



## 2021 SUMMER CHALLENGE: MAY 17 – JULY 18

WEEK OF: \_\_\_\_\_ MY GOAL THIS WEEK: \_\_\_\_\_

# Fitness WEEKLY TRACKER

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
ORDER	<b>Order monthly JuuvaFIT supply</b> <small>(minimum \$100 product order, <b>once a month</b>)</small> <b>Suggested products:</b> JuuvaFIT Transform Autoship Pack <b>Additional products:</b> 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
	<b>Take Mfinity Oil and Mfinity Boost</b> <small>(one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×	×	
FORTIFY	<b>Take up to 3 other wellness products</b> <small>(Galaxy, Live, Ginger Boost, Turmeric Boost, TRUSILVR—one point each, up to 3 pts. per day)</small>	up to 3 pts.	×	×	×	×	×	×		
	<b>Use Burn, Fuel, or Jaava</b> <small>(one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×		
FUEL	<b>Eat JuuvaFIT smart all day</b>	2 pts.	×	×	×	×	×	×		
	<b>Stay hydrated all day</b> <small>(at least 60 oz. total of water)</small>	1 pt.	×	×	×	×	×	×		
HYDRATE	<b>Hydrate with alkaline water</b> <small>(Use Energy Picture or All Water Drops)</small>	1 pt.	×	×	×	×	×	×		
	<b>Take up to 2 other hydration products</b> <small>(Zing, VitaZing, or Daily Detox—one point each, up to 2 pts. per day)</small>	up to 2 pts.	×	×	×	×	×	×		
MOVE	<b>Complete a 45 min. workout</b> <small>(one workout daily for maximum of 6 days a week)</small>	2 pts.	×	×	×	×	×	×		
	<b>Complete a JuuvaFIT Workout</b> <small>(See JuuvaFIT Start Guide for details)</small>	1 pt.	×	×	×	×	×	×		
CONNECT	<b>Post on the JuuvaFIT Facebook group once or more this week</b>	5 pts.	.....→							
	<b>Post about JuuvaFIT on personal social media once or more this week</b>	5 pts.	.....→							
	<b>Watch Wednesday JuuvaFIT LIVE!</b>	5 pts.	-	-	×	-	-	-	-	
RECOVER	<b>Get a good night's sleep</b> <small>(7+ hours a night, for maximum of 6 nights)</small>	3 pts.	×	×	×	×	×	×		
TEAM	<b>Communicate daily with your team</b>	2 pts.	×	×	×	×	×	×		
	<b>Attend your weekly team call</b>	10 pts.	.....→							

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