



2021 FALL CHALLENGE: AUG. 31 – NOV. 22

# Core Health WEEKLY TRACKER

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

	TUE	WED	THU	FRI	SAT	SUN	MON	TOTAL	OUT OF MAX. WEEKLY PTS. POSSIBLE
<b>ORDER</b> Order Monthly JuuvaFIT product UYXRTSYMKTWFRNSNRZRTKUWTIZHYUZWHMFXJKTW ZLZXY8JUYJRGJW4HYTGJWFSITJRGJW UZWHMFXJIGT	.....→								/100 on week ordered
<b>SUPPLEMENT</b> Galaxy/M-PHYT/Live/NutraHG 1 point per product/day, up to 2 pts/day	×	×	×	×	×	×	×		/14
<b>REFUEL</b> Refuel 2 pts/day	×	×	×	×	×	×	×		/14
Eat JuuvaFIT Smart all day 2 pts/day	×	×	×	×	×	×	×		/14
<b>HYDRATE</b> Drink a minimum of 64 ozs of water 1 pt/day	×	×	×	×	×	×	×		/7
Drink water from C7 pitcher or use Allwater Drops 1 pt/day	×	×	×	×	×	×	×		/7
<b>ENERGIZE</b> Zing 1 pt/day	×	×	×	×	×	×	×		/7
<b>MOVE</b> Exercise for a minimum of 15 minutes 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
Complete a JuuvaFIT Weekly Workout 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
<b>CONNECT</b> Post on your personal Social Media 1 pt (2 max/week)	×	×	×	×	×	×	×		/2
Post on the JuuvaFIT FB page 1 pt (2 max/week)	×	×	×	×	×	×	×		/2
Watch JuuvaFIT FB Live 5 pts/week	-	×	-	-	-	-	-		/5
Talk to someone new live about JuuvaFIT 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
<b>IMPROVE</b> Minimum of 10 minutes of self improvement 1 pt/day (read, listen to a podcast, Leaders are Readers, etc.) (6 max/week)	×	×	×	×	×	×	×		/6
Show gratitude to someone 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
<b>RECOVER</b> Sleep 7 to 8 hours in a 24 hour period 1 pt/day	×	×	×	×	×	×	×		/7
<b>TEAM POINTS*</b> Participate in Weekly Team Call 10 pts/week	.....→								/10
Communicate daily with Team 2 pts/day (12 max/week)	×	×	×	×	×	×	×		/12
I became a Warrior	.....→								/50 on week achieved
I became a Medalist	.....→								/50 on week achieved

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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. At the end of the Challenge, you'll also earn points for each pound lost and for each percentage point of weight lost. \*Opportunities for additional team points, based on personal product purchases, will be announced during the challenge.