



2021 SUMMER CHALLENGE: MAY 17 – JULY 18

WEEK OF: _____ MY GOAL THIS WEEK: _____

Fatloss WEEKLY TRACKER

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
ORDER	Order monthly JuuvaFIT supply <small>(minimum \$100 product order, once a month)</small> Suggested products: JuuvaFIT Transform Autoship Pack Additional products: Galaxy, Live, Ginger Boost, Turmeric Boost, NutraHG, TRUSILVR, Jaava, Zing, Daily Detox Energy Pitcher or All Water Drops	100 pts>							yes or no or not yet
	Take Mfinity Oil and Mfinity Boost <small>(one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×	×	
FORTIFY	Take up to 3 other wellness products <small>(Galaxy, Live, Ginger Boost, Turmeric Boost, TRUSILVR—one point each, up to 3 pts. per day)</small>	up to 3 pts.	×	×	×	×	×	×		
	Use Burn, Fuel, or Jaava <small>(one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×		
FUEL	Eat JuuvaFIT smart all day	2 pts.	×	×	×	×	×	×		
	Stay hydrated all day <small>(at least 60 oz. total of water)</small>	1 pt.	×	×	×	×	×	×		
HYDRATE	Hydrate with alkaline water <small>(Use Energy Picture or All Water Drops)</small>	1 pt.	×	×	×	×	×	×		
	Take up to 2 other hydration products <small>(Zing, VitaZing, or Daily Detox—one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×		
MOVE	Complete a 15 min. workout <small>(one workout daily for maximum of 6 days a week)</small>	2 pts.	×	×	×	×	×	×		
	Complete a JuuvaFIT Workout <small>(See JuuvaFIT Start Guide for details)</small>	1 pt.	×	×	×	×	×	×		
CONNECT	Post on the JuuvaFIT Facebook group once or more this week	5 pts.>							
	Post about JuuvaFIT on personal social media once or more this week	5 pts.>							
	Watch Wednesday JuuvaFIT LIVE!	5 pts.	-	-	×	-	-	-	-	
RECOVER	Get a good night's sleep <small>(7+ hours a night, for maximum of 6 nights)</small>	3 pts.	×	×	×	×	×	×		
TEAM	Communicate daily with your team	2 pts.	×	×	×	×	×	×		
	Attend your weekly team call	10 pts.>							

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Remember to go to the JuuvaFIT Leaderboard to complete your weekly check-in!

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