



2021 FALL CHALLENGE: AUG. 31 - NOV. 22

WEEK OF: _____ MY GOAL THIS WEEK: _____

Strong WEEKLY TRACKER

	TUE	WED	THU	FRI	SAT	SUN	MON	TOTAL	OUT OF MAX. WEEKLY PTS. POSSIBLE
ORDER Order Monthly JuuvaFIT product 100 pts/month for a minimum of \$100 product purchase for August, September, October, and November (purchased by Nov. 22)→								/100 on week ordered
SUPPLEMENT Galaxy/M-PHYT/Live/NutraHG 1 point per product/day, up to 2 pts/day	×	×	×	×	×	×	×		/14
REFUEL Refuel 2 pts/day	×	×	×	×	×	×	×		/14
REFUEL Eat JuuvaFIT Smart all day 2 pts/day	×	×	×	×	×	×	×		/14
HYDRATE Drink a minimum of 64 ozs of water 1 pt/day	×	×	×	×	×	×	×		/7
HYDRATE Drink water from C7 pitcher or use Allwater Drops 1 pt/day	×	×	×	×	×	×	×		/7
ENERGIZE Zing 1 pt/day	×	×	×	×	×	×	×		/7
MOVE Exercise for a minimum of 45 minutes 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
MOVE Complete a JuuvaFIT Weekly Workout 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
CONNECT Post on your personal Social Media 1 pt (2 max/week)	×	×	×	×	×	×	×		/2
CONNECT Post on the JuuvaFIT FB page 1 pt (2 max/week)	×	×	×	×	×	×	×		/2
CONNECT Watch JuuvaFIT FB Live 5 pts/week	-	×	-	-	-	-	-		/5
CONNECT Talk to someone new live about JuuvaFIT 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
IMPROVE Minimum of 10 minutes of self improvement (read, listen to a podcast, Leaders are Readers, etc.) 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
IMPROVE Show gratitude to someone 1 pt/day (6 max/week)	×	×	×	×	×	×	×		/6
RECOVER Sleep 7 to 8 hours in a 24 hour period 1 pt/day	×	×	×	×	×	×	×		/7
TEAM POINTS* Participate in Weekly Team Call 10 pts/week→								/10
TEAM POINTS* Communicate daily with Team 2 pts/day (12 max/week)	×	×	×	×	×	×	×		/12
TEAM POINTS* I became a Warrior→								/50 on week achieved
TEAM POINTS* 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.