								_____
Post on the BulaFIT Facebook page during the week→							yes or no
Post about BulaFIT on your <i>personal</i> social media this week→							yes or no
Attend the Friday BulaFIT call/FB Live	n/a	n/a	n/a	n/a	n/a		n/a	yes or no
Order monthly BulaFIT supply (minimum \$100 order, once a month)→							yes or no or not yet

Remember: Each of your daily and weekly tasks will 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!

Support your team!

(For individuals who are also completing the Team challenge. These tasks are logged each week by your team's captain.)

Communicate daily with your team								_____
Participate in your team's weekly call or meeting→							yes or no

Report your completed tasks online each Saturday at www.bulafitwarrior.com